



Llandrindod Wells and District U3A

Dear Llandrindod U3A Member

I hope you are all keeping well and, in the vernacular of my children, lockdown and the incessant media focus on Covid 19 is not “messaging with your heads too much.” So many of our U3A members are over 70, in the shielding group, and protecting loved ones. In talking with many of you, new routines and behaviours are becoming the norm and there is even comfort and security in those routines. The longer we stay isolated; mixing with others, especially strangers in the wider community, is for some becoming a daunting proposition. I know that the world is starting to move about more because of the increasing traffic volumes and noise on the main road outside our home, I must admit that the peace and quiet is a benefit I have enjoyed.

Future U3A Activities

The rules and guidance on Covid 19 are different in each of the Nations of the British Isles. Wales is taking a most cautious approach. Those shielding in Wales are effectively still in lockdown until 16th August. We are not yet able to have any face to face meetings in doors, are not permitted to mix outside of certain “family bubbles” and the 5 mile travel restrictions will not be reviewed until 6th July.

Even when we are able to institute outside activities, social distancing and the recording of those participating in any U3A group activities will need to be recorded for track and trace purposes.

Our main meeting place, The Metropole is still closed. The Metropole management will tell us if and when conference facilities are re opened.

In view of all the above the Committee have decided there will be no formal large speaker meetings of our U3A until at least October and that date will be reviewed on the basis of unfolding information. Please will you pass this on to other U3A members who may not receive the Newsletter.

Members' Activities

It is my hope that the Interest Groups are in contact with their members and that efforts are being made to pursue those interests virtually or on an individual basis. I suspect there will be many more of us in a better condition to join the Walking Group when that is possible!

Alan, my husband, is just finishing roofing our new, open to the air, summer house, with the aim of facilitating some outdoor hospitality. It has been an interesting 3D jigsaw puzzle as it arrived on 3 pallets with no plans or instructions ... the price you pay for buy “on sale” end of line!

The National U3A website has an easy to watch video on what members are get up to during lockdown. And is running a virtual lecturer and speakers series, what is coming up can be seen under the Events page online events section. It also gives guidance on how to access and join these talks.

Please do look at our own website www.u3a-llandrindod.org.uk where we have examples of what our members have been doing during lockdown. I would also like to encourage you all to send

through pictures of your gardens, flowers and vegetable growing, wild life photographs, or other projects you have been undertaking.

Email pictures to suggestions@u3a-llandrindod.org.uk

Lectures via Zoom from Aberystwyth U3A

Stephen Ashley and I have also attended lectures given by Aberystwyth U3A via Zoom. These are now running fortnightly on a Tuesday morning at 10:30am.

I attended the one run by Nigel Humphreys on the topic of The Life and Paintings of Artemisia Gentileschi; 1593-1656. There were a total of 19 participants from as far afield as, Hay on Wye and Machynlleth. It was so refreshing to hear about an accomplished female artist and 1970 feminist heroine. There was a good informal interaction at the end between all the participants. Later I received an email from a long lost works colleague who had also been a participant tracing me through the website, which was a very unexpected and welcome outcome.

Future talks by Aberystwyth U3A will be:

Tuesday July 14th, 10.30am, Chris Simpson on "Some Interesting Buildings in California"

Tuesday July 28th, 10.30am, Roger Boyle on "The architecture of Montague Burton"

Tuesday August 4th, 10.30am, Nigel Humphreys on "The Life and Paintings of Titian"

To Join the Aberystwyth lecture, start Zoom and click the blue Join button (on the "Home" tab). Enter the Meeting ID: 813 2629 8481

You may also be able to connect to the meeting by clicking on this link:

<https://us02web.zoom.us/j/81326298481>

You should join the meeting a few minutes before the lecture is due to start and you will be "let in" by the host.

Changed or Postponed Events

The National U3A AGM will be held on line. Voting will be on the 29th September at 11.15. Resolutions are invited from members and districts. The current Regional Trustee for Wales is Chris Winner as Hilary Jones our previous Wales Board member is currently the Vice Chair of U3A Nationally.

Wales U3A Conference is postponed until May 12th 2021

U3A Day is postponed until June 2021

To finish on a lighter note ...

The some of the lock down poetry on UTube is quite moving, but our own creative writers provide a smile.

I've found I can't do Haiku
My brain is much too old
And when I try to count the words
The info I've been sold
Has turned my brain to jelly
And left me in the cold.

If only I had someone who
Could tell me what's the point
Of writing just three short lines
When at the end it seems to me
That bloody verse won't rhyme.

Jill Clay

HAIKU

Seems his name was Pete
Shame that all night I had said
Do it to me, Dave.

Someone save me from Haiku
I am exhausted with trying to think
Whose idea was it anyway?

Sue Turner

I see a rainbow.
A smiling elf winks at me.
"Catch!" I grab the pot!

Poetry flowing,
expressing thoughts and feelings
with beautiful words!

Carole Bumford

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](#).