



Llandrindod Wells and District U3A

Dear Llandrindod U3A Member

Welcome to Newsletter 5

I could never have imagined my Chairmanship would consist of Zoom meetings with your dedicated committee, and communications to you all via Newsletters. The U3A and the Interest Groups I belong to have been a wonderful source of social interaction which I have sadly missed, like so many of you. Learning alone is a difficult discipline much easier with a group of like minded friends. I admire those of you who continue to be creative, learning and researching through this difficult time.

A special welcome to David Cooke our first new joining member since lockdown, I look forward to meeting you David. Good wishes go to Maggie Clark who has been running the French group but is now devoting herself to studying via the Open University. Wishing you every success Maggie and hoping someone else may come forward to lead the French group.

Continuing lockdown activities

Not all our lockdown activities are successful. Talking to Margaret I was telling her of a jam making disaster. A blackcurrant jelly I was making would not reach setting point. In the end I bottled it anyway muttering "life is too short". Result: There must be some industrial use for a jelly which latches onto the knife and stretches unbelievable then refuses to let go of the knife or the jar. Margaret then told of a pear and ginger jam (sounds lovely) she made, I quote "Bloody stuff wouldn't set. I kept boiling and boiling and in the end gave up and stuck it in a jar. Looked beautiful – a light amber with dark amber chunks. When we came to eat it we couldn't dent it. A friend suggested I break the jar and use it as a doorstop, as it was so pretty but obviously inedible"

Making use of our website

Nick, our website manager, keeps a close eye on what is happening in terms of usage and individual downloads from our website and I can report that in July we had over 6,500 visits with an increased volume of downloaded information. I suspect [Berwyn's quiz's](#) and [Margaret's list of free activities](#) have had a lot to do with the increase in downloads.

The free activities provided nationally by theatres, arts venues etc are unfortunately starting to come to an end so I hope some of you have made use of Margaret's list.

The website activity will not all be from our own members but it is good to know that the site is being used even when people are not going in to check information on meetings and speakers. Please use this resource and help us by providing snippets and photos of your activities during lockdown. It is your website and a way to share what you are doing and keeping in touch.

Third Trust AGM Resolutions

The National AGM of the Third Age Trust, the umbrella organization for all U3As, will take place on the 29th September. There are only 2 resolutions either of which will affect us and both relate to the increase in the annual membership subscription paid by member U3As to the Trust for each of their paid up members. One resolution proposes a rise from £3.50 per head to £4.00 per head, while another proposes an increase to £4.50 per head paid on the highest number of individuals registered with each U3A the previous year.

Your committee is currently discussing ways in which we can possibly reduce the membership fee for next year for those who have paid full membership fees this year. Or other ways in which we can compensate for the missed speakers, and reduced activity due to covid-19 in this year. We therefore feel that our U3A should support the first resolution as it will have the lowest financial impact on our membership. Please get in touch before the 10th August if you feel the rise to £4.50 should be supported instead. The full text of the resolutions and supporting information are [available to read](#) on our website.

Update on Interest Group Activity

First of all my thanks to ...

- "The Readers" group for their book reviews and recommendations. These are to be found in the attached document or [on the website](#).
- Denise Thorn from the Creative Writing group who has provided the story of the month, The Bus Stop, which is also attached or available [on our website](#).
- All the Crafters, Artists and Gardeners who have provided photos of present activities and some past activities which can be seen [on the website](#).
- Ann Parkhouse for sending round to the Theatre Group an invitation from 'Shakespeare Link' for play reading sessions to be held via Zoom.
- Kathryn Hunt for the [video on basket weaving](#) - it is not easy to produce and edit your own videos.

I do understand that it is difficult or even impossible for many of the groups to keep going via electronic means and can only thank the group leaders who have tried (don't give up!!) and those managing successfully. As the situation with Corona virus continues and we move towards winter I can only encourage those of you who have computers and are not yet Zoom literate to try it really is easy and once mastered can be used for contact with families friends and U3A groups ... Nick Talbott and other computer group members can offer help using Zoom if you email him - nick@u3a-llandrindod.org.uk. There are also tutorials on the [U3A national website](#).

Outdoor activities are now permitted for up to 30 people. So small groups of individuals from Interest Groups could chose to meet up outside over the next few months before it gets to cold. The person organizing the activity must carry out a risk assessment. There is Risk Assessment information and model forms which can be found on the [U3A National website](#).

Aberystwyth U3A Online Talks

During lockdown Aberystwyth U3A has been hosting short weekly Zoom talks open to members of all mid Wales U3As. The upcoming list of speakers includes:

- August 11th, Nigel Humphreys on "The Life and Paintings of Titian"

- Tuesday August 18th, Chris Simpson on "Interesting Geology on the Aberystwyth-Borth Coastal Path
- Tuesday September 1st: Nigel Humphreys on "The Paintings of Edward Hopper"
- Tuesday September 8th: Pat Griffiths on "How did you learn to read?"
- Tuesday September 29th: Marianne Pateman on "The Medieval Art of Wall Painting in Welsh Churches"

Details of how to take part in these meetings are available from [Aberystwyth U3A](#) and we also list information on our website.

Aberystwyth U3A request for speakers

The following message is to all mid Wales U3A members from Aberystwyth U3A

We have had talks every other week and they have been well supported and what we need is more of the same. So this is an appeal to any of you out there who might like to hold our attention by sharing their interests, hobbies, memories, escapades, journeys, sports experiences, perhaps read a short story or article (not necessarily one you've written), play an instrument or run a quiz: it doesn't have to be an hour long! The point is that these online sessions are a useful way, perhaps the only way, to keep U3A afloat so that when the virus is finally kicked into touch the groups will still be there to go back to. But that could be months off yet so there is work to be done. It will be a great shame if, through social distancing we each learn to live without them.

Don't worry about the technical side of Zoom. If you come up with an idea just suggest it to Roger, he'll give you a Tuesday slot and all you have to do is sit yourself in front of your screen and talk or whatever. I will see to the practicalities. We have nothing planned apart from Tuesday August 11th and if there are enough of you we can put together a programme for each Tuesday until whenever. So we do urge you to volunteer at least one Tuesday session – more if you wish. Send your ideas to Roger. It's totally informal. The important thing is to maintain social contact by pitching in together. Not social distancing – but social togetherness, albeit remotely . . . for now.

Nigel Humphreys and Roger Boyle
 Roger Boyle: rogerdboyle@gmail.com
<https://u3asites.org.uk/aberystwyth/events>

If you think you could do something along these lines but want first to practice with a few of our members please email - karen@u3a-llandrindod.org.uk - and we will help you get started.

Recommendations for electronic fixes

Janet Stevens says Bracken Trust is running online exercise classes. While Mr Motivator, who is now a U3A member himself, has a "dozen daily" 10 minute exercise classes all free on youtube.com YouTube also has some excellent walking tours, just type, YouTube into your search engine then Prowalk Tours, chose your destination and skip the adverts, a walking tour and virtual travel in one place. I now definitely want to visit Taormina in Sicily for real! Garden visiting via the NGS website is also recommended as are the National Trust talks.

Finally please beware of the number of scams currently in operation, from offering tax rebates if bank details are provided, in relation to paying for TV licenses, to individuals selling masks at the

door. There was even one sent round to the U3A committee members in my name. No matter how plausible don't be taken in.

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](#).