



Llandrindod Wells and District

Dear Llandrindod U3A Member

Welcome to our November 2021 Newsletter (number 17)

These Newsletters were started when the Covid 19 pandemic prevented us from meeting together as a u3a. As both main meetings and many of the interest groups have started up the Newsletters will continue for a time but in a much shorter format. This one is more of a quick note and reminder.

Our October Meeting

I am pleased to report that the first full meeting of our u3a, held at the Metropole Hotel on the 11th October after the 18 month break, was a great success. The audience for Dean Powell's talk on "Glyn Houston – A Black & White Actor" more than lived up to expectations, being hugely entertaining and perfectly targeted in terms of content for the listeners who knew many of the films, people and TV programmes mentioned.

The audience numbered 80, more than I had hoped for, with another 16 joining us via Zoom. This was our first hybrid meeting and the technology went very smoothly. One Zoom listener's feedback was that the noise level when people were chatting prior to the speaker was deafening and "sounded like hell": It was in fact the joyous sound of a lot of catching up!

I must say how impressed I was with the patience shown by the members booking in on entry to the meeting. It should go much faster next Monday if, as you come in to register, you can confirm that your contact details were checked and updated at the October meeting.

Thank you

To **Fay Ramsden** who is retiring from organising one of the Sunday Lunch Groups. Fay gets the long service medal as she has run a Sunday lunch group for 25 years ... quite an achievement. Fay will remain a member of the group while Meg Lewis has agreed to take over the coordination from Fay. This Sunday lunch group meets once a month. There is to be a lunch at the Bell Inn, Llanyre, on the 5th December. Anyone in Fay's group or who is interested in joining this group should now get in touch with Meg. Email meg@u3a-llandrindod.org.uk

To **Jill Mouncer** who is retiring from running the Art History Group. Jill also deserves a long service commendation for 15 years of leading the group. As yet no one has come forward to take her place. Members may be interested in the invitation we have received from Aberystwyth u3a Art Appreciation Group (see below).

Monthly Meetings

Our next meeting is on **Monday 8th November**. Our speaker is Martin Lloyd whose topic is "Passports, Assassins, Traitors and Spies" based on some of the stories in his book of that title. I am afraid that Martin has not given his permission to use Zoom to broadcast the lecture, which is disappointing. His contract as an after dinner speaker does not allow for any recording or transmission. But lesson learnt, we will aim to ensure that future speakers will allow Zoom transmission to the members who for whatever reason are unable to attend in person.

At our meeting on **Monday 13th December** we will hear from Mike Jackson on Directing the BBC Antiques Roadshow. This is not a valuation session but a background and insight into the production of this very popular TV programme. Mike is happy for us to use Zoom for his talk. The meeting will be followed by Christmas Lunch. Members who have not booked for Christmas lunch are welcome to come to the meeting.

A reminder about attending our meetings.

We must ask you:

Please make sure you are 'double-jabbed' before attending any u3a activity unless

- a) You have very recently had Covid 19 and have a high antibody level confirmed by a recent blood test.
- b) Medically you are unable to be vaccinated.
- c) You have proof of a negative test taken 24 hours before any face to face meetings. Free lateral flow test kits are readily available.

We respect anyone's decision not to be vaccinated but we must do everything possible to keep our members safe.

So, if you have NOT been vaccinated or fall into one of the categories above, please, respect the committee's decision and do not attend any u3a activity where you come face to face with other members.

Dr K Evans, Vice Chair Llandrindod Wells and District u3a

We ask that masks be worn as you arrive and until seated unless medical reasons prohibit. Registration will be taken on entry which will also give us the opportunity to check contact details.

We will try to accommodate those who wish to remain more socially distanced from those not in their "bubbles."

The room will be well ventilated so you may want to bring out the "thermals" early.

Usual display/notice boards will not be used for this meeting.

Christmas Lunch

Christmas lunch for those who wish to partake will follow the main meeting on the 13th December. The menu is [on our website](#). The price for a 3 course lunch will be £21.00, for 2 courses £19.00.

Kathie Richards-Jones, our Secretary, does all the organising. This is a u3a lunch so please ensure you book and pay via Kathie not directly with the Metropole Hotel. Kathie will be available at the November meeting to take orders and payment. Money will be refunded if Government covid regulations require the Hotel to close.

Our Website

I am pleased to say several of the Interest Group Leaders have attended Nick's training sessions and are now maintaining their own group's pages on the website.

As always Nick is on hand to help or put up material for those who do not feel confident enough to add material to the website themselves.

If you want the latest information and updates [go to the website](#).

Interest Group News

A reminder to Group Leaders that I am more than happy to give out Interest Group News and Updates at our monthly meetings. Please give me the information written out before the meeting commences.

If you have an idea or want to start a new Interest Group there is plenty of help on hand. As a starting point contact [Stephen Ashley](#) our Interest Group Coordinator.

Computer Group

The group is starting a new topic on November 15th: a beginner's guide to spreadsheets. For the time being the group meets using Zoom and any member is welcome to join in as using Zoom means there are no limits on numbers taking part. There are [more details on the website](#). Contact [Nick Talbott](#) if you would like to join the group for this topic.

Aberystwyth u3a Art Appreciation Group

Aberystwyth u3a has offered our members the opportunity to join this group which runs via Zoom. The next talk will be given by Katrin from Germany on Monday 22nd November and she'll give an illustrated talk on the life and paintings of Gabriele Münter who, working and living with Kandinsky, is considered one of the co-founders of Abstract Expressionism. Please use [the group's contact form](#) to ask to receive the Zoom details, explaining that you are a member of Llandrindod u3a.

Some of the group's previous talks are [available on YouTube](#) where you can subscribe to the channel (which currently has 372 subscribers).

National u3a news

The u3a movement celebrates its 40th year in 2022.

- There is a new woodland being planted in the Brecon Beacons and we can purchase a tree for £7.50 – already more than 1,000 trees are on their way to be planted thanks to u3a members Nationally. As this wood land is going to be on our door step maybe we should buy a couple of trees?
- Other u3a members are busy creating squares for the commemorative quilt. Submissions are closing the 15 November so if you would like to take part, please ask a u3a friend to take a photo of your square and enter it on the 40th anniversary web page.

A reminder that you can subscribe to the u3a's National Newsletter on the [National u3a website](#).

Challenging Ageism: A request from the Third Age Trust

In the UK, ageism is the most prevalent form of discrimination, with one in three people experiencing age-based prejudice or discrimination. A survey of u3a members found that nearly 40% had heard ageist language used about their age group. A fifth (20%) of surveyed u3a members in their sixties said they had been described as 'elderly' with nearly two fifths (37%) of them finding the term offensive.

The u3a and the Centre for Ageing Better have joined forces to produce advice to help members challenge ageism and promote positive ageing. You can [read a copy on our website](#).

For the month of November, the National u3a is encouraging members to read the toolkit and put some of the actions into practice. When the month is up they would like to hear what you thought about the toolkit, whether it has increased your understanding and awareness of ageism, and whether it has helped you to take any action against ageism.

As usual, any suggestions for improving these newsletters or contributions from members are most welcome.

I look forward to seeing you at the November meeting.

Karen Latham

Chair, Llandrindod Wells and District u3a

U3A Contacts

<i>Chair</i>	Karen Latham	karen@u3a-llandrindod.org.uk
<i>Vice-Chair</i>	Dr. Karyn Evans	karyn@u3a-llandrindod.org.uk
<i>Treasurer</i>	Jan Willsher	jan@u3a-llandrindod.org.uk
<i>Committee Secretary</i>	Kathie Richards-Jones	kathie@u3a-llandrindod.org.uk
<i>Membership Secretary</i>	Janice Horne	janice@u3a-llandrindod.org.uk
<i>Programme Secretary</i>	Nick Talbott	nick@u3a-llandrindod.org.uk
<i>Committee Member</i>	Will Francis	will@u3a-llandrindod.org.uk
<i>Advisor</i>	Mary Davies	marydavies@u3a-llandrindod.org.uk
<i>Website Manager</i>	Nick Talbott	nick@u3a-llandrindod.org.uk
<i>Interest Group Coordinator</i>	Stephen Ashley	steve@u3a-llandrindod.org.uk

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