



From the Chair

Restarting of u3a activity groups

Following the announcements from the Welsh Government, we are in a position to restart face-to-face meetings for some of the u3a activity groups. Opportunities for restarting are limited due to restrictions still being in place with regard to the number of people who can meet and also no indoor meetings in private households. The group convenors have been provided with more details to see if it possible for their group to restart face-to-face meetings. Please contact your convenor for further information.

From the Committee

National u3a day – 2nd June 2021 – we need your help

National u3a day is designed to challenge preconceptions of what being an older adult means by show-casing the amazing and diverse things our members get up to. On the day (restrictions permitting), Monmouth u3a will open a shop on Monnow Street in which to display many of our activities to the public.

Membership of the u3a has dropped dramatically across the country, due to the pandemic. So our main objective will be to inspire new members to join us, and encourage others to come back.

- We are seeking volunteers to help man the shop

National u3a day takes place during ‘Spring Clean Cymru’ so we will also be calling on litter pickers to get involved in looking after where we live by organising a clean-up event.

- We are seeking volunteers to help litter pick

If you would like to get involved in either event, or have any other ideas as to how we could raise the profile of Monmouth u3a, please email monmouthu3amembership@gmail.com

Communications Survey

The Committee will shortly be sending out a survey about communication with members. Its purpose is to clarify the best ways to ensure that members are provided with the information they need in a form that they will access.

Members Meeting

The next talk will be **Trek to Everest Base Camp on May 18th at 2.30pm** by Lynn Joseph

Primary school teacher Lynn Joseph had dreamed of climbing Everest for years. The 53-year-old always had an adventurous nature and loved the outdoors. So when she and her husband decided to finally take the plunge and tackle the world's tallest mountain, Lynn was determined to achieve her goal.

The couple joined a team of fellow trekking enthusiasts with the aim of reaching the South Base Camp at Everest – which sits at a height of 5,380 metres. They spent months preparing for the venture, walking and hill climbing for hours a day. But Lynn almost never got to realise her dream after being diagnosed with cancer weeks before the climb.

For an invitation to the talk, which will be held on-line using Zoom, please e-mail Mike Saunders at mikesaunders.mjs@gmail.com

Groups

French Intermediate

This group of ten has a vacancy for a new member. At present we meet on Zoom with our professional tutor who encourages us in a diverse range of activities to improve our French. These range from translations of various texts, some grammar and lots of chatting to encourage us to speak French. Normally we meet in the home of one of our members but at present the Zoom meetings are at 10am on a Monday morning for one and a half hours. It is a relaxed and friendly class.

If you are interested in joining us, please contact Marie ;
marie.e.everett@icloud.com or 01600 750476

Science and Technology meeting: Tuesday 11 May at 2.30pm via Zoom

A virtual tour of the Diamond Light Source facility

IT IS IMPORTANT THAT YOU REGISTER FOR THIS TOUR WELL IN ADVANCE

The Diamond Light Source facility works like a giant microscope, harnessing the power of electrons to produce beams of extremely bright light that are used to study anything from viruses and vaccines, to fossils and jet engines. During our virtual visit we will hear how electrons are accelerated to near the speed of light so that they give off light 10 billion times brighter than the sun, and how this light is used to study a vast range of subject matter. We will then take a virtual tour of the

facility, visiting areas normally out of bounds for visitors. Please note: This tour will last two hours, including a short comfort break.

If you would like to take this tour, please register here:

<https://diamondlight.zoom.us/meeting/register/tJ0rduyurjwqGNNXTkxrEhiLdHtXTsF7bNjm> and you will be sent an email with a link to the tour. Keep this safe until it's time for the tour.

u3a National

Third Age Trust newsletter

The latest edition of the Third Age Trust newsletter is available here <https://mailchi.mp/u3a/your-u3a-national-newsletter-april-2021>

It contains information about this year's creative writing competition

Other

Stan Armstrong

You may remember that Sue King was hoping to hold a celebration of Stan's life on the anniversary of his death. Unfortunately because of ongoing restrictions this will not be possible. Sue has told us she will let us know of any future plans