

# Newsletter

Issue 49

October 2019



## Last Chance to Renew Your Membership

Memberships ran out on 31<sup>st</sup> August – if you haven't renewed please do so NOW; otherwise your membership will lapse and you will lose your places in groups.

## Monthly Meeting Tuesday 8<sup>th</sup> October 2.00pm

Psychologist Cliff Arnall examines why sleep is so important and introduces the top five things we can do to get wonderful regular sleep. The Bridge Group will host the meeting in our usual venue, the Masonic Hall, Guildford Street.

## Annual General Meeting

The Annual General Meeting of the Cardiff U3A will be held in the Cardiff Masonic Hall on Tuesday 12<sup>th</sup> November at 2.00pm. The Singing for Pleasure group have kindly agreed to entertain us after the AGM and refreshments will be available. A separate email will be sent to members. For those without email, please find information enclosed with this Newsletter.

## Christmas Lunch

This year our Christmas lunch moves to a new venue (tried and tested by the Sunday Lunch Group). It will be on Friday 6<sup>th</sup> December at Jurys Inn, Cardiff. The bar will be open from 12 noon, and lunch will be served at 1.00pm. Cost is £22.50 per head which includes: Sparkling welcome drink, Main course, Desert, Tea / coffee and Mince pies. Pre-orders are necessary. You can download the form [bit.ly/cu3a00CL](http://bit.ly/cu3a00CL), pick one up at the next monthly meeting or contact Shelagh on 029 2049 4664 or [sunday.lunch@cardiffu3a.org.uk](mailto:sunday.lunch@cardiffu3a.org.uk).

## A New Podcast – A Life Well Lived

Journalist Constance Knox in her new podcast, **A Life Well Lived**, made in association with the U3A Movement and sponsored by travel company Cox and Kings, has unearthed some extraordinary stories. There are six riveting interviews with Third Ageds (all aged over 70).

The episodes so far are:

**Sunny Jacobs and Peter Pringle** - they both survived after serving time on Death Row for different crimes they didn't commit.

**Helga Wolff** - a survivor of the Nazi regime, who had to leave her family behind at the age of 15 to escape the holocaust. Both her parents were killed in Auschwitz.

**Nick Bailey** - the news anchor for Radio Caroline in the 1960s.

The final episodes of this series will include a 1952 Olympic Medal winner and a cross generational discussion between two U3A members. You can subscribe free of charge to

these podcasts through your usual podcast service or if you don't have one on this site [alifewellivedpodcast.buzzsprout.com](http://alifewellivedpodcast.buzzsprout.com)

## Tackling Loneliness Event

Cardiff U3A will have a stand at this event on Saturday 12<sup>th</sup> October, 10.30am until 1.00pm, at St Isan's Church Hall, Heol Hir, Llanishen, Cardiff. CF14 5AE. Come along and support us. The aim is to highlight community organisations and resources in Cardiff to help tackle the issue of loneliness at all ages.

## Bus Passes

Those of us with Bus Passes will have to reapply for these before the end of December. You can apply online or pick up a form and/or ask for help at the library. Alternatively, telephone 03003034240 to find out where local support is available but you **cannot** apply over the telephone. To reapply you'll need: the 19-digit card number printed on the front of your (green) bus pass; your date of birth; the postcode your current card is registered to; and your National Insurance number. New photos can be uploaded online if you wish <https://tfw.gov.wales/QandA> . For members without internet access, look out for some help with this in next month's Newsletter.

## New Groups? Are you Interested?

### Eurythmy Group

Eurythmy is an expressive movement art originated by the Austrian, Rudolf Steiner, in the early 20th century. It is also used in education, and is performed with music and spoken texts. We have been approached by a new member with a proposal to start an Interest Group. It will require a pianist to accompany the group, with simple music. If you are interested and can offer help please contact [newsletter@cardiffu3a.org.uk](mailto:newsletter@cardiffu3a.org.uk) .

### German Language Group

Jackie does not speak German but has agreed to coordinate in the first instance. Please email her ([french@cardiffu3a.org.uk](mailto:french@cardiffu3a.org.uk)) if you are interested.

## Information from the Groups

### Computer Group

**Photographic Software - Adobe Lightroom.** The first digital project of the year will be an extended re-run of training previously given in 2017 in the use of Adobe Lightroom. This course will cover initially organising, sorting and editing of your digital photographs using Lightroom 4, but will then switch to using the latest versions of the software - Classic and Mobile - to show how they can be used together, and how more advanced techniques of editing can be employed to good effect. **Any member of Cardiff U3A is invited to express an interest in this course** which will run in October and November on a fortnightly basis,

probably on the second and fourth Tuesday morning of the month, or first and third Wednesday morning of the month, whichever suits most participants. Please let David Harrison - [computer@cardiffu3a.org.uk](mailto:computer@cardiffu3a.org.uk) - know your interest as soon as possible.

**Watch out for Catalina!** If you're a Mac desktop or laptop user you might wish to read this blog post - <https://thoughtgrazing.org/watch-out-for-catalina/> - from David Harrison of the Computer Group, which highlights some potential problems you might face should you want to upgrade to the latest release of the Mac Operating System next month.

## Local History

The speaker at the October meeting (22nd at 10.15am) is Rosie James, Principal Landscape Officer at Cardiff Council. She will be speaking about Bute Park - Cardiff's hidden history.

## Music Appreciation

At this month's meeting in City URC Lynne Plummer will talk about 'Music in the eighteenth century, that time of revolution and general unrest'.

## Outings and Theatre Visits

A limited number of tickets at £13.00 have been reserved for the matinee performance, 2.30pm, of 'Christmas on Broadway' at the Royal Welsh College of Music and Drama on Friday 6<sup>th</sup> December. Contact Frank on 02920899467 if you want to go.

## Thursday Discussion Group

Following the success of the first Thursday meeting of the term and the 'taster' meeting for new members, it has been decided that attendance at the Thursday morning meeting will temporarily be restricted to only those members who have attended since the beginning of June. Extra meetings will be held on Tuesday afternoons at which all Cardiff U3A members will be welcome. These meetings will also be held at the City URC Church but at 2.00 – 3.30pm on the 1st and 3rd Tuesdays of the month. Questions discussed on Thursdays will usually be repeated on a Tuesday a few weeks later.

Questions to be discussed in October are:

- |             |   |   |        |
|-------------|---|---|--------|
| Tues 1/10   | - | Why has the Kashmir crisis lasted so long?    |        |
| Thurs 10/10 | - | Do children in two-parent families do better? | (FULL) |
| Tue 15/10   | - | How scared should we be?                      |        |
| Thurs 24/10 | - | Can you reduce Central American migration?    | (FULL) |

## For more information and to contact us.

**The easiest ways to contact us are by email or by using the links to the groups on their web pages.**

For more information on anything in this newsletter contact us at [info@cardiffu3a.org.uk](mailto:info@cardiffu3a.org.uk)

Members with queries relating to membership should contact [memsec@cardiffu3a.org.uk](mailto:memsec@cardiffu3a.org.uk) or **07926 533693**

Submissions for the next Newsletter to [newsletter@cardiffu3a.org.uk](mailto:newsletter@cardiffu3a.org.uk) by 23rd October. Thankyou.