



## From The Chair

### PLEASE HELP YOUR COMMITTEE – give something back

Monmouth u3 continues to grow with over 70 different groups and 666 members. Your committee now needs your help, please. There are only 7 of us on the committee and, to keep Monmouthu3a buoyant and interesting, we need a few more to share the load.

We meet once a month for an hour and a half to make sure that all the underlying admin is being done. We also take it in turns to support or facilitate other events, and we support members and conveners in organising groups and visits.

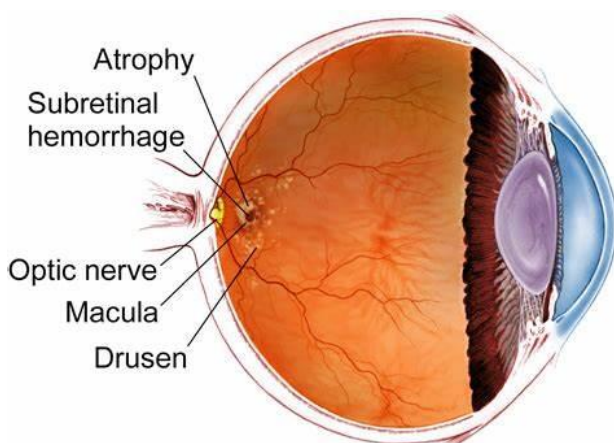
What we really need now is more people to help with running the u3a. Whatever your talents and interests we can use your support. If you could spare a few hours to join our little band, or if you would just like to know more, please contact Averil on [a.m.macdonald@reading.ac.uk](mailto:a.m.macdonald@reading.ac.uk). Don't be shy! Many thanks in anticipation – we look forward to you joining us. Onward and upward!

## Next Members' Event

**Tuesday 18 June, 2.30 @ the Bridges Centre**

**Age Related Macular Degeneration**

**Angela Hoyle**



Angela Hoyle is Chair of Monmouth Vision Impaired Group (MONVIG), a local support group dating from 1977 for people with various eye conditions leading to deteriorating sight.

This talk will focus on two topics – the advantages of belonging to a support group, and Age Related Macular

Degeneration (AMD), the leading cause of sight loss today. The aim of the talk is to raise awareness of how we can recognise early signs of this condition in order that monitoring and treatment can be implemented as soon as possible. An opportunity will be given for members to simulate this condition in order to emphasise the need for early detection.

Free to all Monmouth u3a members. No need to book. Come alone or bring a friend; stay for a chat over tea and biscuits afterwards.

## Future Members' Events

### Summer party – Tuesday 16 July @ 2.30 pm

We are delighted to invite all Monmouth u3a members to our summer party in Agincourt Hall, the Bridges Centre, at 2.30 pm on Tuesday 16 July.

- Strawberries & Cream, scones with jam and cream, cake, tea or coffee will be served. Please notify us if you have any special food requirements.
- David Hoyle will provide a 'name that tune' Music Quiz, and our new Ukelele Group will entertain us.

As the room holds a limited number (albeit quite a large number), places will be allocated on a **first-cum-first-served basis**, so book your place now, or at the latest by 21 June.

To book your place, email Alison Lewis, putting **Summer Party** in the subject line, and **giving your full name:** [lewis.u3amon@outlook.com](mailto:lewis.u3amon@outlook.com)

We regret that partners who are not members of Monmouth u3a cannot be accommodated.

### Garden visits – Tuesday 20 August @ 2.00 pm

This year, instead of holding a monthly meeting in August, you have the option to have tea in one of two special gardens. This will not only be a chance to see and learn about the gardens, but it will also be a social occasion so do come along, even if gardens don't particularly float your boat!

The gardens are:

- 1) **Cheryl Cummings's Rewilding Garden**, located in The Gardens, Monmouth. Learn more about Cheryl's garden here: <https://cherylcummingswildgardenwriting.co.uk/>
- 2) **Cherry Taylor's No Dig Garden**, located just outside Monmouth at Llangattock Vibon Avel. Learn more about Cherry's garden here: <https://www.cherrysnodiggarden.co.uk>

Tours of both gardens will be given, along with tea, coffee, biscuits and cake, but for those going to Cheryl's garden, please **bring your own mug!**

You need to choose which garden you want to go to, bearing in mind that both have some uneven steps and paths. Cheryl Cummings's garden is the smaller of

the two and so numbers will be limited and allocated on a **first-cum-first-served** basis. Numbers are not limited in Cherry Taylor's Garden.

To reserve your place, email Alison Lewis, putting **Garden visits** in the subject line, **giving your full name**, and saying which garden you prefer. If you chose Cheryl Cummings's garden, please state if you would be happy to go to Cherry Taylor's garden instead, if Cheryl's is full.

Once your place has been reserved, you will be required to pay a small fee of £3.50 to book it. Alison will provide you with payment details. Alison's email is [lewis.u3amon@outlook.com](mailto:lewis.u3amon@outlook.com)

## Social Opportunities

- **Coffee and Chat** every Monday morning.  
Come along to the weekly Coffee and Chat at Estero Lounge every Monday at 10.30 for interesting conversations and good company. No need to book.
- **Thirsty Thursday Pub Club**  
First Thursday of the month from 7-ish to 9-ish, come along to the Robin Hood. Join us for a relaxed evening out. No need to book.
- **Quiet Chat 'n' Coffee**  
Thu 09 May 2024 @ 11:00 – 12:00  
Valerie's Cafe, Beaufort Court, Monmouth NP25 3UA

## Groups

### Astronomy

The first meeting of the newly established Astronomy Group will be held at **14:30 on Wednesday 19th June**, in the Roberts Room at the Bridges Centre. There will be two short talks by Keith Moseley:

- Measuring the Universe, Part 1
- Introduction to Solar Astronomy Equipment

These will be followed by a discussion during which members can put forward ideas for future activities. Potentially these will include:

- talks by members and visiting speakers on a wide range of subjects, primarily during the spring and summer;
- outdoors sessions during the autumn and winter months to observe the sky with equipment and advice from the more experienced members of the group (some 10 members of the group have telescopes).
- tutorial sessions for those who have access to telescopes but need advice on setting them up and using them.

## **Science and Technology** – Tuesday 11 June at 2.30pm in the Bridges Centre

This month we welcome Pete Barham, who you may remember from his highly enjoyable talks in the media a few years ago about the science of food. Now retired, he researches his favourite topic – penguins! It promises to be an entertaining afternoon.

### **A physicist amongst the penguins**

**Professor Peter Barham**

Penguins are a group of highly charismatic aquatic flightless birds. Their natural environment is the open ocean so they often appear ungainly on land. However, that is where they are mostly observed, leading to a somewhat inaccurate perception of their abilities.

The African penguin is probably the most endangered of all penguins and is currently forecast to become functionally extinct by 2035. Pete will discuss the various reasons for its dramatic decline from well over a million breeding pairs at the turn of the twentieth century to its current population of fewer than 10,000.

He will also describe the efforts they are making in South Africa to save the penguin from extinction, and explain what you can do to help these efforts. If you are not a member of the Science and Technology group you are welcome to attend as a guest for a fee of £3 (or you can become a member for £12). Non u3a members can attend once before being required to join the u3a.

## **Film Club**

The Film Club choice for **Friday, 21st June** will be 'Spencer', starring Kristen Stewart and Timothy Spall.

Films are shown in the Ballroom in the Bridges Centre and commence at 2.00 pm



## **Critical Thinking** – 25 June at 3 pm in Ty Price.

We will be considering the issues around Assisted Dying.

Anyone not on the group list who might be interested in coming along should email Simon Durrant at [sncd@outlook.com](mailto:sncd@outlook.com) if they would like to receive the stimulus material, or simply turn up on the day.

## **Garden visits group** – Tuesday 9th July, at 10.30 am to 1.00 pm

Following our excellent trip to The Neuadd, our next visit will be to The Laskett, Much Birch near Hereford, on **Tuesday 9th July, at 10.30 am to 1.00 pm.**

The Laskett is the work, and former home, of Sir Roy Strong and his late wife, Julia Trevelyan Oman. He gave it to the charity Perennial in 2021, which now runs it. Admission includes an illustrated plan and the use of an audio guide, reportedly excellent, by Sir Roy himself.

The number of cars is limited so car sharing may be necessary. The Laskett's uneven surfaces, narrow paths, and gravel walkways make it unsuitable for wheelchair access. Only assistance dogs may enter the garden.

Entry is £12 per person, unless you have a Gardeners' World 2-for-one ticket, in which case only one of a couple will pay £12 and the other goes free!

Tickets are non-refundable and non-transferable, and bookable at least 3 weeks in advance. NO ENTRY to anyone who just turns up on the day. Even if you are the +1 who will go in for free, I must know about you in advance.

**All visitors must be members of Monmouth u3a.**

**Your place is not confirmed until your payment has been received.**

There is a cafe serving tea, coffee and cake. The Laskett Picnic, £22 each, is available for those who book well in advance. This looks fab, picture and sample menu on the Laskett website: <https://perennial.org.uk/gardens/picnics-at-the-laskett/> There is a Vegetarian Laskett, also £22, and on special request Gluten-Free and Vegan too, both £22.

If you would like to go to The Laskett, please let Judy Beba-Brown know as soon as possible stating how many tickets you require and if you want a picnic, which one: [judy.beba@btinternet.com](mailto:judy.beba@btinternet.com)

## **National**

For a range of ideas and wider opportunities go to: [www.u3a.org.uk](http://www.u3a.org.uk)