



L&D u3a: Christmas Newsletter

Dear Member

Festive greetings to one and all and I trust your preparations are almost complete for what should hopefully be a better Christmas than last year. It seems, though, we just do not know what lies ahead.

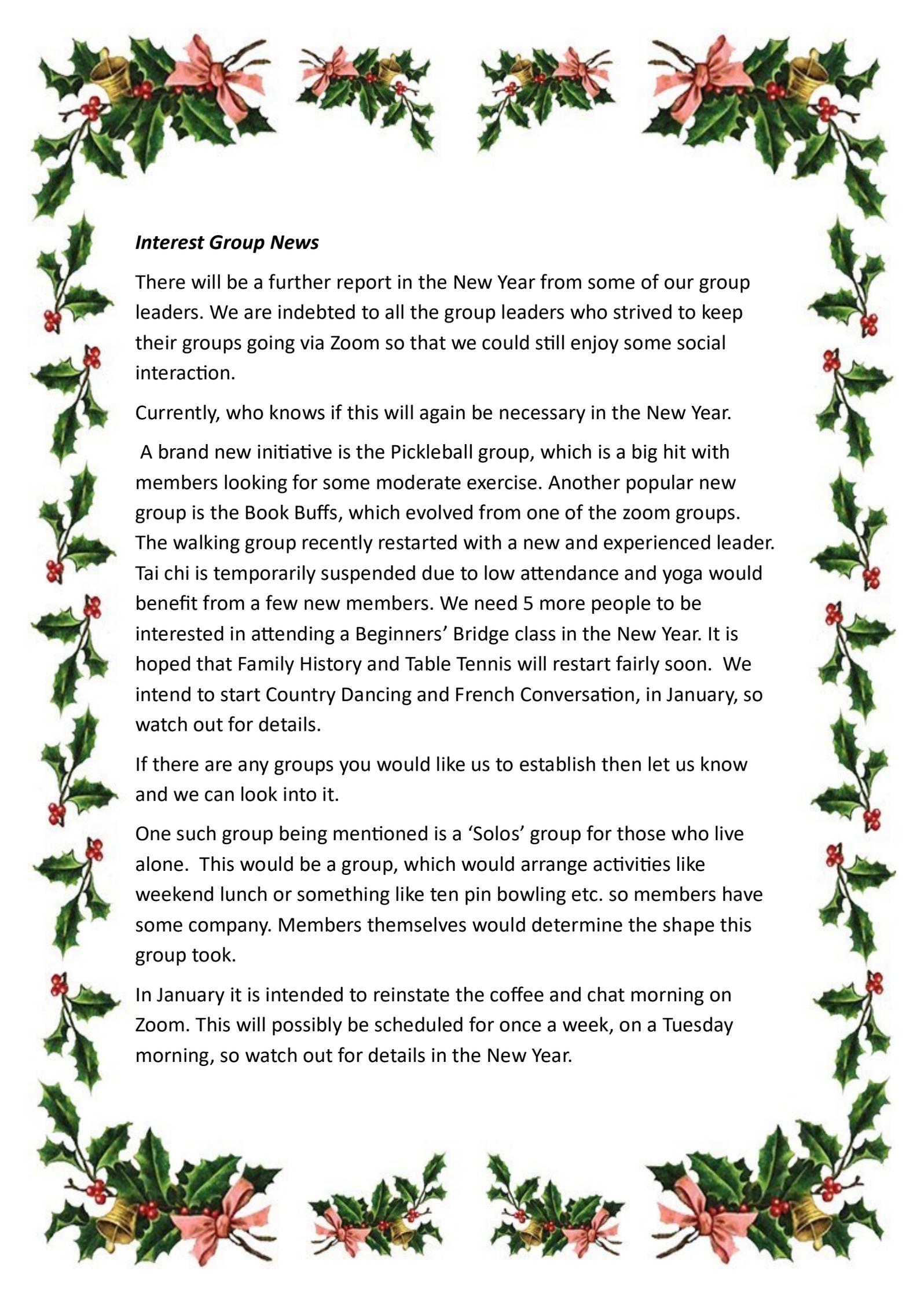
As is the usual practice, it is time for an update on L&D u3a for the period since we restarted in September. This news follows on from the information contained in the Annual General Report belatedly sent out earlier this month.

Membership

To date, we are delighted to report that we now have 195 members. We have lost a few members for various reasons but we are now looking increasingly healthy.

Committee Appeal

The committee presently has 8 members, but with 4 completing their service in May'22, this leaves us with only 4 and in dire need of new blood. We have been warning of this situation since the AGM in November last year, but, as yet, no one has offered their service. We urgently need a new treasurer and at least another 2 or 3 committee members. Please get in touch if you can help. We cannot continue without a treasurer so if you have some basic skills, have a word with Margaret or with George, our present treasurer, who will be available to provide help and advice as required. We also need one or two ladies to take on the tea provision following our monthly open meeting. It is not an onerous task as the hall staff kindly set it all out for us and clear it up afterwards. The ethos of the u3a is "for the members by the members." All members are considered to be volunteers in this unique organisation, yet where are the volunteers, out of 190+ members, in Lanark & District?



Interest Group News

There will be a further report in the New Year from some of our group leaders. We are indebted to all the group leaders who strived to keep their groups going via Zoom so that we could still enjoy some social interaction.

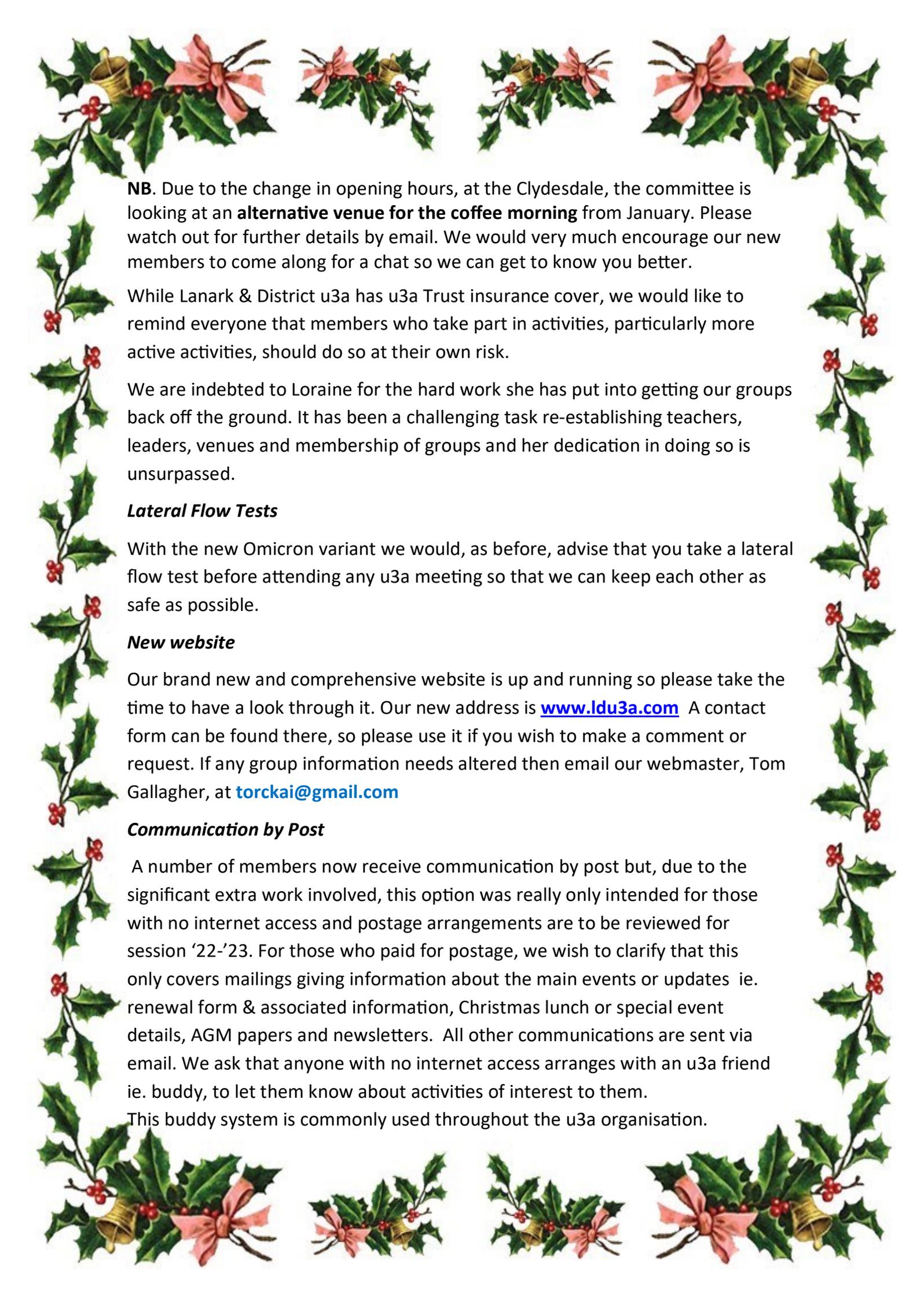
Currently, who knows if this will again be necessary in the New Year.

A brand new initiative is the Pickleball group, which is a big hit with members looking for some moderate exercise. Another popular new group is the Book Buffs, which evolved from one of the zoom groups. The walking group recently restarted with a new and experienced leader. Tai chi is temporarily suspended due to low attendance and yoga would benefit from a few new members. We need 5 more people to be interested in attending a Beginners' Bridge class in the New Year. It is hoped that Family History and Table Tennis will restart fairly soon. We intend to start Country Dancing and French Conversation, in January, so watch out for details.

If there are any groups you would like us to establish then let us know and we can look into it.

One such group being mentioned is a 'Solos' group for those who live alone. This would be a group, which would arrange activities like weekend lunch or something like ten pin bowling etc. so members have some company. Members themselves would determine the shape this group took.

In January it is intended to reinstate the coffee and chat morning on Zoom. This will possibly be scheduled for once a week, on a Tuesday morning, so watch out for details in the New Year.



NB. Due to the change in opening hours, at the Clydesdale, the committee is looking at an **alternative venue for the coffee morning** from January. Please watch out for further details by email. We would very much encourage our new members to come along for a chat so we can get to know you better.

While Lanark & District u3a has u3a Trust insurance cover, we would like to remind everyone that members who take part in activities, particularly more active activities, should do so at their own risk.

We are indebted to Loraine for the hard work she has put into getting our groups back off the ground. It has been a challenging task re-establishing teachers, leaders, venues and membership of groups and her dedication in doing so is unsurpassed.

Lateral Flow Tests

With the new Omicron variant we would, as before, advise that you take a lateral flow test before attending any u3a meeting so that we can keep each other as safe as possible.

New website

Our brand new and comprehensive website is up and running so please take the time to have a look through it. Our new address is www.ldu3a.com A contact form can be found there, so please use it if you wish to make a comment or request. If any group information needs altered then email our webmaster, Tom Gallagher, at torckai@gmail.com

Communication by Post

A number of members now receive communication by post but, due to the significant extra work involved, this option was really only intended for those with no internet access and postage arrangements are to be reviewed for session '22-'23. For those who paid for postage, we wish to clarify that this only covers mailings giving information about the main events or updates ie. renewal form & associated information, Christmas lunch or special event details, AGM papers and newsletters. All other communications are sent via email. We ask that anyone with no internet access arranges with an u3a friend ie. buddy, to let them know about activities of interest to them.

This buddy system is commonly used throughout the u3a organisation.



Syllabus to May ' 22

(only recently completed due to Covid uncertainty)

January 19th: 'The Jolly Bees' (entertaining group of singers from Stonehouse Male Voice Choir)

February 16th: L&D 10th Anniversary Celebration with afternoon tea

March 16th: 'Justice of Peace Courtroom Tales' **by Anne Walker**

April 20th: " From the Highlands to the Himalayas" **Jim Wilson** will speak from his personal experience & corresponding book.

May 18th: AGM + The Mindful Falconer

May 25th or June 1st: Annual Bus Outing - Date TBC

Christmas Lunch

Last Friday, 17th, a good number of our members enjoyed a delicious Christmas lunch and some light entertainment at Lanark Golf Club. All covid restrictions were in place and the Golf Club could not have done more to oblige us. There are some good photographs of the event on the L&D Facebook group.

10th Anniversary Celebration

Finally, arrangements are well underway (covid permitting) for our 10th anniversary celebration on 16th February '22. Invitations have been sent to our guests and you will receive a ticket and details in early January, which we hope you will purchase for this special event. A lovely afternoon has been planned and your support will be so important in making it a success.

Finally, on behalf of the committee & myself, we wish everyone a very Happy & Peaceful Christmas and send sincere best wishes for a happy, healthy and safe 2022.

Margaret A Dunlop

L & D Chair