



Garth Olwg U3A

Web - <https://gartholwgu3a.wordpress.com/>

JANUARY, 2025 NEWSLETTER

Dear Member,

1. WELCOME

At the risk of sounding boring, PLEASE SIGN IN AT THE DOOR for our General Meetings. This is important for two reasons – (1) we'll need to do a roll call should there be any reason to evacuate the building and (2) you are only covered by u3a insurance if you are shown to be present.

This bulletin contains some information about our future events and Interest Groups.

2. FORTHCOMING EVENTS

We do not have any planned trips \ outings planned for the remainder of this Financial Year (ending 31st March).

3. GENERAL NOTICES CONCERNING OUR MEETINGS

a) **Café Rana** : This old favourite is now open upstairs in the café area. Currently, the opening times are 09H00 – 16H00 Monday to Friday. Be aware that presently, this is a **CASH ONLY** establishment. However, opening times could change in the New Year when things have settled down. Please support this as I'm sure it will be a "Use it or lose it" situation. I'm given to understand that the coffee shop in the foyer will now only operate outside these hours.

b) **Games Using Welsh Media** : This is on a VERY informal basis in the Foyer on Wednesdays from 12 noon until 1pm. This is hoped to help those Welsh learners who want to practice their now-found language skills by playing board games.

c) **Our Monthly Raffle** : Each strip of tickets is only £1 so please pay up !! All proceeds are ploughed back into our funds to offset future costs, However, try to use the correct money as Clare has a problem with £50 notes !!

d) **The Wales u3a Group** has - as an initial means of us all getting to know one another – is organising a **Table Tennis Tournament**. This is scheduled to take place on Friday, 23rd May at Sophia Gardens, Cardiff. Before we, in our Branch, get too excited about this, we need to gauge the amount of interest amongst us. Thus, at the General Meeting on January 15th, Barbara will be asking for "expressions of interest". If you cannot attend the meeting but are interested, then please drop me a line with your details.

e) We have been invited to field a team to compete in the annual "**u3a QUIZ**" hosted by Porthcawl u3a. This is a quiz between the various "local" u3a Branches and is scheduled to be held on Monday, April 14th at 2pm at the YMCA in Porthcawl. To enter, we will need a team of six. Thus, at the General Meeting on January 15th, Barbara will again be asking for "expressions of interest". If you cannot attend the meeting but are interested, then please drop me a line with your details.

4. INTEREST GROUPS

After many years hard work and dedication, Carinwen Morgan has stood down as Interest Groups Coordinator. She has spent much time and energy in this role – including being

the *de facto* ChairPerson when Beryl Keating was incapacitated. The amount of preparation and organising the role requires has to be done to be truly appreciated and for this, all Members of our Branch are grateful for the time put in.
Should you have an interest in forming a new Interest Group then please contact our new **Interest Groups Co-ordinator – Barbara Brown on 07734 384234 or barbarabrown0550@gmail.com**

The Bus Pass Group – As mentioned previously, the Bus Pass Group will cease to run unless a Member steps up to volunteer as the Group Leader. **YOUR BRANCH NEEDS YOU !!**

Friday 10th January – Gardening Club meeting in the foyer at Garth Olwg at 2pm.
The February meeting has been cancelled with the next meeting being in March.
Contact : Jacqui on 01443 205004 or 07399719235 or eMail to j.bunnage@talktalk.net

Wednesday 15th January – General Meeting – The venue is now permanently in the Theatre at Garth Olwg at 2pm.
The speaker at this meeting will be **Rosemary Chaloner** the author from Cardiff. We very much enjoyed Rosemary's last talk of her being a Butlin's Red Coat. Her talk this time is entitled "Angels in the line of Fire " exploring the history of the nursing service in WW1, Gallipoli, Hospital Ships and the Home Front.

Thursday, 16th January – Poetry Reading Group – The theme this month is "Winter"
Contact Barbara Brown on 01443 201535

Tuesday 21st January – Games Group meeting at "Woodlands Walk" Garden Centre, Efail Isaf from 12.30 to 4.00pm. **NOTE THE NEW VENUE**
Contact Elaine Williams on williams.me.49@gmail.com

Thursday, 23rd January – The **Art & Architecture Group** – meeting at 2.30 pm in Tabernacle Chapel in Efail Isaf.
NOTE THE NEW TIME OF 2-30pm
We will watch a DVD called Stories From The National Gallery - this is in two parts, so we'll watch the second section in February.
If anyone would like more information they can call Beryl Keating on 01443 222637 or 07804834344

Monday, 3rd February – Trustees Meeting at the Old Parish Hall at 11am.

Tuesday 4th February – Enjoying Science Group -- Meeting in Garth Olwg -- Room 21, 2pm.
We will continue with the DVD on the development of planet earth. In this episode we look at how changes in geology allowed life to move from the oceans to the land and how plants could not have made that journey without collaborating with another type of life.
Contact John Sayle on 07766 714669

Wednesday 5th February - Book Club - meeting at 11H00 in Room 16 at Garth Olwg
Because of the number of apologies for absence were received (weather ??) the meeting in January was cancelled. The next meeting will therefore be on Wednesday 5 February, when we will be discussing three books:
- The Gift by Nicolas Sparks } Already described in previous newsletters
- The Christmas Book Club by Sarah Morgan }
- The Housemaid by Freida McFadden
The other book for discussion is "The Housemaid" by Freida McFadden :

Every day I clean the Winchester's beautiful house top to bottom. I collect their daughter from school. And I cook a delicious meal for the whole family before heading up to eat alone in my tiny room on the top floor. I try to ignore how Nina makes a mess just to watch me clean it up. How she tells strange lies about her own daughter. And how her husband Andrew seems more broken every day. But as I look into Andrew's handsome brown eyes, so full of pain, it's hard not to imagine what it would be like to live Nina's life. The walk-in closet, the fancy car, the perfect husband. I only tried on one of Nina's pristine white dresses once. Just to see what it's like. But she soon finds out and by the time I realise my attic bedroom door only locks from the outside, it's far too late. But I reassure myself, the Winchesters don't know who I really am. They don't know what I'm capable of.

I'll be in touch nearer the date with details of the room etc.

Contact Joan West on joan.jmwest@icloud.com

Wednesday, 12th February - Lunch Club: meeting at 12.30pm at the Dynevor Arms. Llantrisant Road ,Groesfaen, CF72 8NS. A £10 deposit will be required – payable ASAP
At our General Meeting on 17th May 2023, an announcement was made whereby the last opportunity for booking a lunch club lunch will be the Sunday evening following the relevant General Meeting.

Contact : Elaine Williams on williams.me.49@gmail.com

4. And, FINALLY

Please look at our own branch website- very ably run by our own Jayne Harte. You can find this at <https://gartholwgu3a.wordpress.com>. This site is updated and contains information on our local history, our various Interest Groups, the various trips that we've been on as well as your photographs and links to other u3a information – well worth a look. Additionally, we've included all our Policies on the site as well as our Job Descriptions.

The u3a Trust website also contains a lot of information and you can find this at www.u3a.org.uk.

Bob Davies

(Business & Communications Secretary and Membership Secretary)

e-mail robertdaves11@gmail.com ; 01443 551434 or 07767 832199

SNIPPETS :

1. For The Computer Nerds

- Home is where you hang your @
- You can't teach an old mouse new clicks
- The Email of the species is more deadly than the Mail
- The journey of a 1000 sites begins with one click
- The geek shall inherit the earth
- Windows shall never cease
- Virtual Reality is its own reward
- There's no place like <http://www.home.com>

2. MARRIAGE - Out of the mouths of children :

Q -- How can a stranger tell if two people are married?

A-- You might have to guess, based on whether they seem to be yelling at the same kids.

Derrick, age 8

Q -- What do you think your mom and dad have in common?

A -- Both don't want any more kids. *Lori, age 8*

Q -- What do most people do on a date?

A -- dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. *Lynnette, age 8*

A -- On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. *Martin, age 10*

Q -- Is it better to be single or married?

A -- It's better for girls to be single but not for boys. Boys need someone to clean up after them. *Anita, age 9*

Q -- How would the world be different if people didn't get married?

A -- There sure would be a lot of kids to explain, wouldn't there? *Kelvin, age 8*

Q -- How would you make a marriage work?

A -- Tell your wife that she looks pretty, even if she looks like a dump truck. *Ricky, age 10*
(*Dwight D. Eisenhower (1890-1969), Inaugural Address, January 20, 1953*)

TWELVE COMMANDMENTS for SENIORS

- Talk to yourself – there are times when you need expert advice
- “In Style” are the clothes that still fit.
- You don't need “anger management”. You just need people to stop irritating you.
- The biggest lie you tell yourself is : “I don't need to write that down – I'll remember it”.
- “On time” is when you get there.
- It would be wonderful if we could put ourselves in the dryer for 10 minutes – we'd come out wrinkle free and three sizes smaller.
- Lately, you've noticed that people your age are so much older than you.
- Growing old should have taken longer.
- Ageing has slowed you down but hasn't shut you up.
- You still haven't learned to act your age – and hope that you never will.
- WD40 to make it go and duct tape to make it stop.
- “One for the road” means peeing before you leave the house.

HANDY HINTS :

- Pesky Plugs: My best one is for bathtub or basin plugs. Gripping these for older people becomes very difficult. Just add a curtain ring through the hole in the plug and you have a good place to pull it out : Marike Wichers
- Safe domestic drain cleaner: Two tablespoons of Bi-carbonate of Soda, 1 cup white vinegar. Put the bi-carb down the plug hole, add the vinegar, and then 1/3 cup hot water. Leave for an hour or two. If this is done weekly you will never have a build up of gunk in your drains.
- Indoor plant fertilizer for orchid and related type plants: Keep banana skins. Cut into pieces and cover with water. Allow to stand for 24 hours. Strain, dilute with 50% water. Use once a month to encourage healthy foliage and beautiful blooms

I've just been kicked out of the Coffee Club..... I attended a meeting wearing a Tee shirt.

Everybody needs his memories. They keep the wolf of insignificance from the door.
Saul Bellow, writer, Nobel laureate (1915-2005)