



Garth Olwg U3A

Founded : March 2008

Web - <http://gartholwg.u3asite.uk>

Registered Charity No. 1206759

MARCH, 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

- a) **Quiz Night** : This popular event is back with us once again. Our own Dave Snook will be asking the questions and (hopefully) you members will be providing the answers. Teams will consist of six people so find your partners! The event will start at 7pm on Wednesday 30th April at the Rugby Club in The parade. Entrance fee is £5pp and this will include a supper buffet. We will need to know the numbers (for catering purposes) and so we will have a **table at the General Meeting on 19th March for you to sign your attendance.**
- b) **Cinema Group** : This group met at the Showcase Cinema in the Nantgarw Cinema Complex on Monday 17th February and was quite successful. We cannot guarantee that this group will meet every month as it depends on what film is on show. Such is the case for this month when (in March) there are no suitable films being shown for the Group. We will inform you each month of the status and, in future, this will feature as one of the “Interest Groups”.
- c) **Coffee Morning** : We are on a drive to get new members. To this end, we are organising a coffee morning at Café Rana (at Garth Olwg LLC) on Thursday 6th March at 10H30. All are invited but please try to bring with you a friend who would possibly join our U3A club. It is hoped the current members will help us out by buying their own coffee etc !!! Who knows -- ”This could be the start of something new”.
- d) **We are having a “Birthday” party on Friday, 23rd May.** This will be combined with our monthly General Meeting (i.e. with a Speaker) but we have moved the date **FROM** Wednesday 21st May **TO** Friday, 23rd. we have also moved the venue to the Carnegie Hall (the old Parish Hall) as this is more congenial for the occasion. This will take the form of a “Social / Buffet” and we will charge £2pp to try to offset some of the costs.
Barbara will explain a bit about this but more details will be in next month's newsletter.

- e) **Gwili Railway Trip** : This has been pencilled in for Thursday, 10th July. We will be taking names at the General Meeting on 21st May.
- f) We are planning a trip (by train from Trefforest) to the **Museum at Barry Island Railway Station**. To assess the numbers, we will be taking names at the General Meeting on 19th March.
- g) **TiddlyWinks**: Yes – we are getting there slowly. The Committee has arranged to assess the viability of this during the coming two weeks and we will report back accordingly.

3. SUGGESTIONS

There were no suggestions this month.

4. GENERAL NOTICES CONCERNING OUR MEETINGS

- a) **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 !!
- b) Through Beryl Keating's efforts, we have managed to put together a **Quiz Team** to compete against other u3a branches at Porthcawl. Please speak to her about this.

5. INTEREST GROUPS

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**

Wednesday, 12th March - Lunch Club: Meeting at 12.30pm at the Miskin Arms. 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

Friday 14th March – Gardening Club next meeting – to be announced

Contact : Jacqui on 01443 205004 or 07399719235 or eMail to j.bunnage@talktalk.net

Tuesday 18th March – Games Group

Calling all you board games enthusiasts – Why not join our Games Group and enjoy a couple of hours playing Rummicub which is a game that combines strategy and luck.

The Group meets at “Woodlands Walk” Garden Centre, Efail Isaf from 13.00 to 4.00pm. **NOTE THE NEW VENUE**

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

Wednesday 19th March – General Meeting – The venue is now permanently in the Theatre at Garth Olwg at 2pm.

The speaker at this meeting will be Simon Osborne. Simon is an Actor and Historian and will deliver his talk through a combination of presentation and performance. His talk is entitled “**History of Policing, 1749 – 1950**” and this promises to be a very entertaining session.

Thursday, 20th March – Poetry Reading Group – If you enjoy poetry, come along to the next meeting at Garth Olwg. We are a small, friendly group who enjoys sharing poems on an agreed theme. This month's theme is “Ageing” – sure to be some amusing poems this month.

Contact : Barbara Brown on 01443 201535

Monday, 24th March : Amblers Group (NEW). The inaugural amble of this Group will start from the bridge over to YnysAngharad Park (by the old Marks & Spencer building) at 11am. It will probably end up at the Gatto Lounge for teas\ coffee etc.

Thursday, 27th March – The Art & Architecture Group – meeting at 2.30 pm in Tabernacle Chapel in Efail Isaf.

The subject will be **Francisco Goya**, considered the most important Spanish artist of the late 18th and early 19th centuries. His paintings, drawings and engravings reflected the contemporary historical upheavals of the times.

NOTE THAT THE START TIME HAS REVERTED TO 2pm

Contact : Beryl Keating on 01443 222637 or 07804834344

Tuesday 1st April – Enjoying Science Group -- Meeting in Garth Olwg -- Room 21, 2pm.

We start a series of talks based on Tim Spector's book "Food for Life". Tim Spector is an academic based in London who is currently investigating the link between food, health and the gut microbiome (bugs, both good and bad, in the gut). This is a rapidly developing area of science that looks set to change thinking about the causes of numerous health problems and their link to food. His work is different from but complimentary to our recent sessions on "Ultra Processed Food"

THERE IS NOW ONE VACANCY IN THIS GROUP, so if you want to join, contact John at : **Contact:** John Sayle on 07766 714669

Wednesday 2nd April - Book Club - meeting at 11H00 but as room venues change monthly, so check with Joan first.

This month's book for discussion is "The Sense of an Ending" by Julian Barnes

Tony Webster and his clique first met Adrian Finn at school. Sex-hungry and book-hungry, they would navigate the girl-less sixth form together, trading in affectations, in-jokes, rumour and wit. Maybe Adrian was a little more serious than the others, certainly more intelligent, but they all swore to stay friends for life. Now Tony is retired. He's had a career and a single marriage, a calm divorce. He's certainly never tried to hurt anybody. Memory, though, is imperfect. It can always throw up surprises, as a lawyer's letter is about to prove.

Contact : Joan West on joan.jmwest@icloud.com

Monday, 7th April – Trustees Meeting at the Old Parish Hall at 11am.

Wednesday, 9th April - Lunch Club: meeting at 12.30pm at the White Lion, Ystradowen. (on Cowbridge Road, CF71 7SY). 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

Friday 11th April – Gardening Club – to be announced

4. And, FINALLY

Did all you hawk-eye readers spot the new website name in the Header ?? Please look at our **NEW** branch website - very ably run by our own Jayne Harte. You can find this at <http://gartholwg.u3asite.uk>..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.

Bob Davies

(Business & Communications Secretary and Membership Secretary)

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



Gartholwg U3A

Registered Charity Number 1206759

NOTICE OF ANNUAL GENERAL MEETING 2025

Dear Member

This year's AGM will be held in the Theatre at Garth Olwg on Wednesday 16 April 2025 commencing immediately after our speaker that day finishes the talk. The agenda of last year's AGM is attached.

Bob Davies

Membership & Communications Secretary

e-mail robertdavies11@gmail.com tel 01443 551434 (h); 07767832199 (m)

ANNUAL GENERAL MEETING AGENDA

16th APRIL 2025

at THE THEATRE, GARTH OLWG

1. Adoption of Minutes of AGM held on 17th April, 2024.
2. Chairman's Report. (To be verbally reported)
3. Treasurer 's Report. (To be verbally reported)
4. Election of Trustees.

NOTES :

1. All current Trustees are willing to be re-elected.
2. One "Officer" post must be re-elected. This is the post of "Treasurer".
3. Nomination Forms will be available on entry to the AGM
4. "Proxy" Forms are available on request **up to one week PRIOR** to the AGM from the Membership Secretary.