



Garth Olwg U3A

Founded : March 2008

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

Registered Charity No. 1206759

APRIL, 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 16th April for you to sign your attendance.**
- b) **Coffee Morning** : We are on a drive to get new members. To this end, we are organising a series of coffee mornings at Café Rana (at Garth Olwg LLC). The first one in March was quite successful and the April event is on **Thursday 17th April** 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 !!!
- c) **We are having a “Birthday” party on Friday, 23rd May.** This means that the usual General Meeting on the Wednesday will not take place. **Instead**, as a “one off”, this will be moved **TO** Friday, 23rd May **FROM** Wednesday 21st May. This meeting will have the usual Speaker but 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. The Carnegie Hall was the old Parish Hall and Library on the Main Road in Church Village. There is plenty of parking behind the Hall and at the St Iltyd’s parking area. Additionally the 100 and 400 Edwards busses stop right outside.
Please sign up for this at the General Meeting on 16th April as we need to know the numbers for catering purposes.
- d) **Gwili Railway Trip** : This has been arranged for Thursday, 10th July. The cost for coach and train trip will be £35. We will be taking names at the General Meetings on

16th April and 21st May. A deposit of £15 will be needed at the May meeting with the balance to be paid at the June meeting.

- e) We are planning a trip (by train from Treforest – use your bus pass for a cheaper fare) to the **Museum at Barry Island Railway Station** on Tuesday, 24th June (12H00 – 13H30). The Museum is opening that day just for us so a £3 donation at the Museum would be in order. To assess the numbers, we will be taking names at the General Meeting on 16th April. The museum is on the station at Barry Island.
- f) **On 14th April**, our **Garth Olwg U3A quiz team** will be participating in an “inter branch” quiz hosted by Porthcawl u3a. Good Luck to our team – Beryl Keating (leader), Janice Stuckey, Jan Williams, Dave Snook, and Nigel Thomas – and we’ll report back in the next newsletter.

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 !!

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**

Cinema Group : This group will meet at the Showcase Cinema in the Nantgarw Cinema Complex on Thursday, 10th April to see “Mr Burton”. We cannot guarantee that this group will meet every month as it depends on what film is on show. When it does happen, it’s usually of very short notice and the only way that we can inform members is by a last minute eMail.

Tuesday 15th April – Games Group

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

TiddlyWinks: Yes – we are getting there slowly. The inaugural event of this will be part of our expanding games repertoire. The Group will meet in Room 19 in Garth Olwg LLC from 13.30 to 15H30. **NOTE THE NEW VENUE**

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

Wednesday 16th April – General Meeting – The venue is now permanently in the Theatre at Garth Olwg at 2pm.

The speaker at this meeting will be Ben Clifford. Ben will talk on “**The Story of Surfability UK**” based at Caswell Bay. This is about the setting up and development of Wales’ first adaptive and inclusive surf school. This is at the forefront of global adaptive surfing – a truly inspiring story.

As officially posted last month, this year’s AGM will be held immediately after our speaker that day finishes the talk. The agenda is as follows :-

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.

Thursday, 17th April – Poetry Appreciation 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 "Flowers & Gardens" – sure to be some amusing poems this month.

Contact : Barbara Brown on 01443 201535

Thursday, 24th April – The Art & Architecture Group – meeting at 2 pm in Tabernacle Chapel in Efail Isaf.

The Gartholwg u3a Art & Architecture Group has been taking place since January 2013, we meet in the hall of the Tabernacle Chapel in Efail Isaf on the 4th Thursday of the month at 2pm, you can park in the Community Centre opposite the chapel. We usually watch a DVD about art history or architecture, the meeting usually lasts about 1 1/2 hours, with a refreshment break in the middle of the meeting, we also give our opinions on the artist or art movement featured in the video we have just watched. We also arrange visits to the National Museum of Wales when there is a relevant exhibition there, we have also been to the Holburne Gallery in Bath, the Glyn Vivian Art Gallery in Swansea and churches of architectural interest, such as St Augustines's in Penarth. Over the years we have learned about many painters, sculptors and architects, as well as various art movements. Everyone is welcome, the meeting on 24th April will be about Van Gogh in London.

Contact : Beryl Keating on 01443 222637 or 07804834344

Monday, 28th April : Amblers Group : The inaugural amble through YnysAngharad Park was very enjoyable on a beautiful day. (the after-coffee wasn't bad either). It is intended to repeat this for 28 April as part of the "build-up" before ambling further afield with more participants. Meet on the bridge over the river where M&S used to be at 11am.

Monday, 5th May – Trustees Meeting at the Old Parish Hall at 11am.

Tuesday 6th May – Enjoying Science Group -- Meeting in Garth Olwg -- Room 21, 2pm. We will continue looking at Tim Spector's book "Food for Life", an account of the relationship between food, the gut microbiome and health. 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 : John Sayle on 07766 714669

Wednesday 7th May - Book Club - meeting at 11H00 but as room venues change monthly, please 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

Friday 9th May – Gardening Club next meeting – to be announced

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

Wednesday, 14th May - Lunch Club: meeting at 12.30pm at the Ivor Arms in Brynsadler, Pontyclun on Cowbridge Road, CF72 9BT). A £10 deposit will be required – payable at the General Meeting on 16th April.

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

6. And, FINALLY

Did all you hawk-eye readers spot the new website name in the Header (including the “s”) ?? Please look at our **NEW** branch website - very ably run by our own Jayne Harte. You can find this at <https://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



Enthusiastic walkers at the inaugural walk through Ynysangharad Park of the AMBLERS GROUP.

A lovely day for an easy stroll and a very sociable coffee afterwards

CUTE DAFFYNITIONS

BEAUTY PARLOUR: A place where women curl up and dye.

CHICKENS: The only animals you eat before they are born and after they are dead.

DUST: Mud with the juice squeezed out. **RAISIN:** A grape with a sunburn.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold Storage. **SKELETON:** A bunch of bones with the person scraped off.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

SECRET: Something you tell to one person at a time.

TOOTHACHE: The pain that drives you to extraction.

TOMORROW: One of the greatest labour saving devices of today