



# Garth Olwg U3A

Founded : March 2008

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

Registered Charity No. 1206759

## MAY, 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) **Gwili Railway Trip** : This has been arranged for Thursday, 10<sup>th</sup> July. The cost for coach and train trip will be £35. We will be taking names a deposit of £15 will be needed at the General Meeting on 21<sup>st</sup> May with the balance to be paid at the June meeting (where also more members can sign up).
- b) 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, 24<sup>th</sup> 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 21<sup>st</sup> May. The museum is on the station at Barry Island and train details will be in our next Newsletter.
- c) **BACK BY POPULAR DEMAND : A Murder Mystery evening** is planned for 21<sup>st</sup> November. Put the date in your diaries now. This will be hosted by a professional company and a buffet supper is included. More details in future Newsletters.
- d) **Our FINAL coffee morning** will be held from 10-30 to 11-30 at Café Rana in Garth Olwg on 15<sup>th</sup> May.
- e) **At last month's General Meeting, we were entertained to a very enjoyable talk by Ben Clifford of Surfability UK. Thanks to the generosity of our members present, we were able to give Ben a sizeable donation to his charity.**

### 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 proceed 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 !! Should any of you feel you have something you don't want but would make a good raffle prize, then please talk to Clare at the raffle table.

b) I have attached the audited **Annual Accounts** and added some notes for explanation.

## **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** : 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 6th May – Enjoying Science Group** -- Meeting in Garth Olwg -- Room 21, 2pm. we will finish Tim Spector's book "Food for Life" examining 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 were insufficient people available to run the trip to the renewable energy centre in July so I have asked the centre if they could accommodate us in August or September. If you are interested in the trip, could you please take a look at your diaries and let me know at the meeting if you would be available in August or September.

**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 Lost Bookshop" by Evie Woods *"The Keeper of Stories" meets "The Lost Apothecary" in this evocative and charming novel full of mystery and secrets. 'The thing about books,' she said 'is that they help you to imagine a life bigger and better than you could ever dream of.' On a quiet street in Dublin, a lost bookshop is waiting to be found... For too long, Opaline, Martha and Henry have been the side characters in their own lives. But when a vanishing bookshop casts its spell, these three unsuspecting strangers will discover that their own stories are every bit as extraordinary as the ones found in the pages of their beloved books. And by unlocking the secrets of the shelves, they find themselves transported to a world of wonder... where nothing is as it seems.*

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

**Friday 9th May – Gardening Club . This** meeting will focus on "Preparing for Spring".

**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 16<sup>th</sup> 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

**Thursday, 15th May – 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 "Birds"

**Contact** : Barbara Brown on 01443 201535

### **Tuesday 20<sup>th</sup> May – 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. The Group will meet in Room 19 in Garth Olwg LLC

from 13.30 to 15H00. **NOTE THE NEW VENUE**

**Contact** : Elaine Williams on [williams.me.49@gmail.com](mailto:williams.me.49@gmail.com)

**Thursday, 22<sup>nd</sup> May – 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.

This month we will have an architectural subject and look at the Victorian architects Charles Barry and Augustus Welby Pugin, the architects of the Houses of Parliament.

**Contact** : Beryl Keating on 01443 222637 or 07804834344

**Friday 23<sup>rd</sup> May – General Meeting** – The venue is a “one off” at the Carnegie Hall \ Old Library, Church Village at 2pm. as we will be celebrating our branch’s 17th Birthday. The Speaker will be **John Sheen** talking about ‘The Happiest Days’, a delightful and whimsical trip down memory lane which I’m sure we will all enjoy. The meeting will be followed by a light buffet. Tickets are on sale for £2 (which is also your raffle ticket) and these are also available to prospective new members.

There is plenty of parking behind the Hall and at the St Illtyd’s parking area. Additionally the 100 and 400 Edwards busses stop right outside.

**Tuesday, 27<sup>th</sup> May : Amblers Group** : This is usually on a Monday but as the 26<sup>th</sup> is a Bank Holiday, for this month, we will use the 27<sup>th</sup>.

Following some dismal turn-outs at our “Walk in the park” (really, just a trial), we are branching out. This walk will be through Bute Park in Cardiff – get the 400 Edwards bus !! We meet at 11am outside the School of Music (“Royal Welsh College of Music & Drama) and get off the bus at the Corbett Road stop.

**Monday, 2<sup>nd</sup> June – Trustees Meeting** at the Old Parish Hall at 11am.

**Tuesday 3<sup>rd</sup> June – Enjoying Science Group** -- Meeting in Garth Olwg -- Room 21, 2pm.

This month we will have a guest speaker to give a talk about the stories behind scientific names. If there is time we will also look at recent developments in the search for life on other planets.

**contact John at** : John Sayle on 07766 714669

**Wednesday 4<sup>th</sup> June - Book Club** - meeting at 11H00 but as room venues change monthly, please check with Joan first.

This month’s book for discussion is “You Are Here” by David Nicholls

*“Marnie is stuck. Stuck working alone in her London flat, stuck battling the long afternoons and a life that increasingly feels like it’s passing her by. Michael is coming undone. Reeling*

*from his wife's departure, increasingly reclusive, taking himself on long, solitary walks across the moors and fells. When a persistent mutual friend and some very English weather conspire to bring them together, Marnie and Michael suddenly find themselves alone on the most epic of walks and on the precipice of a new friendship." But can it survive the journey?*  
**Contact :** Joan West on joan.jmwest@icloud.com

**Wednesday, 11<sup>th</sup> June - Lunch Club:** ADVANCE WARNING -- meeting at 12.30pm at "La Luna" in Talbot Green.

## **6. And, FINALLY**

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 [robertdavies11@gmail.com](mailto:robertdavies11@gmail.com) ; 01443 551434 or 07767 832199

## **SMILE**

- Borrow money from pessimists, they don't expect to get it back
- Half the people you know are below average
- How do you tell when you're out of invisible ink?
- Hard work pays off in the future; but laziness pays off now
- If at first you don't succeed, destroy all the evidence that you tried
- Experience is something you don't get until just after you needed it
- The problem with the gene pool is that there is no lifeguard
- Everyone has a photographic memory; some just don't have the film
- If your car could travel at the speed of light would your headlights still work?
- So what's the speed of dark?

## **Those wonderful Church Bulletins!**

Thank Goodness for church ladies with typewriters. These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services:

- The Fasting & Prayer Conference includes meals.
- The sermon this morning: 'Jesus walks on the Water.' The sermon tonight: 'Searching for Jesus.'
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Remember in prayer the many that are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.
- Don't let worry kill you off - let the Church help.
- Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

"Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it." *Golda Meir*

**On 14<sup>th</sup> April, our Garth Olwg U3A quiz team** took part in an “inter branch” quiz hosted by Porthcawl u3a. There were eight teams from South Wales competing but we didn’t achieve a “podium place” but put us on the map and did creditably well.



Beryl Keating (leader), Nigel Thomas, Dave Snook, Janice Stuckey, Jan Williams,



On Wednesday 30<sup>th</sup> April, we held our Quiz Night with buffet supper.

This was won by team “META AL” – pictured above

GARTH OLWG U3a end of year accounts 01/04/2024 to 31/03/2025

**INCOME**

MEMBERS FEES	1671.00
GROUPS	763.00
RAFFLE	164.00
GIFT AID	200.75
<b>TOTAL</b>	<b>2799.65</b>

**EXPENDITURE**

HEAD OFFICE	512.00
TAM	254.32
ROOM RENTAL	1174.83
SPEAKERS	480.00
TRUSTEE EXP	234.96
<b>TOTAL</b>	<b>2655.21</b>

**ACTIVITIES**

**INCOME**

HESTERCOMBE	960.00
SHEPTON MALLET	995.00
CHEPSTOW RACES	820.00
XMAS PARTY	1668.00
XMAS COACH	260.00
LUNCH CLUB/DONATIONS	558.80
BUFFET	0.00
COFFEE MORNING	0.00
	5261.8

**EXPENDITURE**

	1131.25
	1123.00
	804.00
	1664.00
	235.00
	536.64
	59.23
	25.04
	5578.16

INCOME	8061.45	less	Expeniture	8233.37
Excess	excess			171.92
On hand 01/04/2024	Bank	640.49		
	Cash	7.33		
	Total	£647.82	less 171.92	475.94
On hand 31/03/2025	Bank	471.81		
	Cash	4.13		
	Total	<b>475.94</b>		475.94

Audited b by Amanda Powell

Prepared by Pat Fletcher (Treasurer)

A J Powell

*Pat Fletcher*

**Editor's Notes :**

1. You will notice that we ran a deficit (Income-Expenditure) of some £300 because of unforeseen expenses in coach hire. Hence the need for our monthly raffle.
2. The "Trustee Expenses" of approx.. £235 consisted of primarily printing costs (tickets, programmes, newsletters etc) and postage.
3. Head Office" expenses are what we pay (£4 per member) to Head Office.
4. "TAM" is what we have to pay for your magazines – set to rise this year