



# Garth Olwg U3A

Founded : March 2008

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

Registered Charity No. 1206759

## JULY, 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) **Murder Mystery Evening** : As previously indicated, this will take place on Friday, 21<sup>st</sup> November. This was a very successful event last year The cost will be around £30 and this includes a hot buffet and performance by professional actors. Numbers are strictly limited to 80 people. To gauge the response, we will be asking you to put your names on the list at the General Meeting on 16<sup>th</sup> July. In the first instance, the event will be open for **MEMBERS ONLY**. Thereafter, it will be **MEMBERS & PARTNERS** and further after, **NON-MEMBERS**

### 3 SUGGESTIONS

There were no suggestions from members 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) Several of our members have **NOT SIGNED** their membership form. This will be indicated on the “signing in” form at our next General Meeting. If your name is highlighted, then please see me – simply to sign off your form.

c) If you have not already done so, **PLEASE COLLECT YOUR MEMBERSHIP CARDS WHEN YOU SIGN IN.**

d) Non-Renewed past members and visitors must sign the “VISTORS” form as per usual.

### 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](mailto: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 15<sup>th</sup> July – 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 15H30. **NOTE THE NEW VENUE**

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

**Wednesday 16<sup>th</sup> July – General Meeting** – The venue is now permanently in the Theatre at Garth Olwg at 2pm.

The speaker this month is **Mark Boulding** whose talk is entitled “Wildlife Sightings – Tales of the Unexpected”. During what sounds to be an interesting and informative presentation, Mark will tell us about what unusual species that he has found (and not found) living in the UK.

**Thursday, 17<sup>th</sup> July – 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 “Places”.

**Contact** : Barbara Brown on 01443 201535

**Thursday, 31<sup>st</sup> July – The Art & Architecture Group** – meeting at 2 pm in Tabernacle Chapel in Efail Isaf.

In July, the hall at Efail Isaf Chapel was already booked for the 24th, **so on this occasion the group will meet on Thursday 31st July** at 2pm. There will be no meeting in August as we will have a summer break.

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

**Monday, 4<sup>th</sup> August – Trustees Meeting** at the Old Parish Hall at 11am.

**Tuesday 5<sup>th</sup> August – Enjoying Science Group** -- Meeting in Garth Olwg -- Room 21, 2pm.

We will be continuing with the DVD on planet Earth, finishing off the episode on Earth's atmosphere. In this session we look at how oxygen was formed, but remained trapped in the ocean. The formation of colossal quantities of rust plays an important role.

**THERE ARE NOW NO VACANCIES IN THIS GROUP**

Contact John at : John Sayle on 07766 714669

**Wednesday 6<sup>th</sup> August - Book Club** - meeting at 11H00 but as room venues change monthly, please check with Joan first.

This month's book for discussion is “Sense and Sensibility” by Jane Austen *Jane Austen's subtle and witty novel of secrets and suppression, lies and seduction, brilliantly portrays a world where rigid social convention clashes with the impulses of the heart. It tells the story of two very different sisters who find themselves thrown into an unkind world when their father dies. Marianne, wild and impulsive, falls dangerously in love, while Elinor suffers her own private heartbreak but conceals her true feelings, even from those closest to her.*

**Contact** : Joan West on [joan.jmwest@icloud.com](mailto:joan.jmwest@icloud.com)

**Friday 9<sup>th</sup> August – Gardening Club** next meeting – to be announced

**Contact** : Jacqui on 01443 205004 or 07399719235 or eMail to [j.bunnage@talktalk.net](mailto:j.bunnage@talktalk.net)

**Wednesday, 13<sup>th</sup> August - Lunch Club:** meeting at 12.30pm at the Dynevor Arms, Groes Faen.

**At our General Meeting on 17<sup>th</sup> 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](mailto:williams.me.49@gmail.com)

## **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

## **How To Stay Young:**

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay “them.”
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. “An idle mind is the devil’s workshop”..... and the devil’s name is “Alzheimer”.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love , whether it’s family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don’t take guilt trips. Take a trip to the shops, even to the next town; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

A Pre-School teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, *"I'm drawing God."*

The teacher paused and said, *"But no one knows what God looks like."*

Without missing a beat, or looking up from her drawing, the girl replied, *"They will in a minute"!*

“Nothing looks good on me anymore,” wailed a customer modelling an outfit in front of the department store’s mirror. “Nonsense, ma’am,” soothed the salesclerk. “That dress says it all.” “That’s the problem,” the woman replied. “I need a dress that keeps its mouth shut.”

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." *Mark Twain*