



Garth Olwg U3A

Founded : March 2008

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



FaceBook : [gartholwgu3a](https://www.facebook.com/gartholwgu3a)

Registered Charity No. 1206759

JUNE, 2026 NEWSLETTER

Dear Member,

1. WELCOME

Please remember to SIGN IN AT THE DOOR for our General Meetings.

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

2. IMPORTANT NOTICES

A) There are still many members who have not completed their Membership Forms. **MEMBERSHIP FEES OF £15pp ARE NOW DUE.** Please collect your Membership Forms immediately after “signing in” at the 17th June General Meeting if you have not already done so, then please pay ASAP. It is preferred that NO CHEQUES be used in payment as each incurs a cost to us. **THOSE WHO HAVE NOT RENEWED THEIR MEMBERSHIP BY 30th JUNE, WILL BE DEEMED TO BE NON-MEMBERS.**

B) We have a duty of “Due Diligence” to our Members. This includes us taking the initial steps to ensure your safety in the event of any emergency. (The insurance cover that we have is a part of this). To help us to help you in any event where you may need such help **please complete the “Emergency Contact” section on your Membership Card. You should have this with you whenever you attend a U3A function. Additionally, for a coach trip, all attendees will have to complete a form listing an Emergency Contact.**

3. FORTHCOMING EVENTS

- a) **Our Annual Tea Party** : This will be held on 24th June and the speaker is, by very popular demand, JOHN SHEEN. Those who attended last year’s event will remember his very popular talk about schooldays and a similar theme is expected this year. Names and the payment will be taken at the 17th June General Meeting. This is a **CASH ONLY** event and the cost is £7pp. Tickets are now available
- b) **Cegin Gareth Kitchen** : This is booked for Friday, 17th July. The cost for the kitchen is £40pp and the coach cost is £25pp. There are still a few vacancies for this trip and you can book at the 17th June General Meeting where the full price will be required. **For those who have already paid a deposit, the balance will then be due.**
- c) **Annual Christmas Lunch** : Put the date in your diaries now – Wednesday, 9th December. Further details will follow and this year, we are hoping to have an after-dinner speaker.

4. SUGGESTIONS

We have discussed all the suggestions recently received and are acting on several of them. A visit to the **Christmas Market at Worcester** on Saturday 5th December at a cost of £27 has been suggested and we are pursuing enquiries about this. Similarly, we are looking into a “Race Night”.

4. GENERAL NOTICES CONCERNING OUR MEETINGS

- a) **Our Monthly Raffle** : Each strip of tickets is only £1 so please pay up !!
- b) Please collect your **Membership Forms** immediately after “signing in”. Those who have completed their form – **PLEASE PICK UP YOUR MEMBERSHIP CARDS.**
- c) 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**

Cinema Group : As and when a suitable show is available – members will be notified by eMail.

Contact : Barbara Brown on 01443 201535

Theatre Group – As and when a suitable show is available – members will be notified by eMail.

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

Culture Club : As and when a suitable event is available – members will be notified by eMail.

Contact : Beryl Keating on 01443 222637 or 07804834344

Wednesday, 10th June - Lunch Club:

Elaine has booked lunch at the “The Dynevor Arms” in Groesfaen. Deposits will be taken as usual at the General Meeting but everyone must now pay the balance of their own bill at the restaurant.

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

Tuesday 16th June – 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.

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

Wednesday 17th June – General Meeting, 2pm :

This meeting is now back in the Theatre.

The speaker this month is Geoff Henderson. Geoff will be talking about “The First Ladies of America” – an interesting talk about a few of the First Ladies.

Thursday, 18th June – Poetry Appreciation Group –This is a small, friendly group who enjoys sharing poems on an agreed theme. This month’s theme is “Transport”.

THIS GROUP NOW HAS 1 VACANCY

Contact : Barbara Brown on 01443 201535

Tuesday, 23rd June – Card Players – meeting at 2pm in Room 4 (i.e. upstairs) at Garth Olwg. “Canasta” is the current game being learned so get in on the ground floor. **A few more members of this group are needed.**

Contact : Phillip Hughes on 07964885857

Wednesday 1st July - Book Club – This month’s book is “The Glassblowers” by Daphne du Maurier.

Perhaps we shall not see each other again. I will write to you, though, and tell you, as best I can, the story of your family. A glassblower, remember, breathes life into a vessel, giving it shape and form and sometimes beauty; but he can with that same breath, shatter and destroy it.

Faithful to her word, Sophie Duval reveals to her long-lost nephew the tragic story of a family of master craftsmen in eighteenth-century France. The world of the glassblowers has its own traditions, its own language and its own rules.

‘If you marry into glass’ Pierre Labbe warns his daughter, *‘you will say goodbye to everything familiar, and enter a closed world’*. But crashing into this world comes the violence and terror of the French Revolution against which, the family struggles to survive.

THIS GROUP IS NOW FULL

Contact : Clare Thomas on 07833 647383 or thomasnj53@aol.com

Monday 6th July – monthly Trustees Meeting

Tuesday 7th July – Enjoying Science Group -- Meeting in Garth Olwg Room 5 (the new number for room 21), 2pm.

We will be finishing the episode on Jupiter which looks at the planet's surprising influence on the structure of our solar system. In this meeting we discover that without Jupiter our world might still be populated by dinosaurs.

THE ENJOYING SCIENCE GROUP NOW HAS ONE SPARE PLACE

Contact John at : John Sayle on 07766 714669

Wednesday, 8th July - Lunch Club:

Elaine has booked lunch at the “The Miskin Arms” in Miskin. : Deposits will be taken as usual at the General Meeting but everyone must now pay the balance of their own bill at the restaurant.

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 or 01443 203358

Friday– Gardening Club – The next gardening group will be held in the Spring if there is an increase in numbers.

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

6. And, FINALLY

We have, at last, caught up and we now have our own FACEBOOK PAGE. Just type in “gartholwg u3a” when next you go into “search” in FaceBook. Please look at our **NEW** branch website - very ably run by our own Jayne Harte. You can find this at <https://gartholwg.u3asite.uk> and also linked from our FaceBook page. This site is updated regularly 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.

Bob Davies

(Business & Communications Secretary and Membership Secretary)

A little silver-haired lady calls her neighbour and says "Please come over here and help me. I have a killer jigsaw puzzle and I can't work out how to get started".

Her neighbour says "What is it supposed to be when it's finished?"

The little silver-haired lady says "According to the picture on the box, it's supposed to be a cockerel".

So the neighbour decides to go over and help. She's let in and sees the puzzle all laid out on the table. She studies the pieces for a moment and then looks at the box. And then turns to the silver-haired lady and says "First of all, no matter what we do, we are not going to be able to fit these pieces together into anything resembling a chicken. Secondly. I want you to relax. Let's have a nice cup of tea and then you can put those cornflakes back in the box".

DID YOU KNOW

- Seattle gets its name from Chief Seattle (1780-1866), an anglicization of Si'ahl, who was the chief of the Duwamish and Suquamish peoples. Chief Seattle who once said, "Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself."
- 330 degrees – the approximate field of vision of cows.
- The Vatican has the only ATM in the world with instructions in Latin
- When a person receives a kidney transplant, surgeons usually leave the recipient's original kidneys in place, unless it causes significant medical problems.
- Around 70,000 years ago, about four different human species walked the Earth at the same time: Homo sapiens, Homo neanderthalensis (Neanderthals), Homo floresiensis and Homo erectus.

Set Medical Information for first responders (for ANDROID phones)

Hopefully you never have to use it, but your phone can store your important medical information for first responders to help you in a crisis. However, if you're not able to help and you have a passcode or touch or face ID set up, it can be tricky for them to access.

However, using the Medical info setting, **ANYONE** who finds you can see via the emergency call page any vital information such as blood type or allergies that you need to share. This feature takes moments to set up but might just save your life.

- 1. Open the Settings app, tap on "Safety & Emergency".**
- 2. Tap "Medical info", then tap "Add" (or on the icon for a Pen)**
- 3. Enter your information** in the appropriate fields.

Paddy was coming through the customs at the airport carrying a large bottle. "What have you there?" said a suspicious customs officer. "Tis Lourdes holy water. I am bringing it home with me", said Paddy. The officer took the bottle and tried some. "Why it's whiskey." ! he spluttered. "Lord bless me."! said Paddy, "another bloomin` miracle".

History is a vast early warning system. *Norman Cousins*