



Garth Olwg U3A

Founded : March 2008

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



FaceBook : gartholwgu3a

Registered Charity No. 1206759

JULY, 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

We have two new rules, viz:

- 5a) Deposits on all organised events are non-refundable except when the Supplier is willing to refund that cost.
Confirmed at Trustees Meeting of 5th August, 2024 and amended at a Trustees meeting on 1st November, 2025
- 5b) All Members attending a GarthOlgw U3A organised event outside Garth Olwg LLC must have with them their Membership Card with appropriate Emergency Contact details **OR** sign a "Register" giving Emergency Contact details on the day.
Confirmed at a Trustees Meeting on 1st June, 2026

Our Annual Birthday Party proved to be a huge success again this year. This was despite the heat. I'm sure everyone enjoyed the talk by John Sheen. We would like to thank you all for coming and a huge vote of thanks to all those who helped to make this event a success.

In recent months, I have had complaints from Members about not receiving their Newsletters. This is despite the fact that they have been receiving them for the last 4½ years. I am not getting "bounce back" notices about the non-receipt of such Newsletters and, thus, they are being delivered. I urge you to check your Internet supplier, whether you have changed your eMail address and your "Spam" box as - unbeknown to you – your conditions might have changed.

3. FORTHCOMING EVENTS

- a) **Annual Christmas Lunch** : Put the date in your diaries now – Wednesday, 9th December. This will be held at the Manor Parc Hotel in Thornhill, Cardiff. Further details to follow in future Newsletters.
- b) **Cegin Gareth Kitchen** : This is booked for Friday, 17th July. **The coach leaves the Hollybush pub at 9am sharp.**

Note that if you do NOT have your Membership Card with you containing the name and number of an Emergency Contact, then you will have to provide these on the coach. (ref Rule 5(b), above)

- c) A “Race Night” is being planned. However, we need to know its viability before we proceed. To this end, If you are interested, you will be asked to add your name to a list at the upcoming General Meeting.
- d) A Trip to either the Hereford or Chepstow races is being planned for October or November, More details to follow.

4. SUGGESTIONS

We have discussed all the suggestions recently received and are acting on several of them – among them , a trip to Wells Cathedral and the National Arboretum.

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 15th July – General Meeting, 2pm :

This meeting is back in the Theatre.

The speaker this month is Adrian Clark.. Adrian will be talking about the Restoration of the tower and the bells at Llantrisant Church. “

Tuesday 21st 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.

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

3rd Thursday, – Poetry Appreciation Group

This is a small, friendly group and has been suspended until the September meeting.

NEW MEMBERS ARE WELCOME

Contact : Barbara Brown on 01443 201535

Tuesday, 28th July – 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

Monday 3rd August – Monthly Trustees Meeting

Tuesday 4th August – Enjoying Science Group -- Meeting in Garth Olwg Room 5 (the new number for room 21), 2pm.
We will continue with Brian Cox's DVD "The Planets", this time moving on to the gas giant Saturn, best known for its distinctive rings. Examination of the rings by a satellite reveals some surprises about the origin of the rings.
THIS GROUP IS NOW FULL
Contact John at : John Sayle on 07766 714669

Wednesday 5th August - Book Club – This month’s book is “The Olive Tree” by Lucinda Riley.

“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.”

THIS GROUP IS NOW FULL

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

Wednesday, 12th August - Lunch Club:

Elaine has booked lunch at the “The Bryn Cae Arms” in Bryn Cae \ Llanharan
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

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)
e-mail robertdavies11@gmail.com ; 01443 551434 or 07767 832199

Are Pringle Crisps Made With Real Potatoes ?

Pringles are not actually chips. I mean, they're made with potatoes, of course, but... If you ask people how Pringles are made, someone would probably say that Pringles are made by shaving thin slices of potato, frying them, and adding salt, spices, and other garnishes. But here's how Pringles are made

Start with a dough of rice, wheat, corn and potato flakes that are made into a dough. The snack dough is then rolled out like an ultra-thin cookie dough sheet and cut into cookies with a machine. The cut is thorough enough that the fries are completely free of the extra batter, which is then removed from the fries by a machine. The fries move along a conveyor belt until they are pressed into the molds, which gives them the curve that makes them fit. These molds are placed in boiling oil and fried for a few seconds. They are then blow-dried, sprayed with powdered flavourings, and finally placed on a slower-moving conveyor belt in a manner that allows them to be stacked. Then they go into the cans and onto the shelves. Yes, that's how Pringles are made.

Pringles are 42% potato. So what's in the other 58%? :- Vegetable oil, rice flour, wheat starch, salt, and some things called maltodextrin and dextrose.

Sangram Sagar

HOW MUCH OF YOUR BODY IS YOUR OWN

- Bill Gates is actually worth \$1,956
- Canadian pop star Justin Bieber has five times fewer cells in his brain than in his liver
- Top tennis player Serena Williams has 24.5 trillion red blood cells powering her body
- Internet and social media pioneer Mark Zuckerberg's body contains 800MB of data
- President Barack Obama's head ruled his heart; his brain weighs 1.4kg, his heart just 0.4kg
 - The entire world's supply of Viagra and Botox is made in Ireland
 - About 150 cases of Leprosy are reported in the USA each year with about One-fifth of those being in Florida
 - Whilst wintering in the Antarctic, Dr Leonid Rogozov (1934-2000) was forced to remove his own Appendix in 1961. Ever since then, doctors staying at Antarctic stations have had to have their Appendix removed before arrival.
 - Fingerprints are formed by the friction from touching the walls of our Mother's womb. By week 19, they are set. This is why fingerprints are unique – even for genetically identical twins.

While I was in the reception area of my doctor's surgery, a woman pushed an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there alone and silent. Just as I was thinking I should make small talk with him, a little boy slipped off his mother's lap and walked over to the wheelchair. Placing his hand on the man's he said 'I know how you feel. My mam makes me ride in the stroller too.'

Husband drove to work one winters morning then received a text from his wife..... "Love, windows frozen, can't open it"

He says....."pour hot water on it"

She replied...."I did that.....computer is definitely dead now"

The golden years are really just metallic years: gold in the tooth, silver in your hair, and lead in the rear