



Garth Olwg U3A

Founded : March 2008

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



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

Registered Charity No. 1206759

SEPTEMBER, 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

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 will be available later but we will require a deposit of £20 at the General Meeting on 16th September when menu choices will be available.
- b) We have arranged a “Murder Mystery Evening”. This was a very successful event last year. This will be held on Friday, 20th November at the Llantwit Fardre Sports & Social Club == “The Spit”. This will be an Edwardian-themed murder mystery entitled “The Final Curtain” and will be enacted by a professional group of players. As the theatre group gather for an evening of entertainment, you can question suspicious characters and work together to identify the killer.
Ticket prices – including a hot buffet supper – are £35pp. Pay this and collect your ticket at the General Meeting on 16th September.
- c) A trip to the Skirrid Inn at Llanvihangel Crucorney (outside Abergavenny) has been planned for Wednesday 14th October. This will replace the normal “Lunch Club” on that date. Before lunch at the Skirrid Inn, we will visit St Mary’s Priory in Abergavenny. The Norman part of this church was built around 1090 and has been called “The Westminster Abbey of Wales”. A donation at the Priory will be most welcome. The coach, the visit to the Priory and the lunch will cost £35pp. Those who have paid the £20 deposit must now please pay the balance of £15 at the General Meeting on 16th September. This event was over-subscribed and those individuals unfortunate enough to NOT be on the list and are on a “Waiting list” will now be contacted.
- d) A Trip to the Chepstow races has been planned for Wednesday, 4th November at a cost of £35pp. Those interested must pay a deposit of £20pp at the General Meeting on 16th September with the balance to be paid at the October General Meeting.
- e) **BAYEUX TAPESTRY** : As indicated in my recent eMail, we will be going to the British Museum to see this. The event will be run by Edwards Coaches and we are

reliant on them to tell us when this trip will take place as they, in turn, are reliant on ticket availability. The cost is £99. We are trying for a 5th March, 2027 date and remain hopeful. **Our allocation for this event is FULLY BOOKED but if interested, you can add your name to a “Waiting List” at the General Meeting on 16th September.**

- f) You have a long time to plan and wait for this one :- Following a very successful, enjoyable visit to “Gareth’s Kitchen”, we have been offered a return visit, This will be a “Harvest Delights” theme and is expected to take place Friday 3rd September 2027 – i.e. next year. Watch this space

4. SUGGESTIONS

We have discussed all the suggestions recently received and are acting on several of them. These often take some time to organise and we cannot fit them all in in our current year. –

4. GENERAL NOTICES CONCERNING OUR MEETINGS

- a) **Our Monthly Raffle** : Each strip of tickets is only £1 so please pay up !!
b) **PLEASE PICK UP YOUR MEMBERSHIP CARDS** immediately after “signing in”.
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, 9th September – Lunch Club

Elaine has booked lunch at the “The PennyFarthing” in Beddau.

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

Tuesday 15th September – 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 16th September – General Meeting, 2pm :

This meeting is back in the Theatre.

The speaker this month is **Benjamin Price**. Benjamin's talk is entitled "Stories Behind Child Labour in Wales".

IMMEDIATELY FOLLOWING THIS TALK (i.e. don't go rushing away) will be a short presentation by Delyth Almond of the Cwm Taf "Care and Repair" team.

The "Care and Repair" service aims to help older people to remain living independently at home by assisting with repairs, aids, adaptations and home maintenance.

Delyth will give a short presentation, hand out information leaflets and answer questions from the audience (or privately, if preferred) following the session.

Thursday, 17th September, – Poetry Appreciation Group

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

NEW MEMBERS ARE WELCOME

Contact : Barbara Brown on 01443 201535

Tuesday, 22nd September – 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.** Please contact Philip for information of this very sociable group

Contact : Phillip Hughes on 07964885857

Monday, 5th October – Monthly Trustees Meeting

Tuesday 6th October – 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", looking at the outer solar system beyond Saturn to the "ice giants" of Uranus and Neptune. These planets are exceptionally cold and so far from Earth that it takes many years to reach them. We will continue with Brian Cox's DVD "The Planets".

On Friday, 16th October, members of this group will be visiting the observatory of the Cardiff Astronomical Society for a bit of stargazing.

THIS GROUP IS NOW FULL

Contact John at : John Sayle on 07766 714669

Wednesday 7th October - Book Club – This month's book is "Extraordinary People" by Peter May..

"As part of a bet, Enzo Macleod, a Scottish biologist teaching in Toulouse, draws on his forensic expertise to uncover the truth about the ten-year-old disappearance of renowned educator Jacques Gaillard, embarking on an odyssey that takes him from the catacombs of Paris to a Champagne chateau in search of the truth about the missing, probably murdered man."

THIS GROUP IS NOW FULL

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

6. And, FINALLY

Remember to look at our 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

Bob Davies

(Business & Communications Secretary and Membership Secretary)

e-mail robertdaves11@gmail.com ; 01443 551434 or 07767 832199

A society that forces a ninety-years-old to use a smartphone in order to access basic rights is not a modern society ; it is a society that has decided to cast away its own elders.
 By 2026, everything has become an “App”, a code , a “portal”. Yet the very people who built this country with their own hands now find themselves illiterate in their own homes. If booking a medical appointment or paying bill requires the help of a son or granddaughter – assuming there is one – then the system has failed.
 This is not “innovation” – it’s “exclusion”.
 Technology should serve people, not determine who is still entitled to dignity..
 When we leave behind those who came before us, we are not evolving. We are merely becoming more comfortable – and more selfish.
Brenda Martinson, May 2026

CAFFEINE

The NHS recommended daily allowance for adults is 400mg. This reduces to 200mg for pregnant or breast-feeding women.
 A 330ml can (Standard) of “Red Bull” energy drink contains about 115mg caffeine. Coffees and teas are different :-

Food or drink	Amount of caffeine (mg)
Filtered or instant coffee (200ml)	90
Espresso (60ml)	100
“Americano” (2 “shots”)	200
Standard energy drink (250ml) (eg Red Bull)	115
Black tea (220ml)	50
Standard cola (355ml)	40
Green tea (220ml)	35
Dark chocolate (20g)	10
Decaffeinated coffee (200ml)	7
Milk chocolate (20g)	4
Decaffeinated tea (220ml)	2
Herbal Teas \ Infusions	NIL
(Green Tea \ Camomile \ Rooibos etc)	
At coffee shops, “Small” is usually one “Shot” of coffee i.e. 100mg ; “Medium” is 2 “Shots” (200mg) whilst “Large” can be 400mg.	

Giuseppe excitedly tells his mother he's fallen in love and that he is going to get married. He says, "Just for fun, Mama, I'm going to bring over three women and you try and guess which one I'm going to marry." The mother agrees. The next day, he brings three beautiful women into the house, sits them down on the couch and they chat for a while. He then says, "Okay, Mama, guess which one am I going to marry?" Mama says immediately, "The one on the right." "That's amazing, Mama. You're right. How did you know?" Mama replies: "I don't like her."

A bookseller conducting a market survey asked a woman, “Which book has helped you most in your life.” She replied, “My husband’s cheque book.”

“The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.”
Isaac Asimov