Garth Olwg U3A

Founded : March 2008

Web - https://gartholwg.u3asite.uk **FaceBook : gartholwgu3a**

Registered Charity No. 1206759

OCTOBER, 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 :** This will be held on Wednesday, 9th December at the Manor Parc Hotel in Thornhill, Cardiff. If you have not yet done so, a deposit of £20 must be paid at the General Meeting on 21st October with the final payment at the General Meeting on 18th November. Menu must be made when booking.
The £45pp cost includes the After-dinner Speaker, tips, tea \ coffee. Coach transport – book separately – will be a further £10pp.

b) The "Murder Mystery Evening 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 21st October.

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". **The cost of a Guided Tour at the Priory is £4-50 and this will be collected on the coach – please have the correct change ready.** Should you want to opt out, then contact Pat Fletcher on 07854 154150. 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.
The coach for this trip will leave the Hollybush Inn, Main Road, Church Village at 10am.

d) A Trip to the Chepstow races has been planned for Wednesday, 4th November at a cost of £35pp. Those interested must pay the balance of the cost at the General Meeting on 21st October

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. **The deposit for this is £50 and must be paid by the General Meeting on 21st October.**
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 21st October.

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 …..

g) Our very popular **Quiz Night** has been proposed to be held on Wednesday, 7th April, 2027 so put the date in your diaries now. Further details will be given in due course.

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. WE ARE LOOKING FOR MEMBERS TO ACT AS "GROUP LEADERS" FOR SEVERAL GROUPS WHICH HAVE BEEN SUGGESTED.

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, 14th October – Lunch Club
Skirrid Inn – as noted above
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
THERE IS NO LUNCH CLUB DATE FOR NOVEMBER

Tuesday 20th October – 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 21st October – General Meeting, 2pm :
This meeting is back in the Theatre.
The speaker this month is **Alan Foster. Alan's talk is entitled "UFOs and Crop Circles – Historic & Current Perspectives".** .

Thursday, 22nd October, – Poetry Appreciation Group
This is a small, friendly group and has been suspended temporarily.
NEW MEMBERS ARE WELCOME
THIS GROUP WILL START AGAIN IN JANUARY
Contact : Barbara Brown on 01443 201535

Tuesday, 13th AND 27th October – Card Players – meeting at 2pm in Room 4 (i.e. upstairs) at Garth Olwg.
NOTE THAT THERE ARE NOW NO AN EXTRA MEETINGS ON THE 2nd TUESDAY OF THE MONTH .
"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, 2nd November – Monthly Trustees Meeting

Tuesday 3rd November – 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 looking at a moon of Neptune called Triton with giant geysers and then beyond Neptune to the Kuiper belt to see Pluto with its plain of frozen nitrogen.
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 11th November - Book Club – NOTE THAT FOR THIS MONTH ONLY, THE MEETING HAS BEEN PUT BACK ONE WEEK.
This month's book is "Anxious People" by Frederick Backman
This novel is set against a backdrop of a failed bank robbery in a small Swedish town by a desperate man driven to the brink of poverty. This in turn leads to a group of strangers being held hostage in an apartment and as the story unfolds the hostages' anxieties and personal struggles are explored revealing their interconnected lives and how they form meaningful relationships.
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 robertdavies11@gmail.com ; 01443 551434 or 07767 832199

Are you confused about all those new coffee names ?? Read on ……

AMERICANO → Black Coffee
FLAT WHITE → White Coffee
LATTE → Milky Coffee
CAPPUCCINO → Frothy Coffee
ESPRESSO → Miniature Coffee
MOCHA → Choccy Coffee
TEA → Not Coffee
CHOCOLATE → Also not Coffee

Have you ever thought …
.. If walking is good for your health, the postman would be immortal.
.. A whale swims all day, only eats fish, drinks water, but is still fat.
.. A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.
And you tell me to exercise?? I don't think so.

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

THE CROISSANT

The croissant, cornerstone of the 'continental breakfast' the world over, first came about during the late 1830s when August Zang, an Austrian artillery officer, founded a Viennese bakery at 92, rue de Richelieu in Paris. Zang's shop sold all kinds of Viennese delicacies including the kipferl, a crescent-shaped pastry common in Austria since at least the 13th century. His kipferl was so successful that bakers all over Paris rushed to make their own French version and the croissant (meaning 'crescent') was born.
There are all kinds of culinary legends explaining the unusual shape of the kipferl and hence croissant, mostly connected to the fact that the symbol of Turkey, and thus Islam, is the crescent moon. One story is that it celebrates the failure of the Turkey siege in Vienna in 1683 when bakers, up in the middle of the night to prepare their bread for baking, heard the Turks digging a tunnel under the city walls and quickly raised the alarm. The Turks, taken by surprise were soundly beaten. The crescent-shaped pastry the bakers then made to mark the Turkish defeat allowed the Viennese to relive their victory every time they tore one in half or dipped it into a cup of coffee. But, whichever story is the true one, and however the croissant acquired its distinctive shape, it remains a fact that the diminutive French pastry is not French in origin but Austrian.
"What Caesar Did for My Salad" by Albert Jack

Politics is the art of looking for trouble, finding it whether it exists or not, diagnosing it incorrectly, and applying the wrong remedy. —*Ernest Benn*