



Garth Olwg U3A

Founded : March 2008

Web - <https://gartholwgu3a.wordpress.com/>

Registered Charity Number 1206759

MARCH, 2024 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. IMPORTANT INFORMATION

a) Annual General Meeting

The “Official” notification for this is attached but I thought that I'd give you some prior notice.

I've also attached Nomination and Proxy Voting forms but there will also be some forms available at the March General Meeting on Wednesday, 20th.

b) Gift Aid

Please remember our GIFT AID facility. To you, our members, this means that we operate as normal. HOWEVER, it does enable us to apply to the tax man for “Gift Aid”. This means that we will be able to claim back from HMRC, 25% of your Annual Membership fee (less the amount that we have to pay u3a Trust). This will be AT NO COST TO YOU but means an extra bit of money coming back into our pot to spend on our members. Please indicate your assent on the Membership Renewal Form.

c) Membership Forms

Forms for new members and those renewing their membership will be available at the March General Meeting. The current Membership Fee remains at £15 and this can be paid (after completing the form) at that meeting if you so wish, by cash or cheque. PLEASE DO NOT DO ANY BANK TRANSFER PAYMENTS FOR THIS UNTIL AFTER 1st APRIL.

d) Costs

As Barbara mentioned at our General Meeting of 17th January, we need to keep a tight rein on our finances to avoid an increase in membership fees. To this end, we make several requests viz;

- I. If you no longer read or want Third Age Matters magazine, then please tell me as this saves approximately £300 per year. I have received several requests from members cancelling their copies and this is encouraging. Remember, it can be read online as I indicated in last month's newsletter.
- II. Most of our members have an eMail account and we use this to send out monthly newsletters. The data of each member is held strictly confidentially in accordance with our GDPR policy (view it on our website) and so is never divulged (even to other members or Committee members) except for magazine purposes. Posted newsletters (12 per year) cost us approximately £100. Can we reduce this by persuading those members who get posted newsletters to switch to the eMail version ??

3. FORTHCOMING EVENTS

We do not have any planned trips \ outings planned as yet for the remainder of this Financial Year (ending 31st March).

A show of hands for interest in a skittles group indicated that this would be a very viable group. This idea is being pursued bearing in mind that the nearest skittle ally is at the "Spit" – Llantwit Fardre Sports & Social Club next to Parc Canol surgery although other venues are being investigated.

4. INTEREST GROUPS

Should you have an interest in forming a new Interest Group then please contact our Interest Groups Co-ordinator – Carinwen Morgan on 01443 402011 or 07773 850082.

The **Bus Pass Group** has been reinstated as the worst of winter is now – hopefully – past. See the details below.

Friday, 8th March -- Gardening Group – meeting in the foyer at Garth Olwg at 2.00pm. Contact Jacqui Bunnage on j.bunnage@talktalk.net

Tuesday, 12th March -- The Bus Pass Group is restarting on. Several members have asked if we can go to Trago Mills, just outside Merthyr, so we will be meeting at Pontypridd bus station at 10.30 am to catch the 10.40 T4 bus to Merthyr Tydfil, which arrives at 11.03. From there, we'll catch the 23 bus at 11.20 to Trago Mills. This runs every 20 minutes. We can have coffee and a light lunch there as well as seeing what the shops have to offer. As the buses are pretty frequent, we can decide on the day which one to catch back to Ponty.

Wednesday, 13th March – Lunch Group – meeting at 12.30pm at the Dynevor Arms. Llantrisant Road, Groesfaen, CF72 8NS

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 19th March – Games Group meeting at "Fagin's" pub (c/o Main Road\St Illtyd's Road, Church Village from 12.30 to 4.00pm.

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

Wednesday 20th March – Full Meeting upstairs at our "usual" venue - the Functions Room at Garth Olwg at 2pm.

The speaker at this meeting is Helen Prosser. Helen is the Chairperson of the 2024 National Eisteddfod to be held in RCT in August. She was born and brought up in Tonyrefail and continues to live in the village.

Thursday, 21st March – Poetry Reading Group – The theme this month is “All Things Welsh – Poets or Poetry”

Contact Barbara Brown on 01443 201535

Thursday, 28th March – The **Art & Architecture Group** will meet at 2pm at Efail Isaf Chapel Hall. The subject will be John Singer Sargent, who was painting in the late Victorian and Edwardian periods, and was regarded as the leading portrait painter of his generation. There is an exhibition of his work which has just opened at Tate Britain in London. If anyone would like more information they can call Beryl Keating on 01443 222637 or 07804834344

Tuesday 2nd April – Enjoying Science Group : We’ll be having our usual meeting in Garth Olwg, room 21 at 2pm. Bob Davies will be speaking about “Metals in Your Home” -- those you know and those you didn’t know you had.

Contact John Sayle on 07766 714669

Wednesday 3rd April - Book Club meeting at Garth Olwg at 11.00am. The book to be discussed at this meeting is “Stepping Up” by Sarah Turner

Beth has never stuck at anything. She's quit more jobs and relationships than she can remember and she still sleeps in her childhood bedroom. It's not that she hasn't tried to grow up, it's just that so far, the only commitment she's held down is Friday drinks at the village pub. Then, in the space of a morning, her world changes. An unspeakable tragedy turns Beth's life upside down, and she finds herself guardian to her teenage niece and toddler nephew, catapulted into an unfamiliar world of bedtime stories, parents' evenings and cuddly elephants. Having never been responsible for anyone - or anything - it's not long before she feels seriously out of her depth. What if she's simply not up to the job? With a little help from her best friend Jory (purely platonic) and her lovely, lonely next-door neighbour, Albert, Beth is determined that this time she's not giving up. It's time to step up.

Contact Joan West on joan.jmwest@icloud.com

Monday 8th April – Trustees Meeting at 11H00 at Parish Hall

Friday, 12th April -- Gardening Group – meeting at Garth Olwg at 2.00pm.

Contact Jacqui Bunnage on j.bunnage@talktalk.net

5. **And, FINALLY**

As mentioned earlier, please look at our own branch website- very ably run by our own Jayne Harte. You can find this at <https://gartholwgu3a.wordpress.com>. This site 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.

The u3a Trust website also contains a lot of information and you can find this at www.u3a.org.uk.

Bob Davies

(Business & Communications Secretary and Membership Secretary)

Handbags :

Ladies, you and your handbag are just about joined at the hip — and that's the problem. You take it everywhere, even to the toilet, and that's probably why it has so many germs. A British study, in which researchers took bacteria samples from office workers' handbags, found that the average handbag is three times dirtier than an office toilet seat and that 1 in 5 handbag handles contain enough germs to pose a significant risk of cross-contamination from the handle to your hand. Handbags carry so many germs because we touch them all the time and put them on the floor (especially in public toilets), and they're also packed with other germ-infested items such as hand creams and cosmetics. In fact, the dirtiest handbag items in the study turned out to be face or hand cream, with more bacteria on them than the average toilet seat, closely followed by lipstick and mascara. **Tip:** Avoid placing your handbag on the floor and then, when you get home, putting them on the kitchen counter-top. Non-leather bags can be wiped down with an antibacterial wipe. For leather bags, wipe with a soft cloth and warm soapy water.

Trivia

Why are men's buttons on the right and women's on the left? It's a consequence of how rich people used to get dressed. Affluent women used to have a lady's maid to help them get ready, and placing the buttons on the left makes it easier for a right-handed person who is facing you to use their dominant hand to guide each button in. Men of the same status would have dressed themselves, and so the theory applies in reverse. Fashion was, for centuries, dictated by the upper classes, and it's likely this style began there and filtered down through society, remaining in place today. But not everyone loves buttons: Steve Jobs famously suffered from koumpounophobia (the fear of buttons), and it's been argued that that's the reason we have touch-screen phones today.

Funny You Should Ask . . . : Your Questions Answered by the QI Elves

Smile

All the members of the company's Board of Directors were called into the Chairman's office, one after another, until only Ted, the junior member, was left sitting outside. Finally, it was his turn to be summoned. Ted entered the office to find the Chairman and the other six Directors seated at the far end of the boardroom table. Ted was instructed to stand at the other end of the table, which he did. The Chairman looked Ted squarely in the eye, and with a stern voice, he asked: "Have you ever had sex with my secretary, Miss Floyd?" "Oh, no, sir, positively not!" Ted replied. "Are you absolutely sure...?" asked the chairman. "Honest, I've never been close enough to even touch her...!" "You'd swear to that...?" "Yes, I swear I've never had sex with Miss Floyd, anytime, anywhere..." insisted Ted. "Good. Then YOU fire her."

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.

Joseph Addison, writer (1672-1719)



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NOTICE OF ANNUAL GENERAL MEETING 2024

Dear Member

This year's AGM will be held in the Function Room at Garth Olwg on Wednesday 17 April 2024 commencing immediately before our speaker that day begins her address. The agenda and minutes of last year's AGM are attached.

Bob Davies

Communications Secretary

e-mail robertdavies11@gmail.com tel 01443 551434 (h); 07767832199 (m)

ANNUAL GENERAL MEETING AGENDA

17 APRIL 2024

AT FUNCTION ROOM, GARTH OLWG

1. Adoption of Minutes of AGM held on 18th April, 2023.
2. Chairman's Report. (To be verbally reported)
3. Treasurer's Report. (To be verbally reported)
4. Election of Trustees.



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NOMINATION FOR TRUSTEE

I nominate the following person to be a Trustee of Garth Olwg U3A in the electoral process for the 2024/25 Financial Year in the following Trustee post :

Post : (Officer Post \ General Post) :
PRINT

Name of Nominee :
PRINT

Name of Proposer :
PRINT SIGN

Name of Seconder :
PRINT SIGN

Acceptance of Nomination :
PRINT SIGN

Note : ALL sections of the form must be completed



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APPOINTMENT OF A PROXY VOTER

Please print other than at the signatures.

I, (Name)

of (Address)

Appoint (Name)

of (Address)

to act according to my wishes in a vote for any Trustee position at the Annual General Meeting of the above Branch held at Garth Olwg on Wednesday, 17th April, 2024.

Signature of Appointing Member Date :

Signature of Proxy Voter : Date :