

Dear Members,

As we progress into the new calendar year there is a lot happening.

Our efforts to encourage new membership and social interaction continues with our Coffee Mornings (next being on Saturday 30th March at the YMCA in John Street from 10:30 - 12:30 am - all welcome including your friends. **If this gets to you in time, we have one on the 24th Feb. Same time and place!**)

Visits are up and running. The next being a visit to SS Great Britain in Bristol on Wednesday 27th March.

Watch this space for further exciting venues.

Key dates for your diary: -

Wednesday 10th April - Porthcawl u3a AGM (following monthly talk).

Saturday 20th April - Open Day - YMCA - John Street.

Richard Hopkins, Vice Chair

Notification of our 2024 Annual General Meeting.

Which is being held on 10th April 2024 at the Hi-Tide following the monthly talk by Doug Jones (at approx. 3.15 p.m.)

Your Committee needs YOU!

Porthcawl u3a's Committee is currently on the lookout for new members. If you think you might be able to assist us with specific tasks, for just a few hours a month, please complete a nomination slip.

If you require further information on the role you would be expected to fulfil if elected, please email: secretary

The Treasurer and one current committee member will be seeking re-election but there are a number of vacant Committee posts, and we invite members to put their name forward for both posts if they wish, all to serve for three years.

We are particularly looking for someone to inherit the role of Membership Secretary which is typically filled by a member of the committee. Contact Gary if you'd like to chat about it after 18th March (hols), he'll pick up voicemails when he returns or email memsec

- Jaci Russell is standing for re-election as Treasurer.
- Laurence Parry is standing for re-election to our committee.
- We have up to four further vacancies.
- Anyone wanting to stand please complete a nomination form.
- Nomination forms can be found on our website - porthcawlu3a.org.uk. under the heading of AGM. Paper copies will be on the notice board on the ground floor of the YMCA in John Street

If anyone would like to stand for treasurer and would like a chat or more information, please contact Jaci AFTER 18TH MARCH (due to holidays) who will be happy to answer any questions you might have.

If anyone would like to stand for the committee and have any questions, then please email our Secretary, Marcia on email address: secretary

Votes only count if you attend the AGM, and we require a quorum, therefore it's important that as many members as possible make every effort to attend on the day. And you will be there for Doug's very interesting talk.

Our visit is to Brunel's SS Great Britain, The Ship That Changed the World.

Wednesday 27th March 2024.

Leaving Atlantic Hotel 9:30 am.

Leaving Bristol 3:30 pm



BRISTOL'S N^o 1 Attraction. Places are still available.
Contact Ben or Richard by email or MOB to book your place.

Costs per person are: -

£17 coach.

£22 Admission

£39 in total.

To Pay - Make cheques payable to Porthcawl u3a and send to: u3a c/o 134 New Road, Porthcawl CF36 5BL.
And please remember to put your pickup point on the back of your cheque.

If you hand deliver your cheque, Ben's house is two doors down from the school on the same side and towards the Co-op.

If you would like to pay by online banking, please contact Ben or email: [visits](#)

Alternatively, Phone or text: Richard for a reference number and bank details if required.

**MONTHLY TALK - 13th March - HI DE HI! BEING A BUTLIN REDCOAT.
By Rosemary Chaloner.**

Our March speaker is Rosemary Chaloner, who I'd planned to invite for next year, has kindly stepped into the breach to talk to us on March 13th.

She's involved with many organisations in Cardiff including the Western Front Association and various theatre groups. A published author, she's worked as a park ranger, a tour guide and a Butlin Redcoat, so we can expect some interesting and amusing tales.



Butlin's Ocean Hotel, Saltdean, Brighton

A light-hearted recollection of her time as a Butlin Redcoat at Pwllheli in North Wales during the early '60's, and as a Butlin "Chief Hostess" at The Ocean Hotel, Saltdean, near Brighton in the 1970's.

Please remember non-members, friends and family are welcome. Thanks Geoff Henderson

Final call for any members yet to pay their 2024 membership fees.

A gentle reminder that this will be your last newsletter. If it's slipped your mind the membership fee is £42 you can pay by cheque, made payable to Porthcawl u3a and sent to:

13 Newton Nottage Road, Porthcawl. CF36 5PF

If you would like to pay online, please ring our general enquiries line:

MOB 07824 133777

Gary is on holiday, but someone will return your call and give you details and a reference number.

Thank you, Gary Membership Secretary

Our walking group have been busy again.

As part of Wales Climate week, 23 members of our walking group spent an interesting hour in Coffee UN, or Elen's Community Café in Newton Nottage Road following their walk on the 26th January on Newton beach

The aim was to raise awareness on how climate change affects us all, but not always equally. But tackling climate change brings us the opportunity for positive change and for reducing inequalities in our society.

Everyone participated in a talk by Elen and discussions of the actions we can all take as individuals and groups, how we can be brought together to tackle this issue and what it means to us, how we can be part of the changes instead of having change done to us.



This is particularly important to residents in Porthcawl as we are only one very high tide and really bad storm coinciding which could have devastating consequences to parts of our town and beaches. Elen also supports coffee growers who look to protect our climate, she assists in a project to plant 1 tree for every person in Wales and raise funds for Solar Farms for Kenyan farmers. The coffee was free as part of the initiative, but our walking group members generosity raised enough funds for 1 solar farm to aid a Kenyan farmer.

Martin Patten very kindly stepped into the breach for our 14th February 14th talk. Geoff's planned speaker was unable to attend, hopefully it will be rearranged for a different date.

His theme was :

'Do you want to live forever?'

It was very well attended and very thought provoking. He gave us a brief dip into research that we wouldn't usually get to see.

Thank you Martin.



Apparently, people our age are the most content so we might not want to be young.

Generally, we are certainly aging better than our parents and we are at the stage where science can stop aging.

BRYAN JOHNSON Chief Transformation and AI Officer
and Board Member, Executive, and Work-Strategy, Research, and Innovation

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IF IT CAN'T BE REDUCED, REUSED,
REPAIRED, REBUILT, REFURBISHED,
REFINISHED, RESOLD, RECYCLED, OR
COMPOSTED, THEN IT SHOULD BE
RESTRICTED, DESIGNED, OR REMOVED
FROM PRODUCTION.
”

— PETE SEEGER

“And then there were none”.
New Theatre Cardiff
Wednesday 20th March

Reminder that the pick-up time is 10am at Atlantic Hotel then Nottage and show starts 2.30 time for lunch and shopping.

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Our first BAVO sponsored coffee morning last month was very well received and attended. From our u3a's point of view it was very successful as we attracted four new members and handed out quite a few New Membership forms.

Thank you to all our volunteers who did such an excellent job setting up the room and running the kitchen, washing dishes, meeting and greeting and keeping the supply of tea and coffee flowing. Everyone that chatted to attendees, members and non-members, and anyone else who did any tasks I've forgotten! To Louise and Marcia for organising it, and for Rhian who designed our posters and advertised it, along with Louise, and finally to all our members that supported it. Caroline Limbert also very thoughtfully printed us off some table puzzles which were very popular.

This year we're trying to make a huge effort to get our u3a recognised around our local community and this is an excellent start, thank you so much. It's wonderful when we all pull together. Jaci



March 2024 Groups

Astronomy	THU 14.00	YMCA	7 th	Roger Butler will talk on "Discoveries through technology – first results from the James Webb Space Telescope"	Chris James
			21 st	Roger Butler will talk on "Techniques for observing"	Roger Butler
Book Club 1	FRI 10.15	Kenfig Nature Reserve	22 nd	Act of Oblivion by Robert Harris	Barbara Miles Sue Rowlands
Book Club 2	WED 10.30	Annie's house	13 th	The Grass is Singing by Doris Lessing	Annie Rance
Book Club 3	THU 14.00	Carolyn's house	7 th	The Road Home by Rose Tremain	Carolyn Perren
Canasta	MON 14.00	YMCA	4 th	New members welcome. We will teach you how to play.	Lyn Irving
			18 th		
Technology Help Desk	MON 10.30	Costa Coffee	11 th	IT help-desk service bookable between 10.30 & 12.00, but ONLY ON REQUEST . Call beforehand to let us know you'll be coming. Group Leaders: Geoff Henderson, Laurence Parry	Geoff Laurence
			25 th		
Ceramics	TUE 10.15	YMCA	12 th	Two new members in Feb, both enjoying the 'therapeutic' feel of the clay and promising to produce more brilliant work - from gismos to plaques, ornaments and household items. No teacher but lots of advice, no wheel but techniques galore - give us a try	Andrew Collier
			26 th		
Conversations	THU 13.45	Pyle Life Centre	14 th	What should be done by our governments, local authorities and ourselves to prevent and relieve the destitution, poverty and hardship endured by so many of our fellow citizens?	Doug Jones
			28 th	What accounts for the significant increase in shoplifting, fraud and knife-crime and what should be done to reduce these crimes?	
			Please note the new venue AND TIME for this group -If you need a lift, please phone me (Doug) a day or so in advance		
Crafts	THU 14.00	YMCA	7 th	A warm welcome awaits any member who is interested in any type of Craft.	Pam Munro
			21 st		
Origins and Development of Drama	MON 14.00	Hi-Tide Round Room	11 th	We will examine Richard III	Elizabeth C Bower
			25 th		
Dancercise	MON 10.00	YMCA		No Dancercise in March due to holidays	Jaci Russell
Food in Britain	TUE 14.15	YMCA	19 th	Talk on Ancient Egypt by Meryl Smith. Research related foods. N.B. in the YMCA just this once	Carolyn Perren
French for All	TUE 10.15	Hi-Tide Round Room	5 th	Topic: My favourite shop	Jenny Worthington
		YMCA	19 th	Topic: An easy recipe - In the YMCA Café	
Gardening	MON 14.00	YMCA	25 th	Our gardening group meets at the YMCA on the 4 th Monday of each month. From 2 pm to 4 pm THIS GROUP IS NOW FULL – Please contact Kay if you wish to go on a waiting list	Jeanette Kay
				<i>Group Leaders: Jeanette Victor & Kay Boswell</i>	
History	MON 10.00	YMCA	4 th	We will probably still be learning from Jean about the East India Company (more powerful than most governments) while George Washington, Southern Africa, the History of Ideas and Queen Consorts are in the pipeline.	Andrew Collier
			18 th		
International ZOOM Link	MON 14.30	ZOOM	4 th	We link via Zoom between members of our U3A and members of the U3A at Nantes in France. We connect from 10.30 to 12 noon or 2.30 to 4pm and chat about current issues affecting our countries and ourselves. Our French friends have a very good knowledge of English. Neither we nor they use French at all, although they would be happy for us to use any French we have. Please contact Doug if you would like to join us.	Doug Jones
	MON 10.30		18 th		
Kaffee Klatsch	TUE 11.00	YMCA	12 th	Listening and chatting in German	Helga Dickens
			26 th		

Latin	MON 14.00	YMCA	11 th	Venite nobiscum. Come and join us and help us meet the stimulating challenges of this un-dead language. Please note the new venue and start time of these sessions.	Doug
			25 th		
Discovering Literature	WED 14.15	Barbara's home	6 th	Looking at the work of Jane Austen This group is now full	Barbara Miles
			20 th		
Mah Jong	THU 14.00	YMCA	14 th	Anyone wishing to learn is very welcome or even to come and watch to see what it's like.	Val Lea
			28 th		
Mindfulness	TUE 13.30	YMCA	5 th	Mindfulness can be defined as knowing what is happening while it is happening, no matter what it is.	Jaci Russell
			19 th		
Understanding Modern Art	MON 10.00	YMCA	11 th	In March we will explore what art means for us, both as individuals and collectively in society and our culture generally. We will look at individual contemporary artists and hear from them something of their motivation in engaging in creative processes.	Susan Lieven
			25 th		
Painting Workshop	THU 10.00	YMCA	7 th	Painting group, every Thursday morning at the YMCA, 10 till 12. New members are very welcome to give Liz a ring	Liz Brown
			14 th		
			21 st		
			28 th		
Philosophy and Ideas	FRI 10.00	YMCA	1 st	We may still be discussing colonialism in the Middle East or round the world, but if that has been sorted (?!) could be back in evolutionary mode, or considering more historical ideas. Population and AI are never far away as different members lead and we all join in.	Andrew Collier
			15 th		
Open discussions, not as forbidding as they sound. All welcome to join in.					
Photography for Everyone	TUE 14.00	YMCA	12 th	Sharing knowledge and photographs	Roger Laurence
			26 th		
Leaders: Roger Butler, Laurence Parry					
Play Reading	THU 14.00	YMCA	14 th	Reading Plays for enjoyment. A very friendly group.	Kay Veronica
			28 th		
Leaders: Veronica Rees, Kay Boswell					
Exploring Poetry	MON 14.00	Hi-Tide Round Room	4 th	We will continue to work through our <i>Anthology of Great Modern Poems</i>	Elizabeth C Bower
			18 th		
Psychology	THU 10.00	The Grove Golf Club	14 th	On the second Thursday as the 21 st March is not available in the Grove. 'This month the Psychology session will be looking at Attachment Theory and trying to understand how we form emotional attachments in childhood, and the ways in which those early relationships, largely with our parents, impact on the way we relate to people in adulthood.'	Caroline Limbert
Quiz	MON 14.00	YMCA	11 th	Come along, enjoy yourself and test your general knowledge in lovely company.	Phil Rawle
Rummikub	FRI 14.00	Hi-Tide Round Room	1 st	This is a game that initially looks as if it is rather a childish game, but you would be very surprised to see the strategy and manipulation that is required.	Mary Poland
			15 th		
Science	MON 14.00	Trinity	18 th	Exploring science behind the news and another lecture from one of the great courses we have.	Martin Jeff
			Group Leaders: Martin Patten, Jeff Saunders		

Scrabble	MON 10.00	Round Room Hi-Tide	4 th	If you love words, please come along and join us, we're a friendly bunch.	Pat Parry
			18 th		
Singing for Fun	FRI 14.00	YMCA	22 nd	Just one meeting a month currently Please come and join Veronica and Kay, old and new members very welcome	Veronica Rees Kay Boswell
Social Cycling	WED 11.00	Afan Argoed SA13 3HG	27 th	Meet at Afan Argoed Country Park at 11 a.m.	Pat Thomas
Sustainability	TUE 14.00	YMCA	12 th	Topic: What is the best way to influence Climate Change, indeed can we influence Climate Change? Join a local action group or wildlife trust, WWF, Friends of the Earth, Greenpeace, Extinction Rebellion. What does each do and with what results?	Eddie Morgan
Table Tennis	FRI 10.00	YMCA	8 th	Come and join in our relaxed and friendly games. We have bats and balls, but if you have your own bat, please bring it along.	Gary Russell Joan Winkler
			15 th		
			22 nd		
Ukulele	FRI 14.00	YMCA	1 st	First & third Fridays each month	Rhod Mike Ray
			15 th		
			<i>Leaders: Rhod Earl, Mike O'Brian</i>		
Walking	FRI 13.30	Parc Slip Nature reserve CF32 0EH	8 th	from Parc Slip Nature Reserve (Fountain Road, Tondy CF32 0EH). A 3 mile mainly flat walk through this lovely nature reserve. We shall visit the poignant memorial to the 112 men and boys who were killed in the explosion in Parc Slip colliery in August 1892. Parts of the walk may be muddy.	Malcolm Cowper
		Seagull Car Park CF36 3UT	22 nd	from the Seagull Car Park (Sandpiper Road, Nottage CF36 3UT).. A 3.7 mile mainly flat walk to Rest Bay and back.	John Davies
		<i>If in doubt, please contact the leader to check that the starting point is as planned. If the weather is doubtful, please phone the leader to check the walk is taking place. Wear suitable clothing and footwear. We walk at our own risk.</i>			
Welsh	THU 10.00	Rugby Club	14 th	Back in Porthcawl Rugby Club Members should have a basic level Welsh. The group members are all learners of Welsh, but fluent speakers are welcome.	John Pearman 78213
			28 th		
Whist	MON 14.00	YMCA	11 th	YMCA – 2 nd floor (Café area)	Sue Hunt 4
			25 th		
Wildlife	TUE 14.00	Kenfig N.R.	5 th	There will be a talk on Bees, Wasps and Hornets.	Greg Nuttgens
Writing for Pleasure 1,2 & 3	FRI 10.00	Rugby Club	1 st	We write simply for the pleasure of writing and to receive friendly feedback. Groups 1 is FULL There IS space in Group 2 & 3 if you want to join	Marcia Claudette Peter
			15 th		
			<i>Groups: 1 – Marcia Humphries; 2 – Claudette Evans; 3 – Peter Bodsworth</i>		

March 2024 Calendar

1	Fri	1000 Rugby Club	Writing 1
		1000 Rugby Club	Writing 2
		1000 Rugby Club	Writing 3
		1000 YMCA	Philosophy and Ideas
		1400 Hi-Tide	Rummikub
		1400 YMCA	Ukulele

4	Mon	1000 Hi-Tide	Scrabble
		1000 YMCA	History
		1400 Hi-Tide	Exploring Poetry
		1400 YMCA	Canasta
		1430 ZOOM	ZOOM Link

5	Tue	1015 Hi-Tide	French for All
		1330 YMCA	Mindfulness
		1400 Kenfig	Wildlife

6	Wed	1415 Barbara's	Discovering Literature
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7	Thu	1000 YMCA	Painting
		1400 Carolyn's	Book Club 3
		1400 YMCA	Astronomy
		1400 YMCA	Crafts

8	Fri	1000 YMCA	Table Tennis with Joan
		1330 Parc Slip	Walking

11	Mon	1000 YMCA	Modern Art
		1030 COSTA	Technology Help desk
		1400 Hi-Tide	Drama
		1400 YMCA	Latin
		1400 YMCA	Quiz
		1400 YMCA	Whist
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12	Tue	1015 YMCA	Ceramics
		1100 YMCA	Kaffee Klatsch
		1400 YMCA	Photography for Everyone
		1400 YMCA	Sustainability

13	Wed	1030 Annie's	Book Club 2
		1415 Hi-Tide	Monthly Talk

14	Thu	1000 Rugby Club	Welsh
		1000 YMCA	Painting
		1000 Grove	Psychology
		1345 Pyle Life Centre	Conversations
		1400 YMCA	Mah Jong
		1400 YMCA	Play Reading

15	Fri	1000 Rugby Club	Writing 1
		1000 Rugby Club	Writing 2
		1000 Rugby Club	Writing 3
		1000 YMCA	Philosophy and Ideas
		1000 YMCA	Table Tennis with Gary
		1400 Hi-Tide	Rummikub
1400 YMCA	Ukulele		

18	Mon	1000 Hi-Tide	Scrabble
		1000 YMCA	History
		1030 ZOOM	ZOOM Link
		1400 Hi-Tide	Exploring Poetry
		1400 Trinity	Science
		1400 YMCA	Canasta

19	Tue	1015 YMCA	French for All
		1330 YMCA	Mindfulness
		1415 YMCA	Food in Britain

20	Wed	1000 Atlantic Hotel	Theatre Trip
		1415 Barbara's	Discovering Literature

21	Thu	1000 YMCA	Painting
		1400 YMCA	Astronomy
		1400 YMCA	Crafts

22	Fri	1000 YMCA	Table Tennis with Joan
		1015 Kenfig	Book Club 1
		1330 Seagull Pub	Walking
1400 YMCA	Singing for Fun		

25	Mon	1000 YMCA	Modern Art
		1030 COSTA	Technology Help desk
		1400 Hi-Tide	Drama
		1400 YMCA	Gardening
		1400 YMCA	Latin
		1400 YMCA	Whist

26	Tue	1015 YMCA	Ceramics
		1100 YMCA	Kaffee Klatsch
		1400 YMCA	Photography for Everyone

27	Wed	1100 Afan Argoed	Social Cycling
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28	Thu	1000 Rugby Club	Welsh
		1000 YMCA	Painting
		1345 Pyle Life Centre	Conversations
		1400 YMCA	Mah Jong
1400 YMCA	Play Reading		

29	Fri		GOOD FRIDAY
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Email addresses

Sally Corbett [chair](#)
 Marcia Humphries [sec](#)
 Jaci Russell [treasurer](#)
 Richard Hopkins [vice-chair](#)
 Jaci Russell [coordinator](#)
 Gary Russell [memsec](#)
 Ben Fielding [visits](#)

Roles

Chair **Sally**
 Secretary **Marcia**
 Treasurer **Jaci**
 Vice Chair **Richard**
 Membership Sec **Gary**
 Group Coord **Jaci**
 Almoner **Pam**

General enquiries

07824 133777

The deadline for contributions for our April 2024 Newsletter
 is on 17th March 2024
 edited by Gary & Jaci Russell

[newsletter](#)