



Dear Members,

Especially the many new ones that have joined over the winter!

I am home and thank you all for the welcome back received from those of you that I have already seen. It was a shock to be presented with a dose of Covid from someone on my travel home and even worse to find out I'd given it to my daughter after she had looked after me so well for the week it took me to shake off the bug! I am still coughing but sincerely hope it is not the 100-day cough everyone is telling me it could be! I'm pleased to say that I'm now virus free.

We have our last Coffee, Cake & Company session as March moves over into Easter, do let us know if you have enjoyed these events as we will be discussing whether they are something we can continue, and your opinion is important to us. Special thanks to all who have helped on these days.

Our AGM has been well advertised and yes, we are looking for more help! Some say it takes a village to bring up a child! What do you think it takes to run u3a? One recognised definition of a village is a connected community of caring adults that support us! Works for me!

Information about more planned visits is included here and the hope is for better weather as spring settles in and we plan for summer!

We have to continue to be flexible with our venues to cope with various changes, problems and events, most not of our making! So please check the calendar carefully, keep your eyes open for changes advertised on our website, and also on Facebook and make sure you sign in on the Group Register so that the Group Leader knows your name & number so that they can inform you if any changes have to be made. Hope to see you somewhere in April

Sally A Corbett
Chair.

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DANCERISE > DRAMA > FOOD > GARDENING > HISTORY > LANGUAGES > LITERATURE > MINDFULNESS > QUIZ > READING > PSYCHOLOGY > POETRY > PHOTOGRAPHY > PHILOSOPHY

**You're invited to our
OPEN DAY!**

u3a
Porthcawl

Saturday

April 20th 11am to 3pm

at the YMCA, John Street (opposite Porthcawl Museum)

ART > ASTRONOMY > CERAMICS > CONVERSATIONS > CRAFTS > CYCLING > SCIENCE > SINGING > SUSTAINABILITY > TABLE GAMES > TALKS > TECH > UKELELE > WALKS > WILDLIFE >

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DATES FOR YOUR DIARY AND THINGS TO LOOK OUT FOR IN APRIL

Berkeley Castle Wednesday 17th April 2024.

Leaving 9:30 am at the Atlantic Hotel. Returning at 4:00 pm.

Price £37 per person



Built in the 12th century as a Norman stronghold, with extensive gardens and grounds, it is infamous for the savage murder of Edward II. Many famous visitors to the castle, include Henry VIII / Ann Boleyn and Elizabeth I. Was a Royalist stronghold during the Civil War. It is the 3rd oldest castle in England to have been continuously occupied, behind the Tower of London and Windsor Castle.

Find more info at: berkeley-castle.com

To book:

Please email: visits (quoting Berkeley) by the 12th April. Alternatively, you can book by phone or text: -

Ben or Richard

If you are unable to attend once you have booked your place and if we have a waiting list, we will automatically offer your place to the next member on the list, otherwise it will be your responsibility to find a replacement, we can't guarantee not to cash your cheque.

To pay by cheque - please make cheques payable to Porthcawl u3a and send to: u3a c/o 134 New Road, Porthcawl CF36 5BL.

Pay online, you will need a reference number for this: please contact Ben or Richard or email visits

Please note: 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.

Please remember to put your pickup point on the back of your cheque or in the email.

Please note that cheques will be banked after the event, just in case the u3a have to cancel at the last minute.

Come and join us for the first Sunday Lunch of the year at The Seabank Hotel Porthcawl on Sunday 21st April at 12.30 for 1 pm



3 course lunch, with tea or coffee £20.00 per person.

2 courses £18.00

Select your choices from:

Starters: Tomato soup, Melon fan with coulis, Caesar salad

Mains: Roast Beef & Yorkshire Pudding, Filet of Cod & Parsley Sauce or 3 Bean Casserole

Deserts: Apple Crumble & Custard, Fresh Fruit Salad, Ice Cream or Cheese & Biscuits.

Please book & order before 15th April to Sally, a £5 deposit is required per person.
mail: chair

Social Dance Group:

We hope shortly to set up a Social Dance Interest Group. It will meet for two sessions each month and include Ballroom, Latin, Sequence and Line Dancing. Full details of the location, days and times of the sessions will be given in the May newsletter, but we would welcome expressions of interest meanwhile. If you are interested, please don't hesitate to phone Terry Arnell on 07903 703088. He will be very pleased to hear from you.



Notification of our Annual General Meeting.

Which is being held on 10th April 2024 at the Hi-Tide following our monthly talk, which will be given by Doug Jones.

At the 2024 AGM in April, the Treasurer and one current committee member will be seeking re-election plus there are a number of vacant Committee posts.

We are particularly looking for someone to inherit the role of Membership Secretary from Gary, this is typically filled by a member of the committee.

Please ring Gary if you'd like a chat about what the role entails.
Alternatively catch Sally when she's round and about or phone her.

Nomination forms can be found on our website - porthcawlu3a.org.uk. under the heading of AGM. Paper copies are also on the notice board on the ground floor of the YMCA in John Street

If anyone would like to stand and have any questions about any of the roles contact Sally Corbett or email chair or for Treasurer please contact Jaci, for Membership Secretary please contact Gary, for the committee Phone Sally or email Marcia sec

Votes only count if you attend the AGM, therefore it's important that as many members as possible make every effort to attend on the day.

April Talk

Wednesday 10th 2.15pm at the Hi-Tide
Monthly Talk by Doug Jones:
Ireland and the Troubles 1969 - 2007



What became known as 'The Troubles' raged for more than 30 years. It was a period of viciousness and brutality that affected Northern Ireland mainly but also the Republic of Ireland, mainland Britain and other countries too.

Doug will briefly trace the root causes of the conflict, remind us of the most tragic acts of violence, the legal punishments imposed on the perpetrators and the constant attempts to find a resolution, Finally, he will describe the so-called Peace Process that led to the Good Friday Agreement and its implementation.

Keep your eye out for these future events for you to look forward to, more details will follow shortly.

Wednesday 15th May:

Celteg Winery and Caws Cenarth Cheese Making (North Pembrokeshire).

Wednesday 19th June

Hereford (Museum of Cider) and City.

Porthcawl National Coast Watch Institution are holding a fundraising concert on Thursday 16th May at All Saints Church.

The entry fee is £10 per person.

For further details on how to purchase them, please contact Jeff Saunders

Unfortunately, we had confusion over the costs for the visit to Cyfarthfa Castle. Some members included the cost for the entrance fee with their payment for the coach.

Some members have kindly donated the overpayments to us. Thank you so much.

If you would like a refund, they will be available from Richard Hopkins at the AGM.

Thanks, Jaci

A Roundup of what we've been up to around and about



Food in Britain, they meet monthly at the Hi-Tide, 14.15 in the Round Room.

Please contact Carolyn Perren for more information if you'd like to join them.

The Food in Britain group visited Pyle Garden centre and were warmly welcomed by Jane James and the Food Hall manager Jasmine. Coffee and cakes were provided & Jane told us the history of the centre and their plans for the future.

Then Jasmine showed us round the Deli, butchery and Food Hall - explaining how they sourced most of their fresh foods locally. It was a very enjoyable afternoon and many thanks to Pyle Garden Centre. *Carolyn*

Coffee, Cake & Company.

The second of these get-togethers took place at the end of February. Again, there were about 60 people, & a constant buzz of conversation. Caroline Limbert had put quiz sheets on the tables, helping conversation flow as people worked on answers. The team of helpers kept tea & coffee flowing, & the cakes were delicious. The next coffee morning will be on Saturday 30th March, again 10.30 to 12.30 at the YMCA. *Marcia.*



Does springtime make you sneeze?



Are you interested in joining our science group?

We can be found in Trinity Church, the third Monday of the month @ 14.00, occasionally this might change week.

The group deals with all subjects at a level encountered in everyday life, forget details, see the big picture. We do not have to remember and there is no exam. Here's an example, 'DNA only works on amino acids, which you can buy in the chemists, so your entire body is made of amino acids, hair nails and eyeballs. WOW

For further details please contact either: Martin or Jeff.

Would you like to advertise your group, you may be quite full but it's always good to have new members for their ideas and to challenge our ways, especially as we have an open day coming up.

Or maybe you'd like share your poems, photos, painting or stories.

Please send them into newsletter, and we'll try and oblige. Thanks Gary & Jaci

Mr Squirrel sniffed a daisy and struck such a funny pose, then he sneezed rather loudly, and into the atmosphere all the pollen rose. Sneezes galore then followed and all spread far and wide.

But the funniest of all was from the buzzing little bee, "pollen doesn't bother me, it's my best friend says she" But then she buzzed near a rose, and she sneezed so fiercely, she tumbled right onto her nose. *Jaci*



April 2024 Groups

Astronomy	THU 14.00	YMCA	4 th	Roger Butler will present "The Great American Total Solar Eclipse – part 2"	Chris James
			18 th	Roger Butler will present "Almost nothing there – visualising the reality of space"	Roger Butler
Book Club 1	FRI 10.15	Kenfig Nature Reserve	26 th	The Gift of Rain by Tan Twan Eng	Barbara Miles Sue Rowlands
Book Club 2	WED 10.30	Annie's house	10 th	The Man who was Thursday by G K Chesterton	Annie Rance
Book Club 3	THU 14.00	Carolyn's house	4 th	Fingersmith by Sarah Waters	Carolyn Perren
Canasta	MON 14.00	YMCA	15 th	New members welcome. We will teach you how to play.	Lyn Irving
			29 th		
Technology Help Desk	MON 10.30	Costa Coffee	8 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
			22 nd		
Ceramics	TUE 10.15	YMCA	9 th	This growing group is producing some impressive work – plaques, bowls, flowers and creatures as it gets the feel of the clay and sorts the issues of firing and glazing, timing and storage.	Andrew Collier
			23 rd		
Conversations	THU 13.45	Pyle Life Centre	11 th	<i>What are the commendable values of British Society and how can we safeguard them?</i>	Doug Jones
			25 th	<i>What are the salient features of a "good" life and to what extent are we ourselves living such a life?</i>	
			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	4 th	A warm welcome awaits any member who is interested in any type of Craft.	Sally Corbett
			18 th		Pam Munro
Origins and Development of Drama	MON 14.00	Hi-Tide Round Room	8 th	We will continue to examine Macbeth. The shortest of Shakespeare's plays.	Elizabeth C Bower
			22 nd		
Dancercise	MON 10.00	YMCA	15 th	It's suitable to all levels, bring water, wear sensible clothes and shoes, enjoy moving to music and have a good laugh!!	Jaci Russell
Food in Britain	TUE 14.15	Hi-Tide Round Room	23 rd	Foraging for Food	Carolyn Perren
French for All	TUE 10.15	Hi-Tide Round Room	2 nd	Topic "My garden"	Jenny Worthington
			16 th	Topic "A celebration"	
Gardening	MON 14.00	YMCA	22 nd	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	15 th	I hope to continue my run-through British Queens consort (with reflections on class, gender, power and religion) but we have more East India, Ethiopia and George Washington as later possibilities.	Andrew Collier
			29 th		
International ZOOM Link	MON 10.30	ZOOM	15 th	We link via Zoom between members of our u3a and members of the u3a at Nantes in France. We chat about current issues affecting our countries and ourselves. It's a friendship link which broadens our horizons literally and in other ways. Our French friends have very good English, so we speak entirely in 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 Please contact Doug if you would like to join us.	Doug Jones

Kaffee Klatsch	TUE 11.00	YMCA	9 th 23 rd	Listening and chatting in German	Helga Dickens
Latin	MON 14.00	YMCA	8 th 22 nd	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
Discovering Literature	WED 14.15	Barbara's home	3 rd 17 th	Looking at the work of Jane Austen This group is now full	Barbara Miles
Mah Jong	THU 14.00	YMCA	11 th 25 th	Anyone wishing to learn is very welcome or even to come and watch to see what it's like.	Val Lea
Mindfulness	TUE 13.30	YMCA	2 nd 16 th	Mindfulness can be defined as knowing what is happening while it is happening, no matter what it is.	Jaci Russell
Understanding Modern Art	MON 10.00	YMCA	8 th 22 nd	Our April gatherings will be looking at the arts in general, thinking about modern art in all its forms, literature, film, music, dance and drama and discussing how creative activities feed into our culture supporting human cooperation, understanding and empathy.	Susan Lieven
Painting Workshop	THU 10.00	YMCA	4 th 11 th 18 th 25 th	Painting group, every Thursday morning at the YMCA, 10 till 12. New members are very welcome to give Liz a ring	Liz Brown
Philosophy and Ideas	FRI 10.00	YMCA	12 th 26 th	Not sure of topics for 12 th (could be populism, autocracy, fraud or whatever comes out of our Good Friday free-for-all) but on 26 th we look forward to the ever stimulating Monica leading on The Media, past and present. Paradoxes and population in the pipeline - do join our efforts to put the world to rights - it could still take a while!	Andrew Collier
Open discussions, not as forbidding as they sound. All welcome to join in.					
Photography for Everyone	TUE 14.00	YMCA	9 th 23 rd	Sharing knowledge and photographs <i>Leaders: Roger Butler, Laurence Parry</i>	Roger Laurence
Play Reading	THU 14.00	YMCA	11 th 25 th	Reading Plays for enjoyment. A very friendly group. <i>Leaders: Veronica Rees, Kay Boswell</i>	Kay Veronica
Exploring Poetry	MON 14.00	Hi-Tide Round Room	15 th 29 th	We will continue to work through our <i>Anthology of Great Modern Poems</i>	Elizabeth C Bower
Psychology	THU 10.00	The Grove Golf Club	25 th	The session this month will focus on 'Abnormal Psychology' - exploring what it means to be 'abnormal' from a psychological point of view and looking at some examples of what we often consider to be the most unusual mental health conditions. We will also consider how our views of what causes 'abnormality' impact on our responses to it.	Caroline Limbert
Quiz	MON 14.00	YMCA	8 th	Come along, enjoy yourself and test your general knowledge in lovely company.	Phil Rawle
Rummikub	FRI 14.00	Hi-Tide Round Room	5 th 19 th	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

Science	MON 14.00	Trinity	15 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	15 th	If you love words, please come along and join us, we're a friendly bunch.	Pat Parry
			29 th		
Singing for Fun	FRI 14.00	YMCA		Unfortunately Singing for Fun is on hold for the time being	Veronica Rees Kay Boswell
Social Cycling	FRI 11.00	CF64 1SU	26 th	Meet at Cardiff Bay, car park CF64 1SU, which is free, yiphee!	Pat Thomas
Sunday Lunch	SUN 12.30	Seabank Hotel	21 st	Come and join us for the first Sunday lunch of the year - 12.30 for 1 p.m. 3 course lunch with tea/coffee : £20 pp 2 course lunch with tea/coffee : £18 pp See main Newsletter for more info	Sally Corbett
Sustainability	TUE 14.00	YMCA	9 th	"Not the End of the World" by Hannah Ritchie, an upbeat and optimistic look at our future prospects and how we can solve our diverse environmental problems.	Eddie Morgan
Table Tennis	FRI 10.00	YMCA	5 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
			12 th		
			19 th		
			26 th		
Ukulele	FRI 14.00	YMCA	5 th	First & third Fridays each month	Rhod Mike Ray
			19 th		
			<i>Leaders: Rhod Earl, Mike O'Brian</i>		
Walking	FRI 13.30	Ty Risha Inn	12 th	Meet at the Ty Risha Inn CF32 9SN. The Glanrhyd river walk, a pleasant 3.5 mile flat walk along country lanes by the river.	Richard Hopkins
		Valley Woods Penlleger	26 th	Meet at Valley Woods, Penlleger SA4 9GS. A 3 mile walk through the former estate park. Exit M4 at Junction 42 Swansea West. Take the 1st exit onto A48. Take 1st right after 100n yards into the car park. There is a charge for parking.	Greg Nuttgens
		<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	11 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
			25 th		
Whist	MON 14.00	YMCA	8 th	YMCA – 2 nd floor (Café area)	Sue Hunt
			22 nd		
Wildlife	TUE 14.00	Kenfig N.R.	2 nd	A talk by Tom Butcher-Flynn of the Bumblebee Conservation Trust.	Greg Nuttgens
Writing for Pleasure 1,2 & 3	FRI 10.00	Rugby Club	5 th	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
			19 th		
			<i>Groups: 1 – Marcia Humphries; 2 – Claudette Evans; 3 – Peter Bodsworth</i>		

April 2024 Calendar

2	Tue	1015	Hi-Tide	French for All
		1330	YMCA	Mindfulness
		1400	Kenfig	Wildlife
3	Wed	1415	Barbara's	Discovering Literature
4	Thu	1000	YMCA	Painting
		1400	Carolyn's	Book Club 3
		1400	YMCA	Astronomy
		1400	YMCA	Crafts
5	Fri	1000	Rugby Club	Writing 1
		1000	Rugby Club	Writing 2
		1000	Rugby Club	Writing 3
		1000	YMCA	Table Tennis with Gary
		1400	Hi-Tide	Rummikub
		1400	YMCA	Ukulele

8	Mon	1000	YMCA	Modern Art
		1030	COSTA	Technology Help desk
		1400	Hi-Tide	Drama
		1400	YMCA	Latin
		1400	YMCA	Quiz
		1400	YMCA	Whist
9	Tue	1015	YMCA	Ceramics
		1100	YMCA	Kaffee Klatsch
		1400	YMCA	Photography for Everyone
		1400	YMCA	Sustainability
10	Wed	1030	Annie's	Book Club 2
		1415	Bayside - Hi-Tide	Monthly Talk and AGM
11	Thu	1000	Rugby Club	Welsh
		1000	YMCA	Painting
		1345	Pyle Life Centre	Conversations
		1400	YMCA	Mah Jong
		1400	YMCA	Play Reading
12	Fri	1000	YMCA	Table Tennis with Joan
		1000	YMCA	Philosophy and Ideas
		1330	CF32 9SN	Walking

15	Mon	1000	Hi-Tide	Scrabble
		1000	YMCA	Dancercise
		1000	YMCA	History
		1030	ZOOM	ZOOM Link
		1400	Hi-Tide	Exploring Poetry
16	Tue	1015	Hi-Tide	French for All
		1330	YMCA	Mindfulness
		1415	Barbara's	Discovering Literature
		1000	YMCA	Painting
18	Thu	1400	YMCA	Astronomy
		1400	YMCA	Crafts
		1000	Rugby Club	Writing 1
19	Fri	1000	Rugby Club	Writing 2
		1000	Rugby Club	Writing 3
		1000	YMCA	Table Tennis with Gary
		1400	Hi-Tide	Rummikub
		1400	YMCA	Ukelele
		1000	Rugby Club	Writing 1

21	Sun	1230	Seabank Hotel	Sunday Lunch
22	Mon	1000	YMCA	Modern Art
		1030	COSTA	Technology Help desk
		1400	Hi-Tide	Drama
		1400	YMCA	Gardening
		1400	YMCA	Latin
		1400	YMCA	Whist
23	Tue	1015	YMCA	Ceramics
		1100	YMCA	Kaffee Klatsch
		1400	YMCA	Photography for Everyone
		1415	Hi-Tide	Food in Britain
25	Thu	1000	Rugby Club	Welsh
		1000	YMCA	Painting
		1000	Grove Golf C.	Psychology
		1345	Pyle Life Centre	Conversations
		1400	YMCA	Mah Jong
		1400	YMCA	Play Reading
26	Fri	1000	YMCA	Table Tennis with Joan
		1000	YMCA	Philosophy and Ideas
		1015	Kenfig	Book Club 1
		1100	CF64 1SU	Social Cycling
1330	SA4 9GS	Walking		

29	Mon	1000	Hi-Tide	Scrabble
		1000	YMCA	History
		1400	Hi-Tide	Exploring Poetry
		1400	YMCA	Canasta

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The deadline for contributions for our May 2024 Newsletter is on 15th April 2024
 edited by Gary & Jaci Russell

[newsletter](#)