





Registered charity 1052905

Website: porthcawlu3a.org.uk

facebook.com/groups/porthcawlu3a

May 2024

Dear members,

Our AGM was held last month after Doug Jones's gripping history of the Northern Ireland Troubles which with the continual Media coverage were very much a part of all our lives when we were growing up, last century! Poor Doug had to compete with a speaker problem for which we have to apologise.

It was a pleasure to see so many of you there for his talk and our AGM and I am pleased to say that we were quorate, so all decisions made are confirmed. Thus, we were delighted to welcome Andrew Mason to join our committee and to welcome back Doug Jones, Andrew Collier and Laurence Parry to work with us again.

Some of you will know that Jaci Russell has had to stop holding her Dancercise Group meetings because of her health. Many of us have enjoyed her classes and thank her for all her efforts over the years. While we did re-elect her to the committee, she has given us three months' notice of her intention to quit as treasurer and **I must ask** that anyone who might be interested in taking on the role steps forward and speaks to one of us for further information.

I also have to announce that Lyn Irving is standing down from our committee we wish her well as she continues to recover from her operation and thank her for all her help since she joined us.

We do have the pleasure of announcing the appointment of Anne Davies as Membership Secretary and look forward to getting to know her as she settles into the role.

We have had a couple of brilliant sunny days and are assured that summer is coming, see you somewhere soon. Sally A Corbett Chair.

Tour of Celteg Country Wines (Llandysul) A country wine and liqueur producer Wednesday 22nd May 2024. Leaving 09:30 am from the Atlantic Hotel. Returning at 3:30 pm.



Tour of Celteg Country Wines (Llandysul) a country wine and liqueur producer, including a small wine tasting if desired. Also, a visit to an interesting prisoner of war church close by. This will then be followed by a visit to the delightful market town of Narberth, where we can browse the local shops and numerous eateries before returning home at 3.30pm

Cost: - £20 each
Closing date for booking 15th May.

To book please quote ref: CELTEG and emai:

visits

Alternatively, 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 - please make cheques payable to **Porthcawl u3a** and send to: u3a c/o 134 New Road, Porthcawl
CF36 5BL.

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 email visits

Alternatively, Phone or text: Ben **or** Richard - **for** a reference number.

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 on case the u3a have to cancel at the last minute.

Bristol theatre musical - "Me and My Girl"

We have booked tickets at the Bristol Hippodrome for Wednesday 2nd October Matinee. Cost is £39 each to see the musical "Me and My Girl" Stephen Fry and Mike Ockrent's acclaimed revival with toe tapping and uplifting music by Noel Gay, (including the famous Lambeth Walk, The Sun has Got His Hat on and Leaning on a Lampost), this is such a treat for fans of musical comedy, so not to be missed.

Please send your cheque made payable to **Porthcawl u3a** to secure your place to:
Trixie Tudor

We will put the price of the coach and details about a lunch in future newsletters.

Email theatre
Please let us know by 20th July 2024

NEW FOR MAY – COFFEE MORNING @ THE SEABANK HOTEL

Following on from the success of the BAVO coffee mornings we've been holding throughout the year, we're trialling a new venue which we hope will make parking easier. But this has no connection to BAVO, it's a u3a initiative only.

Our first one is being held on Saturday 25th May - 10:30 -12:30

Tea/coffee and refreshments can be purchased from the Seabank.

The purpose is to give us a social space where we can all meet up for a chat with friends we don't see in the groups, but also to invite neighbours, friends, family or anyone feeling lonely or isolated that you think would like to join us, no obligation to join our u3a, but all would be very welcome.

***Please remember to enter your car registration number into the device on the desk at reception if you park in their car park. *** (failing to register may result in a parking fine!)

Interviewers Wanted!

Every year for the past few years a team of Porthcawl u3a volunteers has spent a morning in Porthcawl Comprehensive School giving the sixth form students mock interviews, something which the school greatly appreciates.

The students are in Year 12 (Lower 6th) and will soon be facing interviews for university, apprenticeships or employment. We can help them prepare for this very important stage in their lives by giving them the necessary skills and experience through mock interviews. Their own teachers could do this, but it is much more real if they are being interviewed by people from the outside world.

The interviews will not be job-specific but will consist of general questions such as "What have you achieved in your school life so far?" and "What personal qualities do you feel you have to achieve your ambitions?". At the end of each interview we give them constructive feedback, in order to boost their confidence but also to make them aware of what areas they need to work on. The interviews last between 7 and 10 minutes.

Don't worry if you've never carried out interviews before; they are more like conversations than interviews. Those who have done them in previous years will know how very rewarding they are. They will take place on **Tuesday 18th June between 9.00 a.m. and 12 noon.** If you like to take part this year, please contact me on 07761 498284 or email <u>malcolm</u>. Your help will be greatly appreciated. *Thanks, Malcolm Cowper*

New Venue this month. Seabank Hotel

We have two new groups starting, and we also have two moving in **May:**

Social Dance Group (new)
Coffee Morning (new)
Conversations – moving from Pyle.
Food in Britain – moving from the Hi-Tide

Following in June.

French for all.

Please note the new <u>location and time</u> of these sessions. Please also note that there is ample free car parking space for us at the Seabank <u>but we must give our car registration numbers to the Group Leader on arrival to avoid a heavy fine</u>

Once again, thank you all for your patience as we continue to evolve our venues to better assist our members.

NEW GROUP

SOCIAL DANCE STARTING 2nd MAY @ The Seabank Hotel.

Do you enjoy dancing?

Then come along to the new dancing group, a social afternoon with a mixture of ballroom, Latin, sequence and a couple of line dances plus some rock n roll. Our inaugural meeting is the **2**nd **May** in the Seabank hotel.

It will be held each month on the 1^{st} & 3^{rd} Thursday at 2pm

Meet friends, make new friends, all levels of experience welcome, requests will be taken.

Tea and coffee or something stronger will be available to purchase from the hotel bar.

Parking available, please give your registration number to Terry upon arrival.

Looking forward to meeting everyone, Terry.



Sunday Lunch at Cheetahs Bar & Grill in Dock Street

1 p.m. on 19th May

Please book by text or email to Sally **BEFORE** Friday 10th May with your menu selections

£5 deposit per person will be due on booking.

Catch me where you can! Sally,



SUNDAY LUNCH



STARTER

SOUP OF THE DAY WITH TOASTED BREAD (V) (GF OPTION)

CHICKEN & LIVER PARFAIT WITH TOASTED BREAD

TRADITIONAL ITALIAN MEATBALLS SERVED WITH BOLOGNESE SAUCE

STICKY BBQ CHICKEN TENDERS SERVED WITH CELERY STICKS AND BUTTER MILK RANCH DRESSING, TOPPED WITH SESAME SEEDS

MAIN COURSE

A CHOICE OF:

BEEF PORK CHICKEN NUTROAST

SERVED WITH ROAST POTATOES, YORKSHIRE PUDDING, HONEY ROAST PARSNIPS, SEASONAL VEGETABLES AND HOME MADE GRAVY

EXTRAS

ROAST POTATOES £3.50 PIGS IN BLANKETS £4 YORKSHIRE PUDDING £2 CAULIFLOWER CHEESE £3.50

DESSERT

JAM ROLY POLY & CUSTARD
FULLY LOADED ICE CREAM SUNDAE
CHOCOLATE FUDGE CAKE
SPOTTED DICK & CUSTARD
SALTED CARAMEL TART WITH FRESH CREAM

1 COURSE £13.95

2 COURSE £18.95 3 COURSE £22.95

Coffee morning - BAVO

The final coffee morning at the YMCA was yet another successful event.

Over 75 people attended, consisting of old and new members, together with 7 people who requested a membership application.

Great to see so much social interaction.

You can see on page 2, that following on from this success, we have decided to continue holding them in the Seabank Hotel, so please do support it, make it a regular entry in your diary and tell all your friends, family, and especially anyone that you think would benefit from a regular social interaction, we've always got room for more friendship. *Thanks Sally.*

TALK – MAY 8TH IN THE HI-TIDE@ 2.15p.m.

Is being given by Geoff Henderson, entitled:

'Gareth Jones, son of Barry, hero of Ukraine'.

Geoff enjoyed a fifty-year career in IT, and for his systems development work in British Steel in the 1960s he was named by the *Archive of IT* 'a significant figure in UK 20c IT history', but his life-long interests are Art and History.

Gareth Jones, son of Barry, hero of Ukraine'.

Gareth Jones, a gifted linguist, was born of academic parents in Barry. Post university, he travelled widely, first as Lloyd George's foreign affairs advisor, then later as a journalist, working for numerous newspapers, including a spell at The Western Mail.

He fell afoul of the soviet regime when, in 1933, he exposed the extent of the famine in Ukraine. In 1935 he set off on a world tour, to include America, and large parts of Asia, including China and Mongolia, from which he never returned alive.

"The best things in life are coffee with friends, family, and laughter."

"A brain full of coffee and a heart full of love." "Good friends are like a good cup of coffee. They're warm, inviting, and always make you smile."

Future Visits for Your Diary

June:-

Actual date to be confirmed. Hereford Cider Museum and the City. Approximate cost: - £ 30. Leaving 9 a.m. and return 3:30 p.m. **July :-**

Wednesday 24th July.
National Botanical Gardens Wales.

As Sally announced on the front page, I have stepped back as membership secretary and Anne Davies is very kindly taking over from May 1st.

Please remember that the memsec email address will now be Anne's, if you want to email me, please use: webmaster



Gary.

***Please Note: ***

Appropriate changes have been made to our Privacy Policy, which can be found on our website, which allows Anne Davies to carry out her new role as Membership Secretary without being a Committee Member.
Sally A Corbett Chair.

Marcia Humphries kindly got permission from Winchester u3a allowing us to publish the article below.

Here's one I made earlier...

I am not an artist and certainly not an accomplished painter. However, earlier today I created the work of art shown here. Nobody helped me and it wasn't done with a Painting by Numbers set. Aren't

I clever?

No. I used a Chatbot linked to a very powerful computer somewhere on the internet. I was inspired to do this by attending a u3a Zoom talk on Chatbots. (Yes, I didn't know what they were either until today!) I learnt that I could ask the Chatbot to do all sorts of things, like drawing a sketch of a red owl on a blue mushroom surrounded by flowers



Tomorrow I'm zooming in on a lecture about Pleasure Gardens and Theme Parks. Amazing what one can learn, isn't it?

For those members with internet access, all these talks are available free of charge from the national u3a website. Go to u3a.org.uk, click on *Learn* and then scroll down to *Online learning events*. Push the *Browse events* button and look at the wide range of talks available over the next few weeks. Click on one that interests you and reserve your place using Eventbrite; they send you the zoom link a few days before the event.

Go on, have a look. You might find something just up your street.

Vernon Tottle, Winchester u3a



Tickets: £10 each

We have members that volunteer for the NCI, helping to keep our us all safe at sea.

I agreed to advertise on their behalf if there was room.

The tickets can be purchased as follows:

NCI Lookout Tower, Walters Shoes, and Maple (opposite the Spar), both in John Street. Cost £10





All the problems are stuck between

'Mind and 'Matter'.

If you don't 'Mind', it doesn't 'Matter'.

May 2024 Groups

				· L	
Astronomy	THU 14.00	YMCA	2 nd 16 th	Around the world in 90 minutes – 25 years of the ISS. Your life in the Sun.	Chris James Roger Butler
		Kenfig	10		
Book Club 1	FRI 10.15	Nature Reserve	31 st	Big Sky by Kate Atkinson Barbara Miles and Sue Rowlands	Barbara Sue
Book Club 2	WED 10.30	Annie's house	8 th	Oryx and Crake by Margaret Atwood	Annie Rance
Book Club 3	THU 14.00	Carolyn's house	2 nd	Dark Matter by Michelle Paver	Carolyn Perren
Canasta	MON 14.00	YMCA	20 th	New members welcome. We will teach you how to play.	Lyn Irving
Ceramics	TUE 10.15	YMCA	7th 14 th 21 st 28 th	We are still picking up new members and producing some rewarding pieces. From May, meetings will be weekly.	Andrew Collier
Conversations	THU		9 th	With the population declining in more than half the local authorities in Wales, what prospects and challenges face the present and future generations of young people in the Principality?	
Conversations	14.00	Seabank	23 rd	What is love and how does it manifest itself?	Doug Jones
			amp	note the new venue AND TIME for this group -Also, there is le free car parking at the Seabank, but we MUST give our egistration numbers on arrival to avoid a heavy fine.	
Coffee Morning	SAT 10.30	Seabank	25 th	A social event – open to Non Member as well as Members. Bring your friends, relatives and neighbours. Refreshments will need to be purchased. 10:30 – 12:30	Richard Hopkins
Crafts	THU 14.00	YMCA	2 nd A warm welcome awaits any member who is interested in any type of Craft.		Sally Corbett Pam Munro
Origins and Development of Drama	MON 14.00	Hi-Tide Round Room	13 th	13 th We will examine Othello	
Social Dance Group	THU 14.00	Seabank	2 nd 16 th	A social afternoon- mixture of ballroom, latin, sequence, line dance and rock 'n roll. All levels of experience welcome. Tea/coffee or something stronger available from the Hotel Bar.	Terry Arnell
Food in Britain	TUE 14.00	Seabank	21 st	Hors d'oevres	Carolyn Perren
French for All				No French in May	
Gardening	MON 14.00	YMCA	20 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 Group Leaders: Jeanette Victor & Kay Boswell	Jeanette Kay
History	MON 10.00	YMCA	20 th	Peter will discuss Southern Africa – from Colonies to Commonwealth	Andrew Collier
	MON 14.30	6 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	
International ZOOM Link	ZOOM MON 10.30	ZOOM	20 th	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 us but need help in using ZOOM	Doug Jones

			th		
Kaffee Klatsch	TUE 11.00	YMCA	14 th 28 th	Listening and chatting in German	Helga Dickens
Latin	MON 14.00	YMCA	13 th	Venite nobiscum. Come and join us and help us meet the stimulating challenges of this un-dead language.	Doug Jones
Discovering Literature	WED 14.15	Barbara's home	1 st 15 th	Looking at the work of Jane Austen This group is now full	Barbara Miles
Mah Jong	THU 14.00	YMCA	9 th 23 rd	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	7 th 21 st	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	13 th	Exploring art as a therapeutic means of sustaining and supporting cultural well-being.	Susan Lieven
Painting Workshop	THU 10.00	YMCA	2 nd 9 th 16 th 23 rd 30 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	10 th	Neil will tackle Malthus and population issues Gary will probably revert to evolution and related issues	Andrew Collier
				as forbidding as they sound. All welcome to join in.	
Photography	TUE Y	YMCA	14 th 28 th	Sharing knowledge and photographs	Roger Laurence
for Everyone	14.00		Leaders: Roger Butler, Laurence Parry		Laurence
Play Reading	THU 14.00	YMCA	9 th 23 rd	Reading Plays for enjoyment. A very friendly group.	Kay
			25	Leaders: Veronica Rees, Kay Boswell	Veronica
Exploring Poetry	MON 14.00	Hi-Tide Round Room	20 th	We will continue to work through our Anthology of Great Modern Poems	Elizabeth C Bower
Psychology	THU 10.00			NO Psychology meeting in May - sorry	Caroline Limbert
Quiz	MON 14.00	YMCA	13 th	Come along, enjoy yourself and test your general knowledge in lovely company.	Phil Rawle
Rummikub	FRI 14.00	Hi-Tide Round Room	3 rd 17 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	20 th	Exploring science behind the news and another lecture from one of the great courses we have. Group Leaders: Martin Patten, Jeff Saunders	Martin Jeff
Scrabble	MON 10.00	Round Room Hi-Tide	13 th	If you love words, please come along and join us, we're a friendly bunch.	Pat Parry

Singing for Fun	FRI 14.00	YMCA		Currently on hold sorry	Veronica Rees Kay Boswell
Social Cycling	WED 11.00	Llanelli SA15 2LF	29 th	Llanelli to Pembrey Park – meet at Mill Quay car park	Pat Thomas
Sunday Lunch	SUN 13.00	Cheetahs Bar & Grill	19 th	Please email or text Sally to book before 10th May See page 3 for more details	Sally Corbett
Sustainability	TUE 14.00	YMCA	14 th	A historian's view of the relationship between the rise and fall of civilisations and climate. "The Earth Transformed" by Peter Frankopan.	Eddie Morgan
Table Tennis	FRI 10.00	YMCA	3rd 10 th 17 th 24 th 31 st	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
Technology Help Desk	MON 10.30	Costa Coffee	13 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
Ukulele	FRI 14.00	YMCA	3 rd 17 th	First & third Fridays each month	Rhod Mike
				Leaders: Rhod Earl, Mike O'Brian	Ray
0	FRI	Tythegston Farm CF32 0ND Margam Park SA13 2TJ	10 th	From the farm, a 3 mile walk along paths and racks, no stiles. From Porthcawl, take Bridgend Rd and as you descend Three Steps Hill, turn right into Tythegston. Go past the church and park in the farmyard on the right (we have permission from the Farmer)	Greg Nuttgens
	13.30		24 th	A 3.5 mile walk around Margam Park Meet at the lay-by outside the entrance to the Park on A48. M4 Junc 38 and follow brown signs.	John and Anne Cobby
		If the v	veather	is planned. aking place. wn risk.	
Welsh	THU 10.00	Rugby Club	9 th 23 rd	Members should have a basic level Welsh. The group members are all learners of Welsh, but fluent speakers are welcome.	John Pearman
Whist	MON 14.00	YMCA	13 th	YMCA – 2 nd floor (Café area)	Sue Hunt
Wildlife	TUE 14.00	Tythegston Farm	7 th	A walk along a country lane looking at hedgerow plants and animals. Meet at Tythegston Farm CF32 oND. From Porthcawl take the Bridgend road, descend 'Three Step Hill' and turn right into Tythegston village. Go past the church on your left and park in the farm yard on the Right (We have permission from the farmer). If the weather is very bad, there will be a talk at Kenfig Nature Reserve.	Greg Nuttgens 1
THE CO.			3 rd	We write simply for the pleasure of writing and to	Marcia
Writing for Pleasure	FRI 10.00	Rugby Club	17 th	receive friendly feedback. There IS space in all 3 groups if you want to join	Claudette
1,2 & 3	10.00		Groups: 1 – Marcia Humphries; 2 - Claudette Evans; 3 – Peter Bodsworth		Peter

May 2024 Calendar

1	Wed	1415 Barbara's	Discovering Literature
		1000 YMCA	Painting
		1400 Carolyn's	Book Club 3
2	2 Thu	1400 Seabank	Social Dance
		1400 YMCA	Astronomy
		1400 YMCA	Crafts
		1000 Rugby Club	Writing 1
		1000 Rugby Club	Writing 2
3	Fri	1000 Rugby Club	Writing 3
3	ГП	1000 YMCA	Table Tennis
		1400 Hi-Tide	Rummikub
		1400 YMCA	Ukulele
6	Mon	1430 ZOOM	ZOOM Link
		1015 YMCA	Ceramics
7	Tue	1330 YMCA	Mindfulness
		1400 Tythegston Farm	Wildlife
8	Wed	1030 Annie's	Book Club 2
	weu	1415 Hi-Tide	Monthly Talk
		1000 Rugby Club	Welsh
		1000 YMCA	Painting
9	Thu	1400 Seabank	Conversations
		1400 YMCA	Mah Jong
		1400 YMCA	Play Reading
		1000 YMCA	Philosophy and Ideas
10	Fri	1000 YMCA	Table Tennis
		1330 Tythegston Farm	Walking

Email addresses

Sally Corbett chair
Marcia Humphries secretary
Jaci Russell treasurer
Richard Hopkins vice-chair
Anne Davies memsec
Ben Fielding visits
Gary Russell webmaster

Phones Chair Sally Secretary Marcia Treasurer Jaci Vice Chair **Richard** Membership Sec **Anne** Website Manager Gary **Group Coord** Doug Almoner Pam General enquiries

07824 133777

The deadline for contributions for our June 2024 Newsletter

is on 10th May 2024 edited by Gary & Jaci Russell

<u>newsletter</u>

		1000	VNACA	Understanding Modern Art	
		YMCA	Understanding Modern Art Scrabble		
			Hi-Tide COSTA	Technology Help desk	
13	Mon		Hi-Tide	Origins of Drama	
13	IVIOII		YMCA	Latin	
			YMCA	Quiz	
			YMCA	Whist	
			YMCA	Ceramics	
			YMCA	Kaffee Klatsch	
14	Tue		YMCA	Photography for Everyone	
			YMCA	Sustainability	
15	Wed		Barbara's	Discovering Literature	
	vvcu		YMCA	Painting Painting	
			Seabank	Social Dance	
16	Thu		YMCA	Astronomy	
			YMCA	Crafts	
			Rugby Club	Writing 1	
	-		Rugby Club	Writing 2	
			Rugby Club	Writing 3	
17	Fri		YMCA	Table Tennis	
			Hi-Tide	Rummikub	
			YMCA	Ukulele	
		1700	TIVICA	OKUICIC	
19	Sun	1300	Cheetahs	Sunday Lunch	
		1000	Hi-Tide	Scrabble	
		1000	YMCA	History	
			1030	ZOOM	ZOOM Link
20	Mon	1400	Hi-Tide	Exploring Poetry	
	141011	1400	Trinity	Science	
		1400	YMCA	Canasta	
		1400	YMCA	Gardening	
21	Tue	1015	YMCA	Ceramics	
		1330	YMCA	Mindfulness	
		1400	Seabank	Food in Britain	
		1000	Rugby Club	Welsh	
		1000	YMCA	Painting	
23	Thu		Seabank	Conversations	
			YMCA	Mah Jong	
		1400	YMCA	Play Reading	
			YMCA	Table Tennis	
24	Fri		YMCA	Philosophy and Ideas	
		1330	Margam Park	Walking	
25	Sat		Seabank	Coffee Morning	
				<u> </u>	
		1015	YMCA	Ceramics	
28	Tue		YMCA	Kaffee Klatsch	
	-		YMCA	Photography for Everyone	
29	Wed		Llanelli	Social Cycling	
30	Thu		YMCA	Painting	
55	u			Table Tennis	
		1000			
31	Fri -	1000	Kenfig	Book Club 1	