

Dear Members

I am very pleased to confirm that we managed to complete our Zoom AGM as planned on September 16th. My thanks go to all who voted and attended and especially to those retiring from our Committee for all their work for Porthcawl u3a. Almost all went as previously advertised, apart from electing Margaret Williams as she had decided to withdraw before the election. Therefore, it is my pleasure to be able to introduce your new Committee:

Chair: **Sally Corbett** ~ Vice-Chair: **Carolyn Perren** ~ Secretary: **Jeff Perren** ~ Treasurer: **Jaci Russell**
Membership: **Gary Russell** ~ **Lyn Irving** ~ **Lynda Marshall** ~ **Greg Nuttgens** ~ **David Parry** ~ **Laurence Parry**.

I promised to record responses to any questions that were presented to me, there were only two. We were asked to consider whether we would be able to include a Calligraphy Course. New classes need two things, a leader and people who want to join in. When we can meet, we can consider and discuss all suggestions for new classes. The 2nd question concerned our fees for next year, sadly and unusually at this time of year we have money still in the bank and it looks more and more likely that we will not have any more bills to pay before Christmas but that is our traditional time for assessing our expenditure for the following year, so that is when we will address that, I have ordered a dozen crystal balls to help us with that one!
In concluding the AGM business, I announced that Chris James, like all past Chairs, had been asked to take up the post of Honorary President and that he was delighted to accept.

More groups are trying Zoom just to see a friendly face, we will help and talk you through it, just give it a try we want to see you!

To order a 2021 u3a Diary, please contact Jeff Perren

What's been happening in our groups?

Latin: – Group have been working on exercises sent out by Doug & Roger.

Philosophy and ideas: – Group is flourishing with fortnightly Zoom sessions and email exchanges which are much enjoyed by those involved. Unfortunately, not by me (Andrew) but I hope one day we can resume the in-person discussions which kept us all happy for over ten years. Anyone keen to join in now should email **Eddie Morgan** or **Jaci Russell**

U3A Exchange Group: – This is one you may not have heard of, but it arose from an idea linked to our 25th anniversary. Nantes is the home of u3a and Doug, Jenny Cross & John Pearman with Laurence's help have set up regular Zoom meetings with members from there. The original ideal was a summer exchange holiday, will it happen? who knows? but they are enjoying themselves finding out! Pass me that crystal ball!

Conversations: – Well this is one we've all missed! So, it's got to be on Zoom, at least you will see some folks you haven't seen for ages! Join Doug for Zoom sessions on the 5th of November at 15.00hrs to discuss '*Last year Britain sold 11 billion pounds worth of armaments worldwide. How can this be justified?*' And on the 19th November at 14.15hrs to discuss '*If we were teenagers now, how would we view the future and what pathways would we take?*' Book by emailing Doug on his new email

Book Club 1: – Will meet on Zoom on the 27th of November to review '*A gentleman in Moscow*' by Amor Towles. To join in, call **Sue Rowlands**.

Book Club 2: – Have persevered with Zoom and even met (socially distanced) in Annie's garden on a lovely sunny day. Their book for November is '*10 minutes and 38 seconds in this strange world*' by Elif Shafak.

Book Club 3: – This has continued throughout the whole of this year. we have kept in touch via WhatsApp and email, sharing news, book reviews, photos and even jigsaws! We kept to the schedule as planned even though the books we normally got from the library weren't available. Pyle library is now open again and we continue to read and review, although of course, we miss the 3C's: contact, coffee and cakes! This month we are venturing into the classics, a new field for some of us as we read '*Agnes Grey*' by Anne Bronte

History: – Early in lockdown I attempted to contact regulars with a mini-quiz but I had so few e-addresses and several phone calls failed so rather gave up. If more would like the odd contact please let me know an e-address; otherwise I look forward to picking up somewhere near where left off (US Presidents, the English Civil War. Both are topics subject to more rethink than usual as Black Lives Matter makes us review our ideas and offering some challenges. I think we have always been fairly them-and-us aware, rulers and ruled, men and women, etc. but recognized that prevailing standards change. As for those awful Romans... **Andrew Collier**

Quiz: The quiz group has resumed this month via Zoom. We had a fun afternoon with several members negotiating the technology and I think a good time was had by all.

A question in this month's Quiz was who released a song called November Rain? I was so busy thinking I hope we don't get much of that, that I didn't get around to remembering it was Guns & Roses!

Thanks go to Roger and Jeff P. We meet next on 9th November @ 14.00hrs. To join contact **Carolyn Perren**.

Walking Group: – On 13th November **Denise** Lambkin will lead the walk starting from Cefn Cribwr Meadows @ 1.30 p.m. From the B4281 Cefn Rd, turn into Bedford Rd (follow the brown signpost to Bedford Park, opposite the Three Horseshoes PH and CEF Chinese takeaway). Follow the road for about 1/2 mile; the (free) car park is on the left. The walk is about 3 miles, mostly of level paths, but might be muddy in places. Dog friendly. **Please ring Denise to book.**

On 27th November **Pat** Thomas will lead a 3 mile walk around Bryngarw Country Park, Brynmenyn, CF32 8UU. Start at 1.30 p.m. from the car park (charges apply). **Please phone Pat to book.**

Social Cycling Group: – Only one ride in November! **Pat** Thomas will lead the group on a local ride on Thursday 19th starting at 13.00hrs. Call her to book and receive joining instructions.

Mindfulness: – **Jaci** has been producing a fortnightly Mindfulness magazine. All copies are available on the website with new issues every month. There are links to Magazine on the **News** page and also the **Mindfulness for Everyday Living** group page, or you can contact Jaci to request an email copy.

Mindfulness – Dancercise – Table Tennis: These individual groups are introducing fortnightly virtual coffee mornings (over Zoom), beginning in November, days and dates to be arranged, we'll email members and add details to our website. Interested members can email **Jaci** Russell or **Gary** Russell

Ukulele: – **Mike** O'Brian has kept members busy with varied exercises, tunes & videos.

Lastly a recipe from **Carolyn** follows a reminder of one of our favourite treats from Book Group 3.

Warming recipe for Halloween/Bonfire night, – or anytime really. This is a traditional recipe which we always had on Bonfire night in Lancashire, together with treacle toffee and baked potatoes.

Lancashire Parkin.

In a pan –Warm together until melted – 1/4 pint milk – 4 ounces of margarine or butter & 1 tablespoon each of syrup & treacle

In a bowl put: – 6 ounces plain flour

2 ounces coarse oatmeal (the secret ingredient–try Holland & Barrett)

4 ounces soft brown sugar

2 teaspoons ground ginger

1 teaspoon mixed spice

1 teaspoon bicarbonate of soda – & a pinch of salt.

Pour the melted ingredients onto the dry ingredients, stirring well. When cooled a little add one beaten egg and mix thoroughly. Pour into 2lb loaf tin and bake in oven gas 4 or 160 for 40–50 minutes. Cool in tin.

Thanks everyone for your contributions, more next time!

Stay safe!

Sally A Corbett, Chair, **Porthcawl u3a**