

# OCTOBER 2019

Website: <https://u3asites.org.uk/bridgend/welcome>  
Secretary: Linda Shephard Tel: 01656 503665  
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## MONTHLY NEWSLETTER OF THE BRIDGEND U3A



### BRIDGEND U3A GROUPS

For contact details see Booklet or visit the Bridgend U3A Website.

**ARMCHAIR TRAVEL** – meet at the Brackla Community Centre from 2.30pm to 4pm on the 2nd Friday of each month. Apologies for the mix up in October meeting. November and December meeting content have “swapped”, see website.

**BIRTHDAY LUNCH** – There is no birthday for October, so a venue will be discussed at the next group meeting.

**CLIMATE CHANGE, SCIENCE AND TECHNOLOGY** – meet in Gilead Chapel Hall, Coity on the 1<sup>st</sup> Wednesday of the month at 2pm for 2.30pm start. See page 5.

**CONVERSATION & DISCUSSION GROUP** – Meet on the 1<sup>st</sup> Monday at Gilead Chapel Hall from 10am - 12 Noon

**CRAFT** – 3<sup>rd</sup> Wednesday at Coity Community Centre 10.30 – 12.30. See page 2 for details of the next meeting. No meeting in October.

**CROSSWORD** – 2<sup>nd</sup> Friday @ Gilead Chapel Hall 10.00 – 12 Noon.

**EXTRA WORDS** – Extra words at Shirley’s house on 3<sup>rd</sup> Friday 2 – 4pm.

**GARDENING** – Last Friday 2 – 4pm. No Meeting in November. See page 2 for details of our Christmas lunch.

**HISTORY GROUP** – Brackla Community Centre 2<sup>nd</sup> Monday 1 – 3pm See page 5 for details.

**PLAY READING** – Alternate Weds @ Litchard School 4 – 6pm

**POETRY** – Wildmill Community Centre, 1<sup>st</sup> Friday 2- 4pm See page 3 for details.

**POPULAR MUSIC SING/DANCE GROUP** - meet at the Gilead from 2 -4pm on the 3rd Wednesday. See page 8 for details.

**QUARTER CLUB LUNCH** – The next meeting will be on New Year’s Day. Names and deposit to Denise as usual.

**READING** – 4<sup>th</sup> Wed 2.00 – 4.00pm @ Coity Community Centre. See page 2 for details.

**REAL ALE & WINE APPRECIATION SOCIETY** – Details to follow.

**TABLE TENNIS** – Thursdays 2 - 4pm @ Coity Community Centre.

**TABLE-TOP GAMES** –Thursdays 4 – 6pm @ Coity Community Centre. See page 6.

**WALKING** – 1<sup>st</sup> & 3<sup>rd</sup> Tuesday. See page 3 and for full list of walks visit the website.

**WRITE AWAY** – Alternate Tuesday’s 2 - 4pm. New members always welcome, no previous experience necessary. See page 7.

**WRITING FOR PLEASURE** - Alternate Tuesday’s 2 - 4pm. New members welcome.

### IMPORTANT NOTICE

From September the monthly meeting at Brackla Community Centre will start at 1pm and end at 3pm. This has become necessary to make way for a Welsh Government initiative to provide after school childcare for working parents.

If, for some reason, the childcare scheme ends, we can return to our usual time. The committee is aware that this is inconvenient for some people but at the moment we have no choice.

Keith Llewellyn (Chairman)

### OUR SPEAKER THIS MONTH:

Roger Sellick will be giving an illustrated talk on the Origins of Sayings in the English Language.

Roger Sellick went to college at the Royal Aircraft Establishment in Farnborough and then went to work at Wilkinson Sword on aircraft fire protection systems. This was followed by work on cutting edges and eventually on garden tools. He has been interested in industrial history for many years, this includes canals, railways, water mills, ships, cast iron etc. From this he found that many sayings in the English language derive from crafts and industry and hence his talk today.

Following retirement in 1998 Roger found himself on the speaking circuit and gave lectures to numerous U3As, Probus groups, WIs, history societies and National Trust groups, having given 350 talks over ten years. He is also a founder member of our own U3A.

Many of these sayings come from the occupations of a bygone age, such as not enough room to swing a cat (not enough room to use the cat-o'-nine tails, a rope whip consisting of nine knotted thongs used as a punishment aboard ship).

Another sailing saying three sheets to the wind comes from the practice of fastening a rope (known as a sheet) to the bottom of a sail which is pulled in or let out to expand the sail, or in order to change direction. When the sheet is left free, this causes the sail to flap about with the result that the ship is not under proper control. A sheet and sail in this condition are said to be "in the wind" and the more sails there are in the wind, the more unstable the ship, leading it to sway like a drunken sailor.

### READING GROUP

We will be meeting on October 23rd and the book will be 'Hotel Alpha' by Mark Watson



### CRAFT GROUP



There is no craft meeting in October. The November meeting is on 20 November at 10.30 - 12.30 in Coity Community Hall. Please bring two pieces of felt in contrasting colours, scissors, pins, needle and thread.

### GARDENING GROUP

We will be meeting in the Coity Community Centre on Friday, 25 October at 2pm.



There will be no meeting in November; instead a Christmas lunch is being arranged for Friday, 6th December at Dobbies Garden Centre in Swansea. Transport details, menu and cost will be available at our Group meeting in Coity.

Carole McDonald

### LAST MONTH'S SPEAKER

Well, how wonderful was Fran Sandham, our speaker for September!!! His talk, 'Traverse Africa' was enlightening, extremely interesting and often very funny. Some 49 of our members attended. We were very pleased to welcome 5 members from Cowbridge and 3 from Maesteg U3A's.

Mary Poland

### MEMORIES OF AFRICA

I think we all enjoyed Fran's talk about his amazing trek across Africa. It reminded me of when I returned from South Africa with my sons in 1971. I drove from Johannesburg to Cape Town, about 1000 miles. To relieve the boredom for my sons aged 9 and 12, we would see who would spot a tree first. The roads were very straight especially through the Karoo region, 300 miles of semi-desert, and there were very few cars and no habitation. To our amazement, on the side of the road was a small kiosk. The African man inside was selling ice cool milk from a counter. He had a small generator for the cooler box. As there were no cows in sight, I presume the farmer dropped off supplies daily. The milk was delicious and helped us on our way to Cape Town where we boarded the Edinburgh Castle for a 17-day journey home.

Shirley Jones.

### U3A NATIONAL NEWS

The U3A have created a [YouTube page](#) where you can subscribe and view videos of events.

They have also created a Facebook page. Click [here](#) to view pictures from the Conference and AGM.

### RAFFLE PRIZES

Please bring anything suitable to donate as a prize along to the monthly meeting. **Telephone Jen Davies 01656 656698**

## **CHAIRMAN'S MESSAGE**

The monthly meeting in September was a great success. The sound system worked well, and the guest speaker was heard by everyone who was seated in the main area at the front of the hall. Fran Sandham delivered a splendid presentation on his adventure in Africa and kept us all entertained for over an hour. A little long for some of us but there was still time for tea, cakes and a chat. We can thank Mary Poland, our Speaker Coordinator, for booking this excellent speaker and transporting him to and from the train station. The earlier start time did not keep too many members away and we had several people visiting us for the first time.

Some of you may have seen that Denise Jones has been mentioned on the National U3A Facebook Page as a U3A Volunteer Hero. Nominated by me, as Chairman of Bridgend U3A, for the many roles she plays in our centre. Not only a hard-working committee member, Denise is our Network Coordinator, Network Secretary, Group Convenor and Newsletter Coordinator, (not editor). She also runs three interest groups and is a member of one or two others. I don't know how she does it!

However, it has been more than gently brought to my attention that there are many other people who deserve recognition for their contribution to the success of Bridgend U3A. Volunteers who serve teas and cakes, those who make the cakes, people who help set up the hall for our meetings; all are appreciated. There are also a few people who fill some special roles such as editing our newsletter and maintaining our website and Facebook page. Also, we have volunteers to sell books and raffle tickets, and Sian who runs the lottery. Then there are the vital people who run our twenty interest groups, some of them run more than one like Denise. Without volunteers we could not provide all the great things that go on in Bridgend U3A but just as important is your attendance at our meetings. We need you at our main monthly meeting and at our interest groups. If there isn't a group that caters for your interest, we can help you, or you and a friend, to start one. Just let us know what interests you and we will do our best to get things going.

If you can help to keep Bridgend U3A pushing forward, please contact me or speak to a committee member at any of our meetings. Your help will be appreciated.

**Keith Llewellyn (Chairman)**

## **BRECON U3A ROSEMARY MALING DAY 2019**

On Thursday 7th November 2019 at the Theatr Brycheiniog, Brecon. We are very proud to announce that we have two eminent Welsh Professors to talk at our annual Rosemary Maling Day this year:

Professor Janet Burton, Professor of Medieval History at Trinity St David in Lampeter will talk in the morning on: 'Medieval Illuminated Manuscripts and their Users' and Professor Sioned Davies, Professor of Welsh at Cardiff University will talk in the afternoon on 'Word, Image, Ideology: The Victorian Mabinogion'.

We are very privileged to have such prestigious speakers and we hope you will join us in Brecon.

Tickets £5 and include coffee on arrival. Please contact Richard Walker to book: [richard-walker@live.co.uk](mailto:richard-walker@live.co.uk)

## **POETRY GROUP**

September's meeting, the first held at Wildmill Community Centre, was very successful, attracting two new members. We are grateful to the Committee for supporting our move to the new venue and especially to Bryn and Edith for their unstinting hospitality over the better part of a year.

The next meeting will take place on Fri, 1st November (2.00 - 4.00) at the Wildmill Centre. We'll be reading and discussing poems on 'MEMORY' (Remembering and Forgetting).

## **WALKING GROUP**

Please note that walks will now take place on the **1st and 3rd Tuesday of the month** to avoid clashing with other groups. We will meet at the Pines car park adjacent to Sainsbury's at 9.30am during the summer months. From the first walk in October (1st) we will meet at 10am throughout the winter months. Please ensure that you have suitable walking gear including the appropriate footwear as well as waterproof clothing, sunhat and drinking water. Most walks will be 5 miles or less and be classed as easy or moderate.

Upcoming walks: 5th Nov - Cowbridge Circular; 19th Nov - Bryn Mountain "B" both with Peter Simon

Full details of planned walks for the coming year can be found on the Bridgend U3A website.

If anyone is keen on joining our walking group, please contact Peter Simon on: 01656 663796.

## WALES REGION PHOTOGRAPHY COMPETITION 2019/2020

Competition Rules: The theme for the 2019/2020 competition is 'The Castles of Wales' and images may be in colour or monochrome.

### **There will be three heats:**

1. Local U3A
2. Network
3. Region

### **Local U3A & Network level Judging pointers:**

Photographs should be judged on:

1. Adherence to given theme
2. Composition
3. Exposure
4. Colour balance
5. Sharpness

Images that do not comply with the any of the above marked\* should/will be disqualified.

**Closing date for entries is April 30<sup>th</sup> 2020**

The winning entries will be announced in June 2020 and after the winners have been notified the photographs will be posted on the Wales website.

## **U3A DAY 2nd JUNE 2020**



U3A is delighted to be holding the very first national U3A Day – which this year will take place on June 3<sup>rd</sup> 2020.

Regional Trustee, Sue Stokes, a member of the Communications and External Affairs Committee said, "We are so excited that from now on, every year there will be a day dedicated to learning, staying active and having fun in your third age.

U3As across the country are being invited to mark the day by celebrating and showcasing what happens in their U3A.

A resource pack is being developed with exciting ideas and guidelines and will be available before the end of December but for now, please put Wednesday 3<sup>rd</sup> June in your 2020 diaries and let's make our first National U3A Day a great success."

If you would like to get involved, please join our [U3A Day Closed Facebook Page](#) where we can start sharing ideas about U3A events.

### **REFRESHMENTS NOTICE**

Although we are changing refreshments, I still need volunteers to help in the kitchen, lots of cups and saucers to wash. Please don't leave it to the same ladies every month. Ring me on 649650, if you can help. Shirley Jones.

### **PLEASE NOTE:**

**While attending any U3A functions where photographs are being taken and you do NOT wish yours to appear in our Newsletter, please let the Photographer know.**

**If any member has a matter relating to the U3A please see a member of the committee.**

**Keith Llewellyn (Chairman)**

### **THIS NEWSLETTER IS SPONSORED BY LOVINGLY MANAGED**



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**DENISE JONES LLB (Hons)**

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and  
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POST DEATH PRACTICAL HELP

**A MEMBER OF BRIDGEND U3A WILLING TO OFFER FREE ADVICE TO  
U3A MEMBERS**

**ONCE YOU'VE MADE YOUR PLANS THEN YOU CAN HAVE PEACE OF MIND**

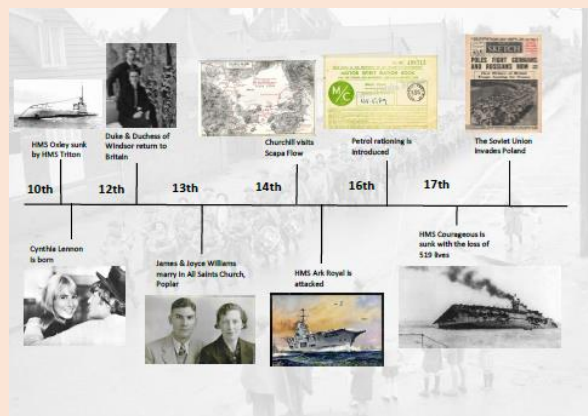
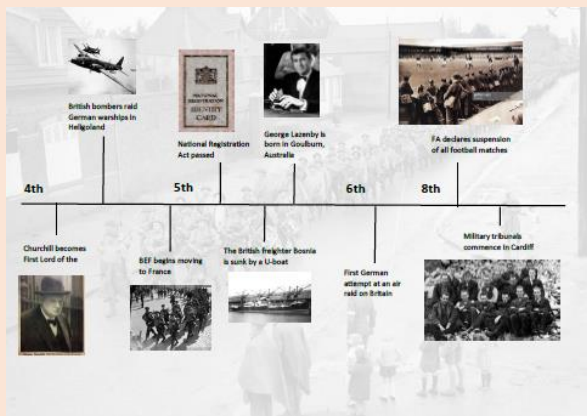
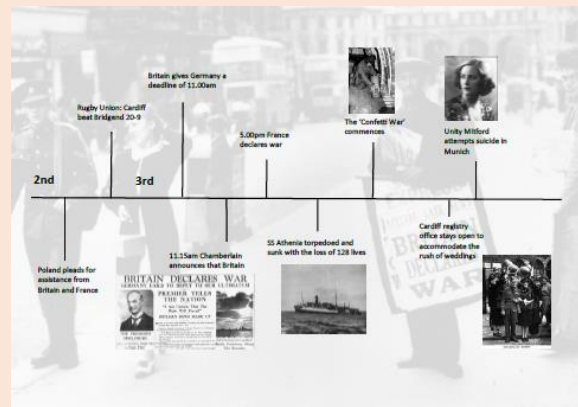
## HISTORY GROUP

The History Group project is up and running. We have started to develop our timeline of events between 1st September 1939 – 31st July 1940. Since our September meeting I have been approached by several group members who have some very interesting family stories to tell, and in due course we will be incorporating them into our timeline. For example, do you know who or what ‘Hobart’s Funnies’ were? Well, we are all going to find out thanks to John Simmonds.

The next meeting of the History Group is on Monday, 11th November – Armistice Day. We will begin gathering for a cuppa, chat, and review of our progress from 1.00pm in Brackla Community Centre and will hear about November/December 1939 events from 1.45pm.

Please continue to search your attics, review your family photographs and records, and talk to other family members and friends about anything and everything that might have happened in your localities during those months.

The example of our timeline shown here is just that, an example. Hopefully we will be able to add lots of our personal and local stories over the next few months.



## U3A LOTTERY



This has been a successful fund raiser for our U3A for two years. This year's Lottery is coming to its end and Siân will be taking names from today of members who would like to participate next year. A one-off payment of £12 will give the opportunity to win the £20 prize drawn each month. To date, 21 lucky members have won a £20 prize.

If interested, please add your name to the list on the table at the General Meeting. We need at least 40 members to make this viable as we also have to pay a registration gambling fee to BCBC.

No money needed today but Siân will begin collecting the £12 subscription next month. All subscriptions must be fully paid at the December meeting

Siân Sewell

## TABLETOP GAMES

This lively group continues to thrive. There are usually 2 tables for MahJong and 1 for Rummikub. The tables are set up at either end of the room as the members of the Rummikub group laughingly complain about the noisy 'twittering of the birds' while setting up the MahJong game. A lot of ribaldry and laughter ensues. We have a chat at the start and coffee/tea and biscuits half-way through the afternoon.



Please come along and join us, either to learn how to play the games on hand or to play something of your choice. It is always a lovely relaxing afternoon from 4 until 6 every Thursday. So please come along and join us or phone Mary Poland on 07740516951 for further information.

## NETWORK NEWS

Also, don't forget to book your attendance at the next Study Day in November (22nd) in Bridgend featuring Cyber Crime in the morning and U3A plus in the afternoon. £8 for the day including lunch at Coity Community Centre.

Denise Jones

## COULD YOU JOIN THE BEACON TEAM?

The Beacon electronic system is a computer package which is being used to run all sorts of administrative duties of U3As across the country. It is supported by a team of volunteers and the system is going through a major update in the next 12 months and as a result they are looking to expand the team. If you have a lot of computer knowledge and you're interested in joining the Beacon team you can find out more and apply via the [Beacon website](#).

## ONLINE STUDY ON HOW MEMORY CHANGES AS WE AGE

Do you enjoy a memory challenge, and contributing to research? Researchers at the University of Edinburgh are looking for participants of all ages to complete a set of memory challenges online (takes around 30 minutes). Breaks are allowed at any time, and each memory challenge starts with instructions and a practice round with feedback. For more information and to participate please visit:

<http://womaac.psy.ed.ac.uk/participation/> They will really appreciate your invaluable contribution to their research! They have received great help from Edinburgh U3A to find participants before, but since this study is conducted online and needs to be done on a laptop or desktop computer (no phones or tablets unfortunately), they are struggling to reach a sufficient number of participants across the adult age range. Therefore, they are reaching out to ask if any of our members might possibly be interested?

For more information about this project, which is an international collaboration funded by the Economic & Social Research Council, please see our website <http://womaac.psy.ed.ac.uk/>

Please feel free to contact Alicia Forsberg, Post-doctoral Researcher at the University of Edinburgh, if you have any questions! [aforsber@ed.ac.uk](mailto:aforsber@ed.ac.uk)

## CHRISTMAS HAMPER



We are once again getting together a hamper to be raffled at the December Monthly meeting, so if you have any non-perishable food/drink items you can donate, please hand them to a committee member for inclusion in the hamper. The money raised will go towards U3A running costs in 2020.

## CLIMATE CHANGE, SCIENCE AND TECHNOLOGY GROUP

**REPORT:** On Wednesday 4th September ten members of the Climate Change group met at Gilead Chapel Hall to talk about the environment. Discussion was very wide-ranging touching on food production and management, domestic energy supply, transport, recycling and waste management.

While we recognise that saving and improving the planet must mainly be in the hands of national governments and global organisations, we all have a moral responsibility to play our part.

Our discussion arrived at the following simple, practical measures that can be adopted by all.

### **BATHROOM:**

1. Collect pre shower cold water and use to flush the toilet or water the garden.
2. Don't let the cold tap run when brushing teeth.

### **SHOPPING:**

1. Use a shopping list and buy only what you need. Stockpiled food is often wasted,
2. Buy unwrapped fruit and vegetables and avoid heavily wrapped items.

### **KITCHEN:**

1. Cook double portions and freeze the surplus. (Maintain a list of freezer contents).
2. Use leftovers imaginatively, don't waste food.

### **TRAVEL:**

1. Forget the car, where possible walk or use your bus pass.
2. While waiting in the car switch off the engine.

All the above will help save the planet and save you money.

John Enos

I have hosted four monthly meetings of the Climate Change Group and there are two more planned before I and the group members decide to hold more, or not.

The Group Convener of Pontyclun U3A has contacted me for advice on setting up a similar group there. This indicates to me that climate change is an important and interesting subject. But the process of preparing for each meeting; looking for news and updates, preparing notes and presentations, etc., is teaching me a lot about our current and future environment. It is also starting to make me feel depressed about the plight of the planet and the future of the human race. If you listen carefully to what scientists and other experts are saying it's no longer about stopping climate change but surviving it.

At the last meeting the group took the first steps to produce a booklet entitled "101 Ways to Save The Planet". I am going to suggest that we should call the publication "101 Ways to Survive Climate Change".

The group meets on the first Wednesday of the month at 2pm in Gilead Church Hall, Coity. New members or visitors welcome; just be prepared to feel concerned.

For more information call or text Keith Llewellyn on 07709617728, or email [kpllewellyn@gmail.com](mailto:kpllewellyn@gmail.com)

**The next Meeting will be on Monday, 18th November 2019, when Nick Craddock will be giving a talk on Cider Making.**

## **COME AND JOIN US**

If you like to write in rhythm or rhyme,  
Or pen deep thoughts in modern verse  
Come join us now, spend enjoyable time  
In language skills and tasks diverse.

Poetry or prose? we tackle it all.  
Serious or funny, try our best,  
If this verse appeals, then give us a call  
Welcome awaits, come be our guest.

Jean Harding (Write Away)

The Write Away Group meets on alternate Tuesday's at Muriel's House.

## **2020 U3A DIARIES**



**The 2020 diary is now available from Jen Morgan and the cost is £2.75 for each diary.**



## Popular Music / Sing and Dance Group



50's, 60's, 70's, 80's, etc, etc, ?  
Third Wednesday of every month  
From 2pm to 4pm  
at the GILEAD CHAPEL HALL Coity

With Denise Jones and "The Oldest Swinger In Town" Keith Llewellyn, also known as "The Chairman."

Although not necessary, you can bring your favourite music on cd, SD card, memory stick, iPad or smartphone.

Sing along or dance to your favourite tracks.

If there is sufficient interest we may organise visits to local live music venues such as the Grand Pavillion, Porthcawl.



## ANNUAL CARDIFF QUIZ



The time has come around once again for our annual Cardiff quiz, which will take place on Friday, 8th November in the Heath Community Hall, King George V Drive, opposite No 183. The time will be 1.30 for 2.00.

As usual, it will be teams of 5 and the cost will be £2.50 per person, with Owen Pryce being the quiz master.

Please let Mary Allen know as soon as you can if you have a team or teams ready to compete, once more.

[MaryMartellAllen@aol.com](mailto:MaryMartellAllen@aol.com)



Drop-in Coffee Morning  
@ Halo, Newbridge  
Fields, Bridgend every  
Tuesday from 10.30am  
for an informal chat.

### HEALTH AND SAFETY

Please adjust hearing aids for the Hall's Loop system and remember to check the way out in the event of an emergency. If possible, return chair to back of hall after the meeting.

Copy for publication in the Bridgend U3A Newsletter to be sent to the Newsletter Co-Ordinator Denise Jones Email: [denise@lovinglymanaged.com](mailto:denise@lovinglymanaged.com) and the Editor, Claudette Evans Email: [claudetteevans22@gmail.com](mailto:claudetteevans22@gmail.com) DEADLINE for copy is 12 noon on the last day of the month prior to the next General Meeting; Articles and photographs by email (preferred) to both, but if not possible, then hard copy to the Bridgend U3A Secretary & Denise Jones, who will forward to Claudette; articles may be subject to editing, depending on space available.