



Committee

Do explore our new website further, now that you have followed the link to this newsletter.

New Groups

We are very keen to expand the number and range of activities offered by Monmouth u3a. Anyone with any ideas they would like to explore should contact a member of the committee via (info@monmouthu3a.com).

Magazine

It is the time of year when articles and photos are needed for this year's magazine. If you are a convenor, please send a few paragraphs about the activities of your group and some photographs, if possible, to Simon Durrant (sncd@outlook.com). If you have anything you would like to contribute about u3a activities or anything else you occupy your time with, or if you have creative writing you would like to share, please send it to Simon. There's no magazine without contributions.

Members Meeting

July Summer Social.

Come and join us for our summer social on Tuesday July 18th at 2.30pm at Bridges. A chance to meet up with u3a friends and enjoy strawberries and cream and a glass of Pimms (non-alcoholic drink will be available).

Groups

Looking for crafters!

Are you a crafter or would like to have-a-go at different types of crafting. This small friendly group meets on the 4th Monday of each month at 2pm.

Small projects can be achieved over one or two meetings. There is a donation of up to £5 for materials for the person who is demonstrating/teaching at the meeting. If you have any interest or skills in any crafts e.g. Quilting, Papercrafts,, Macrame, lino printing, working with clay, scrapbooks, decoupage, felting....In fact any small project that you would like to pass onto like-minded people please do get in touch.

Contact Melanie Hughes at: mellyu3a@gmail.com

Country Dancing

Country dancing will be meeting on the third Monday in July but not meeting in August. We still have room for a few more people who would like to try this sociable activity. All you need is some comfortable shoes to dance in. We meet on the third Monday in the month at the ballroom in Bridges at 2p.m. until 4p.m.

Spanish

Do you want to learn or improve your Spanish?

Monmouth U3A is seeking new members for a Spanish "Improver" group and considering starting an additional group for beginners.

I am Bob Crawford, the Convenor for the Spanish studies, and I would like to hear from everyone who may be interested. (U3A Members or people who would be willing/eligible to join the U3A.)

The Improvers presently meet on Zoom at 06:00pm on Monday evenings, but, in the past, we have met in a local pub or a group member's home. I need to know the venue and timing preferences of potential new participants.

Presently, the Improvers Group is supported by an experienced teacher of Spanish and a small fee is charged per lesson. Does anyone have the necessary knowledge and experience to lead any new Spanish group, at any level, if there is sufficient demand?

If you can read the following text, you are probably a potential member of the Improvers Group.

¿Quieres aprender o mejorar tu español?

Monmouth U3A está buscando nuevos miembros para un grupo español de nivel "Improver." Las Improvers actualmente se reúnen en Zoom a las seis de la tarde los lunes. Actualmente, el grupo cuenta con el apoyo de una profesora experimentada de español y se cobra una pequeña cantidad cada clase. ¿Alguien tiene el conocimiento y la experiencia necesarios para liderar alguno grupo nuevo?

Please contact me by e-mail at orbisconsultants@aol.com or by phone on 01989 770765. (The e-mail address is now only my personal one so you are not inadvertently sharing your correspondence with a multi-national consultancy. You can leave a voicemail on the phone if you let it ring long enough!)

Film Club

The Film Club will meet again on Friday 28th July at 2pm in the Ballroom at Bridges. This month's film is 'And When Did You Last See Your Father', about the relationship between a diffident son and his overbearing, manipulative father. With Colin Firth, Jim Broadbent, Claire Skinner, Carey Mulligan and Gina McKee.

Reviewed here; [And When Did You Last See Your Father? | Colin Firth | The Guardian](#)

There will be a fee of £3.00 to cover costs.

Science and Technology

Tuesday 11 July at 2.30pm in the BRIDGES CENTRE

Volcanoes their eruption and management of risk Professor Sir Steve Sparks,
University of Bristol



There are thought to be about 800 million people living close enough to active volcanoes to be affected when they erupt. As well as casualties from volcanic eruptions there can be major economic losses, and societal disruption can be considerable especially when communities have to be evacuated. The risk is growing because of population growth and the increasing vulnerability of globalised modern society. This talk discusses the processes that cause volcanism on Earth and discusses approaches to management of volcanic risk.

Professor Sir Steve Sparks has been hugely influential in the fields of both volcanology and igneous petrology, and his work has been cited more than 10,000 times. He was elected a Fellow of the Royal Society in 1988 and a Fellow of the American Geophysical Union in 1998. We are delighted that he will be giving this talk to Monmouth u3a's Science Group.

If you are not a member of the Science and Technology group you are welcome to join us as a guest for the small fee of £3 (or you can become a member for £12).

Critical Thinking

The next meeting will be on 25 June at 3.00 in Ty Price. We will be considering the difficulties of thinking neutrally, particularly in the context of palaeontology, species distribution and extinction.

A more specific reading list will be sent out in advance of the meeting. Anyone not on the members list who might be interested in coming along could email Simon Durrant at sncd@outlook.com.

Pickleball – Anyone interested in a taster session?

Pickleball is a sport played with a hard “paddle” and a hard, hollow plastic ball with air holes in it. The game combines elements from badminton, tennis, and table tennis. The game is played on a court with the same measurements as badminton doubles, but with the net slightly lower than a tennis net.

Even though Pickleball is like tennis, there are important differences that make Pickleball especially more accessible for children and seniors. The most important difference is the speed of the ball. A Pickleball ball travels at about a third of the average speed of a tennis ball. It is equally important that the court is somewhat less than a third of the total area of a tennis court. Added to this the serve is underhand. So Pickleball is much easier to play than tennis. There are also some Pickleball rules that encourage rallies and deter aggressive smashing of balls in close proximity of the net.

Pickleball is the fastest growing game in the USA with more than 4.2 million players. The game started to take off in the UK around 2011 and now has over 120 places to play and over 4,000 estimated players.

I would like to gauge the interest in a couple of taster sessions. This and any future sessions would probably be on a Monday evening. Currently the aim is to have a group where mixed ability members can enjoy games in a social environment.

Please respond to me by email indicating your interest. Email: sheilawoodward2727@gmail.com

For more information visit Pickleball England: <https://www.pickleballengland.org/>

Events

Reminder: Drop-in coffee mornings, each Monday at the Estero Lounge in Monmouth. Everyone welcome.

Future Visits

1st August Eastnor Castle

8th December Bath, Christmas market and afternoon tea

Please contact Melanie for further details: mellyu3a@gmail.com

News from the Third Age Trust

Here is the latest copy of the Third Age Trust newsletter

[u3a Bitesize Newsletter June 23.pdf \(mcusercontent.com\)](#)

Porthcawl u3a annual study Day

Wednesday 6th September 2023 At the Hi-Tide Inn, Mackworth road, Porthcawl. CF36 5BT.

This year's Annual Study Day is themed around the Wales well-being Act which comprises eight dimensions, emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial. In a changing world – what can we all do to be at our best. Our talk will concentrate on four of the elements, emotional, physical, social and intellectual.

As we are inviting members of other u3as to attend, it is important that you book your place beforehand. The cost of the day will be £15 to include tea/coffee upon arrival. The meal will be a buffet style help yourself arrangement, the choice of menu will be Steak & Ale pie, Fish and Chips, and a Vegan choice of Three Bean Chilli. Further drinks may be purchased from the bar. To book your place, please email: studyday@porthcawlu3a.org.uk no later than the 9th August. You will receive a reply of confirmation which will include details of how to make your payment.

Programme

9.30 am: Registration and tea/coffee.

10.15 am: Welcome and Introduction.

Our objective is that when you leave at the end of the day, you'll have a clear picture of what you personally can do to improve your life, every day, and from which you can make your own action plan.

The first talk of the day is devoted to physical health and will involve a number of suggestions for physical activities we can build into our everyday lives; mini actions that can become routine and alleviate the need to think about them as they fit around the demands of our daily lives.

Our second talk will look at how we manage to make changes to our lives that can improve our physical and mental wellbeing. Psychological factors that inhibit or enhance beneficial change will be explored and practical suggestions will be offered to help with making positive changes.

Lunch.

The first afternoon talk, by David Harrison, will be devoted to devices that can make our lives easier. Many systems are available to us, which sharpen our bodies and minds, and make access to services easier. Whether it's via a mobile phone, a tablet, or a laptop, much is available, and more and more on-line systems are being released every day. Our final talk of the day is about how to use these devices SAFELY. PC Steven Davies of South Wales Police will explain, simply, how ensure your on-line life is a safe and secure one. He'll also demonstrate how to spot a fraudster or a cheat, ensuring you enjoy peace of mind while making the most of what the on-line world can give you.

Registered Charity: 1052905 | Website: www.porthcawlu3a.org.uk Porthcawl