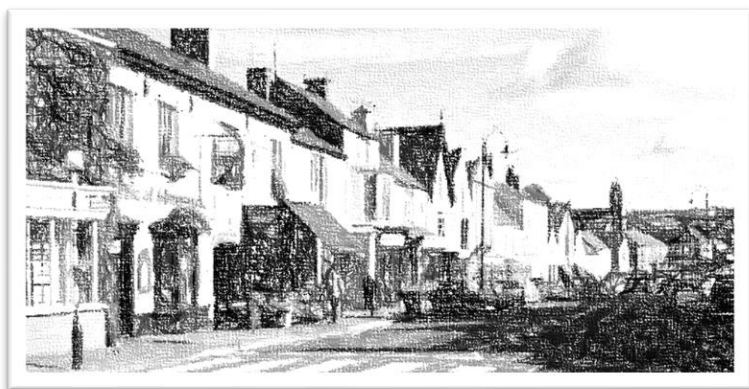




COWBRIDGE
u3a
learn, laugh, live

JULY 2026

Dear members and friends

I hope you are all enjoying the summer weather and long evenings. Even though we have now passed the summer solstice we still have plenty of daylight, well into the warm evenings. I must admit to be a little surprised to be reflecting on another record-breaking heatwave, having already commented on one in last month's bulletin but I found the temperatures last week quite uncomfortable. I am very pleased to note that the temperatures have now come down to, for me at any rate, a more acceptable level. Here is some news of forthcoming events in Cowbridge u3a.

General Meetings

Our General Meeting last month was very well attended and we received an interesting presentation from Bridget Wallbank about the 'behind-the-scenes' work of Mid Wales Opera. It finished with a fascinating time-lapse video of the range of activities that take place on stage before, during and after a performance. It certainly provided insights into the complexities of their work.

The General Meeting in July (next week, on July 8th) will be a talk by Lindsay Bryant about '**Bristol Channel Paddle Steamers**'. It should appeal to those of us who have an interest, and possibly some nostalgic feelings, for vintage transport. The regular visits to Penarth by the 'Waverley', the last sea-going paddle steamer, always seem popular. Incidentally, Lindsay is also due to speak to our History Group in their August meeting (20th) about railways in the Vale of Glamorgan. Both talks sound particularly interesting to me and I certainly hope to attend.

The presentation in the August General Meeting on '**The Work of the NSPCC and Child Line**' will now be given by Victoria Russell and Daniel O'Keefe (instead of Victoria Rodwell, as shown in our membership cards. Victoria Russell is the Regional Volunteer Development Manager for Wales NSPCC whilst Daniel is the NSPCC's Hub Relationship Manager for Wales. This is, perhaps, a more serious subject than some of our General Meeting topics but, nevertheless, very worthwhile. Both speakers have considerable experience in this field. Their talk will focus on NSPCC Cymru and its work supporting babies, children and young people across Wales. I have no doubt that it will be both interesting and relevant. I hope you can come.

In September 9th we will be holding the Cowbridge u3a **Annual General Meeting (AGM)** - our 31st! There is more about this further on in this bulletin but here and now, I would simply like to say, please put it in your diary and please come. Your attendance is vital as we must have a quorum of one-fifth of the membership which I think (at the last count) should be a minimum attendance of around 62 members. As well as the necessary business to conduct there will be some pretty good refreshments (including red and white wine, plus non-alcoholic alternatives) and entertainment.

Coffee in the 96 Degrees Coffee Shop

Our next informal gathering for coffee (other beverages are available too) will again be on the last Monday of the month – 27th July at 11.00 am in the 96 Degrees Coffee Shop. I should remember this date – it's our wedding anniversary. Do come along for some good company and pleasant conversation. It's a good opportunity to meet up with other members plus some of the committee. Please note, there will be no meeting in August because the last Monday in the month (31st) is a Bank Holiday.

The Committee

One of the main functions of the AGM is to elect members of the committee. Our constitution requires us to have a committee of not less than five and not more than ten members. Below is a table which sets out the current situation regarding the membership of the committee. As you probably know, the three Principal Officers must be elected every year; committee members are elected for a two-year period.

Peter Carter	Chair (Principal Officer)	Standing down after 3 years in post as required by the constitution (5.9) Election required
Anne Thomas	Secretary (Principal Officer)	Standing down at the AGM. We, therefore, have a vacancy for this Principal Officer post and an election is necessary.
Ian Fraser	Treasurer (Principal Officer)	Willing to continue in post – needs to be re-elected
Elizabeth Eustace	Vice Chair	Willing to stand as Chair – needs to be elected to this post
Scylla Cumbes	Membership Secretary	Willing to continue in post – needs to be re-elected
Rob Cumbes	Talks Coordinator	Intends to stand down as a committee member but willing to continue as Talks Coordinator outside the committee
Roger Eustace	Groups Coordinator	Willing to continue in post – does not need re-election having spent one year in post since being elected at the last AGM
Liz Cornelius	Deputy Secretary	Intends standing down at the AGM
Tricia Hulse	Publicity, Liaison & Social-Media	Willing to continue in post – does not need re-election having spent one year in post since being elected at the last AGM

As can be seen above, there are a number of vacancies. Nominations are invited for all vacant positions. Nomination forms, which must be signed by the nominee as well as the members proposing and seconding the nomination, will be available at the next General Meeting and/or can be requested from the Chair and Secretary. Nominations must be submitted to any member of the committee on, or before the closing date, Friday, 31st July 2026. Please also note that any proposal of a motion to be voted on at the AGM must be submitted to any member of the committee, in writing, signed by the proposer and seconder by the same deadline.

Vacancy: Secretary (Principal Officer)

As you will have noticed from the table, Anne Thomas is stepping down as Secretary of Cowbridge u3a. I am very sorry that Anne has decided to relinquish this role because she has been an extremely effective and efficient Secretary. I do, of course, absolutely respect her decision and she will leave this post at the AGM with my very appreciative and grateful thanks. It does, however, leave us in a situation that needs to be addressed urgently. Put simply, we cannot continue without a secretary. Our constitution, and that of our parent body, the u3a National Office, stipulate that we must have a

secretary in place as one of three Principal Officers (together with the Chair and Treasurer). We are therefore looking for a new Secretary. Could you do this? Alternatively, do you know someone who would be good at it and might be prepared to accept a nomination? If you can help in any way, or would just like to discuss it in a bit more depth, please contact any member of the committee.

u3a matters

You may have noticed that Cowbridge u3a received a mention – well actually, a paragraph and photograph – in the recent summer issue of the u3amatters magazine. If you didn't notice, just turn to page 78 and have a look. It's a report on the Inter-u3a Quiz that we held in March to help celebrate our 30th Anniversary year. Special thanks are due to Tricia Hulse who deals with publicity as a committee member. It's good to get noticed! Well-done, Tricia!

Diary Dates

Here is a summary of the dates of events taking place in the next few months:

- Wednesday, 8th July, 2.00 pm General Meeting, '**Bristol Channel Paddle Steamers**' – Lindsay Bryant
- Monday 27th July, 11.00 am, Coffee in the 96 Degrees Coffee Shop
- Wednesday, 12th August, 2.00 pm '**Work of the NSPCC and Childline**' Victoria Russell and Daniel O'Keefe
- Monday, 31st August: **NO** Coffee at 96 Degrees Coffee Shop (clash with Bank Holiday)
- Wednesday, 9th September, 2.00 pm **Annual General Meeting** plus refreshments (inc. red and/or white wine) and entertainment provided by the Porthcawl Ukelele Bandits

I am afraid that I have gone well into a third side of paper this month so please accept my apologies if you need to print it out. There seemed to be quite a lot to include. I hope to see you at some, or maybe, all of the forthcoming events. If you are going to be away, perhaps on holiday or just the odd day out, I hope that you have a very pleasant and peaceful time.

Best wishes,

Peter

(Peter Carter: Chair, Cowbridge u3a)