



# Newcastle Emlyn U3A

Newsletter - August 2016

<http://u3asites.org.uk/newcastle-emlyn>



## Chair's Ramble

July 2016 ended my first year as chair. It was a good year with many new members and some new groups. There have been a few changes on the committee for the next year with Mags and Betty retiring as programme secretaries, Stewart stepping down from the committee and Jim relinquishing some of his role although staying on as groups co-ordinator. Many thanks for all their hard work. We welcome Lesley Groves and Julia Pearson onto the committee. Hilary Pittam has volunteered to take over the role of secretary and Alison Dowling will also be joining the committee. I hope it will be a successful and enjoyable year.

My challenge to you all for this next year is that every member gets as much as they can and want from our U3A and that we find every way we can to accommodate everyone's needs, however strange they may seem! If you have a hankering to try something new let us know.

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## West Wales Network

Newcastle Emlyn U3A is part of the West Wales Network along with nine other U3As in the area. The network meets at least twice a year to support the individual U3As in what they are doing, to arrange training and to be a link to the All Wales Network. At the last meeting in June, at Narberth, the group agreed on a 10p a head capitation fee from all U3A members in order to fund the network.

Future events were discussed and these included an astronomy day in 2017, a history study day, joint quizzes and the possibility of a West Wales Network geology group. Information about these events and others will be in this newsletter so watch this space!

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## Welsh Hearts - the heart charity for Wales

We work within the communities of Wales to provide skills and knowledge which could one day save a life.

One way in which we aim to do this is by providing FREE CPR & Defibrillator training to people within towns and villages. We will be bringing our training session for the first time to Newcastle Emlyn on Saturday 13th August. The training will take place between 12-3pm and you would be most welcome to pop in at a time that is convenient. The training session will take place at Cawdor Hall, Castle Street. It is open to all of the general public so please do bring your friends and family along.

In almost three years we have helped to place over 400 defibrillators across the country and have provided free CPR & Defibrillator training to over 12,000 people.

Meinir Lewis, Mid & West Wales Fundraising Manager at Welsh Hearts

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## Our Subject Groups

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### Activity Group

(every 2-3 months. Activity and location varies)

More details contact Annabelle

### Art Group

(1st and 3rd Thursdays from 10.00am to 12.00 at Penboyr Village Hall)

More details contact Amanda

### Astronomy

(2nd Wednesday from 2.00pm at Coracle Hall, Llechryd). Joint with Cardigan U3A

More details contact Malcolm

### Book Club

(4th Tuesday from 10.30am at Ken & Val's)

More details contact Ann

### Crafty Crafters

(2nd Wednesday from 11.00am at Annabelle's in Penboyr)

More details contact Ruth

### Creative Writing

(2nd Thursday from 10.30am at Carol's in Penrhiwllan)

More details contact Carol

### Digital Photography

(2nd Tuesday from 10.30am at Coracle Hall, Llechryd). Joint with Cardigan U3A

More details contact Denis

### Family History

(4th Wednesday from 10.30am at Coracle Hall, Llechryd). Joint with Cardigan U3A

More details contact Harold

### French Group

(date varies - from 11.00am at Peggy's in Croeslan)

More details contact Ann

### Games Group

(3rd Tuesday from 10.30am to 12.30 at Hazel's)

More details contact Hazel

### Lunch Club

(last Wednesday - venue varies)

More details contact Mags

### Philosophy am

(3rd Thursday from 11.00am at Lesley's)

More details contact Lesley

### Philosophy pm

(2nd Monday from 2.00pm at Teresa's)

More details contact Teresa

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## Scrabble

(2nd Friday from 2.00pm at Margery's in Henllan)

More details contact Margery

## Strollers

(last Friday of the month from 10.30am, venue varies)

More details contact Jim

## Wine Appreciation

(3rd Thursday from 7.00pm - venue varies, amongst the group)

More details contact Hazel

**Note:** Circumstances may require these details to change. Please refer to the current monthly calendar to confirm date, venue and time.

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## Cardigan U3A Astronomy Group

"THE DARK UNIVERSE - THE LATEST DEVELOPMENTS"

An evening with Dr. David Bacon, Senior Lecturer at the Institute of Cosmology and Gravitation, University of Portsmouth.

This will take place at Aberporth Village Hall on Wednesday 10th of August at 7.30pm.

Admission and refreshments £2.50. See separate poster.

Dr. Bacon is a member of the Square Kilometre Array Cosmology working group and the Euclid Space Telescope Consortium.

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## Arts 4 Wellbeing

Originally started as a crafts group for dementia sufferers and their carers, it is now open to anyone over fifty, especially those who may feel alone and isolated. Sessions run from 10.30 to 2.30 and is completely free of charge. More information may be obtained by contacting - [mike@arts4wellbeing.co.uk](mailto:mike@arts4wellbeing.co.uk) or Tel: 01559 363 273.

Held on the last Friday of every month (Feelgood Friday) at the Powerhouse, Llandysul.

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## HUTS Volunteering

I thought it might be worth letting you know that there will very shortly be an induction of Befriending volunteers. I had a few people contact me following the presentation at your AGM showing an interest in becoming a Befriender and I will be contacting these people direct myself.

As I mentioned during the presentation, the inductions take place when we have sufficient numbers. I just thought it might be a good time to get in touch with your members to let them know that there is an induction 'just around the corner'. The training will take place in Newcastle Emlyn and comprises approx. 12 hours spread over 4 days although this could be changed to suit the majority of those attending.

Kim Bacon - Befriending Coordinator

Tel: 01239 710377 Email: [huts@hutsworkshop.org](mailto:huts@hutsworkshop.org)

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## Group Reports

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### Book Club

This month – A Trick of the Light by Louise Penny and the September book will be Brooklyn by Colm Toibin. We are hoping to do some short story or play readings in September as well.

### Creative Writing Group

This month Hilary gave us an interesting session on the art of writing a short piece with the minimal use of adjectives.....this caused quite a lot of brain strain, and some scribes understanding the concept better than others.....I definitely struggled!....but it was great fun and we had a good discussion covering several other topics afterwards. We meet on the 2nd Thursday, 11am at Carol's, do come and join us.

Alison Dowling - Group leader

### Digital Photography Practical

A joint group with Cardigan U3A, we meet on the 2nd Tuesday. Later each month, weather permitting, we either go out on a photo shoot or, this last couple of months, Denis has given us tuition in a related subject, such as the use of filters. Denis True is our (superb) leader and he gives us a project each month, which we send in to a designated member. The meeting at Llechryd is to view these pictures and have a "critique". We have various projects on-going throughout the year, calendar and postcard pictures this year, and now that we are known in the Cardigan area, we are sometimes asked by other organisations to go to various events e.g. village and Church fetes to take photographs.

The success of this group means that it has probably reached its full manageable numbers, so please contact Denis prior to coming along.

### Philosophy am

The subject was Democracy. We did "philosophise" for a while. Gill read out an excerpt from the Guardian, '*Is democracy dying*', which painted a gloomy picture of the state of democracy, but we soon reverted to Brexit and the difficulties of democracy and governing.

We felt the need to get away from Politics, if possible, so decided to look at Love as a topic on WEDNESDAY 17th AUGUST (not Thursday) at Carol's 10.30am for 11.00am.

### Philosophy pm

The seven of us had an "Open" meeting! We discussed politics and politicians (naturally), the House of Lords, sexual harassment and abuse, why application/survey forms want to know so much about your sexual orientation and what difference that makes to other people's attitude towards us; this stemmed from a form some of us have at present from the mobile library, which asks far too many questions, one of which is "Is your gender the same now as when assigned at birth?" We discussed U3A and

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## Philosophy pm . . . continued

current suggested links with Universities, and how we would like our philosophy group to go forward.

By 4.30pm there were no biscuits left, so the philosophers went home!  
The philosophers all want a meeting in August, in the current political climate, we chose Hypatia of Alexandria as our subject to discuss, then to relate that to the present day."

### Wine Appreciation Group

The group met at Liz and Tony Poole's to taste Rose wines. Someone had brought a traditional Mateus Rose and there was great debate as to the colour of the original bottle. Dark or clear? There was also a very nice wild damson rose from the Cwm Deri Vineyard which we visited in June. The third wine was a Zinfandel.

The next meeting will be at Annabelle and George's house in where we will be tasting Italian red wines.

A future visit to the Celteg winery is being planned for November in time to buy Christmas gifts!

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Argument in a playgroup:

1st Boy: My Daddy is a teacher and he makes me clever for nothing!

2nd Boy: My Daddy is a doctor and he makes me healthy for nothing!

3rd Boy: My Daddy is a vicar and he makes me good for nothing!

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Two kids were in the middle of a free-for-all when the irate father appeared.

"Right, Richard, who started this?"

"Well, it all started when Jack hit me back."

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"Sir, would you punish someone for something they didn't do?"

"Of course not."

"Oh good, I didn't do my homework last night."

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"My girlfriend's a twin"

. . . "How do you tell them apart?"

. . . "Her brother's got a beard"

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## What's On In Newcastle Emllyn U3A - August 2016

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### August

Wednesday	<b>3</b>	<b>Llanelly House</b> visit (No Monthly Meeting)	10.30am
Thursday	<b>4</b>	<b>Art Group</b> - at Penboyr Village Hall	10.00am
Tuesday	<b>9</b>	<b>Digital Photography</b> - at Coracle Hall, Llechryd (potential new members please phone first)	10.30am
Wednesday	<b>10</b>	<b>Crafty Crafters</b> - at Annabelle's	11.00am
Wednesday	<b>10</b>	<b>Astronomy</b> - at Aberporth Village Hall *change of time/venue* (see Cardigan U3A Astronomy Group - The Dark Universe)	7.30pm
Thursday	<b>11</b>	<b>Creative Writing</b> - at Carol's	10.30am
Friday	<b>12</b>	<b>Scrabble</b> - at Margery's	2.00pm
Saturday	<b>13</b>	<b>CPR and Defibrillator training</b> (free) at Cawdor Hall, Castle Street, Newcastle Emllyn (see 'Welsh Hearts - the heart charity for Wales')	12.00noon
Monday	<b>15</b>	<b>Philosophy (pm)</b> - at Teresa's *change of date*	2.00pm
Tuesday	<b>16</b>	<b>Games Group</b> - at Hazel's	10.30am
Wednesday	<b>17</b>	<b>Philosophy (am)</b> - at Lesley's *change of date*	10.30am
Thursday	<b>18</b>	<b>Art Group</b> - at Penboyr Village Hall	10.00am
Thursday	<b>18</b>	<b>Wine Appreciation</b> - at Annabelle's	7.00pm
Monday	<b>22</b>	<b>French</b> - at Peggy's	11.00am
Wednesday	<b>24</b>	<b>Family History</b> - at Coracle Hall, Llechryd	10.30am
Friday	<b>26</b>	<b>Strollers</b> - at (TBA)	10.30am

**No Lunch Club this month**

### September

Wednesday	<b>7</b>	<b>Monthly Meeting</b> - at Community Hall, N. Emllyn Speaker - Sarah Rochira, Commissioner for older people	10.30am
Wednesday	<b>7</b>	<b>Lunch</b> - at Emllyn Arms (after monthly meeting - all welcome) (if you wish to attend, you will need to book and choose your meal at the start of the monthly meeting)	

To add events to this monthly calendar please email, giving date, venue and time plus any further information to assist those wishing to attend.

email: [neu3anewsletter@hotmail.com](mailto:neu3anewsletter@hotmail.com)

Closing date for newsletter contributions will be on the 24th of the month.  
Sorry, later than this and I cannot guarantee its inclusion.