



Newcastle Emllyn U3A



Newsletter - February 2017

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

Chair's Ramble

I am sitting writing this ramble while looking out on a beautiful blue sky, bright sunshine and thick frost. It looks really beautiful but I am very glad to have a warm house and central heating! Thoughts must go to those not so fortunate as ourselves.

February sees a round of meetings regarding the Third Age Trust, which is our governing body. We are being asked to think about its governance and whether changes need to be made to the structure. Three of the committee will be attending a meeting on the 16th to find out more about this. Before that on the 9th there is a meeting of the West Wales Network. This is where 9 U3As from this area get together to share ideas, give support and organize events.

This brings me to an event taking place in Swansea on Thursday 23th March from 2.30pm - 4.00pm. Pontarddulais U3A, in conjunction with Swansea U3A have organised a talk by Martin Bell, Retired BBC war correspondent and Independent MP. Please see the advert elsewhere in the newsletter. We have decided to organise this as part of our activity group meetings, so if anyone is interested in going can you let me know by Sunday 5th February, then we can share cars and offer lifts to those who wish to go. There will be a signing up sheet at the February meeting (with the money please).

I have been made aware of some of our members who have not been well recently. Linda Finch, Graham Elliot, Jose Johnstone and Mike Farley have all been going through a rough time lately and our thoughts are with them and their families. I apologise if there are others that I am not aware of. If any of you know of any member who is not well or maybe needs some support please let one of the committee know.

Our next Committee meeting is on Tuesday 8th March. If there is anything anyone would like discussing please can they let a committee member know. It is your U3A and your input is important. Julia and Hilary are busy sorting the programme for next year; so remember to let them have any details of people you think might be good speakers for the monthly meetings.

Ceredigion 50+ Forum

The Ceredigion 50+ Forum aims to highlight and tackle the issues facing older people in Ceredigion, through offering the opportunity to communicate and engage with one another as well as with the service providers within our County, following the guidance of the Ageing Well in Ceredigion Delivery Plan.

Have a look at our website on: www.ceredigion50.org.uk/en/

Our Subject Groups

Activity Group

(every 2-3 months. Activity and location varies)
More details contact Annabelle

Art Group

(2nd and 4th 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 in Horeb)
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 10.45am 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 in Waungilwen)
More details contact Hazel

German Group

(1st and 3rd Thursday from 11.00am at National Woollen Museum, Drefach Felindre)
More details contact Steph and Terry

Lunch Club

(last Wednesday - venue varies)
More details contact Mags

Philosophy am

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

More details contact Lesley

Philosophy pm

(2nd Monday from 2.00pm at Susan's in Pontgarreg)

More details contact Jim

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 occasionally. Please refer to the current monthly calendar to see if there are any changes to date, venue and time.

U3A Wales - diary dates

- 9th February - W Wales Network meeting – Fishguard Bay
- 16th February - Consultation Process Meeting – S and W Wales – venue TBC
- 23rd March - War Zone Reflections – a talk by Martin Bell – Pontarddulais U3A and Swansea U3A (see details elsewhere in this newsletter)
- 31st March - Astronomy Study Day Cardigan U3A
- 4th April - Creative Writing Workshop, S and W Wales U3As
- 24th May - All Wales Conference - Consumers or Contributors?

10% Discount for U3A members off Creative Writing courses

Hello, I work at Tŷ Newydd Writing Centre in North Wales. We've been offering U3A members a 10% discount off our creative writing courses for a number of years.

We've just launched our new programme for 2017 so we have a number of courses that might interest some of your members. All they need to do to claim the offer is to use u3a as a coupon on the website or quote when booking over the phone. If you need any further information, please do get in touch.

Miriam - miriam@literaturewales.org

If you have been struck by a headache, follow the instructions on the aspirin bottle

KEEP AWAY FROM CHILDREN

Group Reports

Astronomy

At the NOVEMBER meeting, Martyn gave a presentation on sundials, and why their times can be up to a quarter of an hour ahead, or behind, clock time. The discrepancy is caused by a combination of the Earth's eccentricity (its elliptical orbit around the Sun) and obliquity (the angle between the plane of the Earth's equator and the plane of the Earth's orbit around the Sun). It can be observed by noting the Sun's position daily at noon for a year; the resulting figure (an analemma) resembles a tilted and deformed figure of eight.

Sam gave a general Constellation presentation in the form of a quiz, where the right and wrong answers were explained.

We decided on a date, during our November meeting, at the end of November for a Star Gazing Evening, which 5 of us managed to attend at Los' and Ros' home. Courtesy of their newly-finished patio area, giving almost uninterrupted views of the dark sky (except for intermittent cloud cover), we were able to see the moon, Venus and Mars. We brought along telescopes, and various sizes of astronomical binoculars, for an all-round excellent experience of the night sky.

The DECEMBER meeting was a mixed bag, wonderfully accented with a bottle of Sherry, mince pies in the shape of 'crackers', biscuits, fruit, crisps, tea and coffee to celebrate the holidays.

Los boggled our minds with a brief run-down of distances in the Universe. From the most primitive village walk to a 40 kilometre per month walk, taking you round the globe in approximately 3 years, all the way out to the edge of the observable Universe, more than 400 sextillion kilometres (that's a 4 with 23 zeros) from Earth.

Jim talked about the enormous contribution that the Space Spin-Offs have given us. The list is long and impressive, and extremely detailed. It suffices to say that Health/Medicine, Transportation, Public Safety, Consumer Goods, Energy/Environment, Industrial Productivity, and Technologies of all sorts, all go to add to the debate, regarding the billions spent on space exploration. Can such vast sums be justified as beneficial and worthwhile to us all? The evidence shows it can.

Adrian's quiz saw the men and women divided into teams, big brains on both sides. It's round one to the women, who won this time, but there will be plenty of opportunity for the chaps to get their own back in January, when Adrian has more questions up his sleeve for the group.

To round off the very imaginative and entertaining meeting, Martyn played the Apollo Control 'Go' song, which moved and fascinated everyone.

Galileo

As long as cocoa beans grow on trees, chocolate is fruit to me

Book Club

Two dates for your diary:-

31st January - Mrs Palfrey at the Claremont by Elizabeth Taylor

28th February - The Night Book by Richard Madeley

Ann

Crafty Crafters

January Crafty Crafters was a relaxed affair with everyone doing 'their own thing' - crochet, cross stitch, paper flower making, knitting, making a cord for a light pull, to name just some of the crafts going on. There was lots of chatting and putting the world to rights.

The plan for the next few months is -

February	Kumihimo (a form of braiding)
March	Do you own thing
April	Card making
May	Découpage
June	Do your own thing

Other suggestions for the future are glass painting, copper work, felting and encaustic art. Other ideas are always welcome.

Ruth

Creative Writing Group

January's task was to think of a Household Item, and then write a dialogue between ourselves and the item (as if we're not batty enough already . . . we had to prove it by putting pen to paper ! !) but it was great fun and, once again, gave us a whole bundle of laughs.

Next Meeting at Carol's Thursday 9th Feb 10.45 for 11.00

Alison

Lunch Club

Our annual 'Not the Christmas dinner!' was held at the Newcastle Emlyn Rugby Club on Wednesday 25th January which just happened to be both Dydd Santes Dwynen and Burns Night.

In honour of the occasion John Wigley told us the story of Dwynwen and how she became a nun and started a church on an island just off Anglesey. Dydd Santes Dwynwen is a Welsh equivalent to St Valentine's Day. Hazel then told us about Robert Burns and introduced us to the Haggis, a timorous wee beastie hunted by the ancient Picts and Scots and highly prized as part of the ancient peoples diet! Having addressed the haggis we partook of an excellent dinner of roast beef or pork!

Many thanks to Mags for organising a lovely occasion attended by 28 members.

February Lunch Club is 12.15pm at the Llwyndafydd at Saron.

Hazel

Whoever said "nothing is impossible" clearly never tried slamming a revolving door

Philosophy am

We looked at Shamanism and discussed similar beliefs. Views varied and perplexed some of the members, but after over 2 hours exploring we had to draw the meeting to an end with, as usual, no conclusion.

Next meeting we decided to look at human's relationship with animals, our attitude to them. Do they have rights?

Jim

Philosophy pm

We are very grateful to Teresa for hosting, leading and enabling us to be a relaxed, enjoyable group. We thank Sue for hosting us now and providing the kitchen table and tea/coffee to keep our brains active.

This time we were looking at Freedom of the Press. We did conclude that Freedom of the Press is not the same as Freedom of Speech. We learnt about the Editors Code of Conduct, which covers accuracy, privacy, harassment, public interest etc.

Not surprisingly we concluded it hadn't been adhered to and felt there needs to be effective, enforceable, independent regulations. We were concerned by limited number of owners, bias, fake news & misrepresentations and the resistance to Leveson.

We soon ran out of time and so will continue next month looking at other media, TV, internet & social media. For more details and directions contact Jim.

Jim

Strollers

Friday 27th January we are meeting at Aberaeron - 10.30am at the Harbour Car Park (turn Left just before the bridge in Aberaeron - where there is a brown sign to the beach). Continue along to the car park - amongst the yachts, no charge out of season or you can park on the road nearby.

We will decide then whether to walk along the coast path to Aberarth or up the river to Llanerchaeron, mostly flat with good surface. We will be walking through part of Aberaeron. Distance 3-4 miles. There are a number of eateries after for refreshments.

Outline for the walk on Friday 24th February - Abercych, up to the round house for the snowdrops (hopefully!). 2+ miles, long slow climb on forest track goodish surface. Meet at the Nags Head Car Park, Abercych, Cenarth to Boncath road.

For more details contact Jim

Jim

Wine Appreciation

The February meeting is Chilean wines at Ruth & Malcolm's

Hazel

War Zone Reflections by Martin Bell - Thursday 23rd March, Swansea

Pontarddulais U3A in conjunction with Swansea U3A have organised a talk by Martin Bell, retired BBC war correspondent and Independent MP, entitled

War Zone Reflections - 50 years in the unquiet corners of the world

To be held in St. Mary's Church, City Centre, Swansea
Thursday 23rd March from 2.30pm - 4.00pm

Tickets £3 to U3A members available from Gill Davies
via email or Telephone - please contact this website if you require further information

Monthly Meeting - January

Please pass on a thank you from HUTS Workshop for your donation following the talk given by our Outreach Worker Hywel Davies.

We rely heavily on donations from the community and yours will help us to maintain our vital service here at HUTS.

If you would like to know more about HUTS and keep up with our events please see our website; hutsworkshop.org -

or you can follow us on facebook and twitter - facebook.com/hutsworkshop
twitter.com/HUTSWorkshop

A police officer found a perfect hiding place for watching for speeding motorists. One day, the officer was amazed when everyone was under the speed limit, so he investigated and found the problem.

A 10 years old boy was standing on the side of the road with a huge hand painted sign which said "Radar Trap Ahead."

A little more investigative work led the officer to the boy's accomplice:

another boy about 100 yards beyond the radar trap with a sign reading 'TIPS' and a bucket at his feet full of change.



New Year's Eve
Frivolities !

What's On In Newcastle Emlyn U3A - February 2017

February

Wednesday	1	Monthly Meeting - at Community Hall, N. Emlyn	10.30am
		Speaker - Brian Daniel - 'Any idea where we are?'	
Wednesday	1	Lunch - at Emlyn Arms (after monthly meeting)	12.30am
		If you wish to attend, please order from the menu at the meeting	
Thursday	2	German - at The Woollen Museum	11.00am
Tuesday	7	Digital Photography - at Coracle Hall, Llechryd	10.30am
Wednesday	8	Crafty Crafters - at Annabelle's in Penboyr	11.00am
Wednesday	8	Astronomy - at Coracle Hall, Llechryd	2.00pm
Thursday	9	Art Group - at Penboyr Village Hall	10.00am
Thursday	9	Creative Writing - at Carol's in Penrhiwllan	10.45am
Friday	10	Scrabble - at Margery's in Henllan	2.00pm
Monday	13	Philosophy (pm) - at Susan's in Pontegarreg	2.00pm
Thursday	16	Philosophy (am) - at Lesley's in Henllan	10.30am
Thursday	16	German - at The Woollen Museum	11.00am
Thursday	16	Wine Appreciation - at Ruth & Malcolm's, Bryngwyn	7.00pm
Tuesday	21	Games Group - at Hazel's in Waungilwen	10.30am
Wednesday	22	Family History - at Coracle Hall, Llechryd	10.30am
Wednesday	22	Lunch Club - at Llwyndafydd at Saron	12.15pm
Thursday	23	Art Group - at Penboyr Village Hall	10.00am
Friday	24	Strollers - at Abercych, Nags Head Car Park,	10.30am
Tuesday	28	Book Club - at Ken & Val's in Horeb	10.30am
Monday	TBA	French - at Peggy's in Croeslan	11.00am

March

Wednesday	1	Monthly Meeting - at Community Hall, N. Emlyn	10.30am
		Speaker - Miriam Tahla - My journey to Turkey	
Wednesday	1	Lunch - at Emlyn Arms (after monthly meeting)	12.30am

To add events to this monthly calendar please contact John, giving date, venue and time plus any further information to assist those wishing to attend. Closing date for newsletter contributions will be on the 24th of the month. Sorry, later than this and I cannot guarantee its inclusion.

Contact John via email at: neu3anewsletter@hotmail.com

It's easy to remember - **n** (Newcastle), **e** (Emlyn), **u3a** (catching on!)
newsletter (I think you've got it!) - @hotmail.com (gets it to me).