



Newcastle Emlyn U3A

Newsletter - April 2018

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



Chair's Ramble

Last month's speaker from Welsh Hearts managed to make a very serious subject both amusing and interesting and I hope that most of you who were there would not now be afraid of tackling a defibrillator. Please remember that we also have a first aid session with the Red Cross. It is to look initially at how to deal with slips, trips and falls. This will be held in the Community Hall from 11.00am-1.00pm on Wednesday 11th April and is free to any of our members who wish to attend. If you are interested in coming along please sign the sheet at the monthly meeting or contact me to put your name on the list.

This year's All Wales Conference is on the theme of Learning Together and will be held in the Metropole Hotel, Llandrindod Wells on Wednesday 9th May. Some members of the committee are already going but it is open to everyone. If anyone else would like to go and share transport please contact me or any member of the committee.

The conference is also when we hope to have some of our Coastline project work ready for a display. If your group is not ready yet don't worry as the project goes on all year and we will also have a display at our own AGM in July and there are further plans for displays later in the year. I certainly don't think the games group will have done anything by May as we are waiting till the better weather! But I know the craft group is well on with their contribution and the walking group are doing a small part of the coastal path in March. If you want your contribution to go to the conference please can you get it to me by May 1st at the latest.

Our AGM is coming up in July when I will have completed my 3 years as chair. Doesn't time fly! If anyone is interested in joining the committee and finding out a bit more about how we work please speak to any member of the current committee. We will have to ask all members to fill in a membership renewal form this year because of new data protection laws coming into place in May. We have also had to implement new data protection and privacy policies which will be available for the AGM.

Hazel

Lampeter University Humanities Workshops - 2018 Programme

Wednesday, 4th April - Politics & Culture

Wednesday, 2nd May - Archaeology - A Guided Tour of Strata Florida

Saturday, 2nd June - Archaeology - A Guided Tour of the Archaeological Dig at Llanllyr

<http://www.uwtsd.ac.uk/humanities-workshops/>

Our Subject Groups

Activity Group

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

More details contact Hazel

Art Group

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

More details contact Amanda

Astronomy

(3rd Wednesday from 2.00pm at Coracle Hall, Llechryd) - Joint with Cardigan U3A

More details contact Malcolm

Book Club

(4th Tuesday from 10.30am at Betty's)

More details contact Ann

Crafty Crafters

(2nd Wednesday from 11.00am at Betty's or Barbara's)

More details contact Ruth

Creative Writing

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

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

(currently an email support group) - Joint with Cardigan U3A

More details contact Harold

French Group

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

More details contact Ann

Games Group

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

More details contact Hazel

Garden Group

(1st Friday, generally pm - venue & time varies amongst the group, or other gardens)

More details contact Tony

ICT Support Sessions

(3rd Tuesday from 2.00pm at Hazel's)

More details contact Hazel

Lunch Group

(last Wednesday - venue varies)

More details contact Tracy

Philosophy am

(3rd Thursday from 11.00am at Penrhiwllan Village Hall)

More details contact Jim

Philosophy pm

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

More details contact Susan

Scrabble

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

More details contact Margery

Strollers

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

More details contact Jim

Table Tennis

(2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhyd Lewis Village Hall)

More details contact Ali

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.*

'Mature Driver's' course for Ceredigion residents aged 65+

Coming to Ceredigion in the upcoming months is a
mature driver course aimed at 65+ drivers
The course is completely free of charge
with refreshments and lunch provided on the day

This is not a driving test; the day is aimed at enhancing current skills and knowledge while introducing ideas such as how to deal with stressful situations and planning for the future with the intention of keeping you driving safer for longer!

There is a letter and booking form attached with the emailed newsletter

If you would like further information, please contact Kayleigh Tonkins

Kayleigh.Amanda.Tonkins@ceredigion.gov.uk

Group Reports

Crafty Crafters

We had a quiet month in March due to various members not being available but those who went to Betty's had a good morning. We started off with an update on the fabric panel for the Wales Coastline and Borders Celebration Project looking at what had been produced to date. Ruth asked for the outstanding work to be finished as soon as possible so that she could get on with putting everything together. The panel needs to be completed by the end of April, in time for the All Wales Conference early in May. Following that, the members continued working on their own projects.

We also managed a photograph of 4 of the finished tiles made the mosaic workshop in November. Apologies for those that weren't there.

As both Ruth and Hazel can't be at the next two meetings, there was a short discussion about whether to move them to another day or leave it as normal. After emailing those who weren't present, because a number of people have clashes

with alternative dates, I have decided it will be easier (better) to leave April's meeting as the 2nd Wednesday as normal. We'll make a decision about May's meeting later.

April's meeting will be at Barbara's in Cenarth on 11th April as originally planned. Please take something of your own to work on. As we will have finished our joint project by May, please think about ideas for future meetings.

Ruth

Creative Writing

Another enjoyable morning with our literary group. A nice, simple task of writing a short story having been given the first sentence, followed by constructive criticism.

The group will not be meeting in April. The next meeting will be on Thursday 10th May.

Ali



Garden Group

The first meeting of the garden group season will be on Friday 6th April, 2.30pm at Tony's.

We will have a look around to see just what has survived the snow and frost and discuss the programme of visits we intend to make during the year.

Tony

Strollers

Hazel & Ruth led us on this month's walk from Newquay on the coastal path going south. They cleverly arranged a lovely sunny warm day. At the start they did lead us up a steep hill. The hill was 6 stop viewing hill and the stops were well worth the climb with views over Newquay, over Cardigan Bay and towards Cader Idris.

It was cooler at the top especially leaving the gorse.

We were delighted by the sea bird sounds, though not very good at identifying them. I am always intrigued by the folds of the rock strata in the cliffs. Unfortunately no dolphins or whales seen, though a number of lambs enjoying the sun. We then had a leisurely walk back down to the harbour and a welcome drink and lunch.

There is a change of plan for the April walk when we return to Cemaes Head above Poppit Sands for another coastal walk. We will meet at a later time, starting at 11.00am. I will send out full details later.

Jim

Table Tennis

We have had four good sessions with the Table Tennis group, not only table tennis but curling too. Some good news is that we now have use of a second table tennis table . . so plenty of exercise was had by all.

During the last session we had our first (scoring) competition. The undisputed winners of a doubles 'best of three games' were



Ruth and John
Congratulations . . .
a record that cannot be
taken away from you !

This group is proving to be popular, great fun
. . . and good exercise!

Just to remind you, we meet twice a month, on the
2nd Tuesday & 4th Thursday. See 'What's On In
Newcastle Emlyn U3A' on the back page for more
details.

Ali

Wine Appreciation

Nine members of the Wine Appreciation group met at Ruth and Malcolm's last month to blind taste three Rioja wines. The wines were all Rioja's but were in the £5, £10 and £15 ranges. Our task was to rate them on our usual scoring system and then decide which was the cheapest and which the most expensive. Some people managed to get the wines in the correct order according to cost but the middle of the range wine proved the most popular for taste.

Next month we were hoping to visit the Llaethlliw Vineyard near Aberaeron but they do not start their tours until slightly later in the year. So, our next meeting will be on Thursday 19th April, 7.00pm at Les and Lesley's. We will be tasting British wines.

If anyone needs further directions contact me or Lesley. Please can you let Lesley know if you will be attending or not so she knows how many to expect!

Hazel

A Cherokee was instructing his grandson about a battle that goes on in every human being.
He said to the young man, "The battle is between two wolves".

One wolf is slothful, cowardly, vain, arrogant,
and full of self-pity, sorrow, regret, envy and anger.

The other wolf is diligent, courageous, humble, benevolent,
and full of compassion, joy, empathy and faith".

Then there was a silence.

The grandson thought about the wolves for a moment and then asked his grandfather,
"Which wolf wins?"

The Cherokee elder replied, "The one you feed".

Hidden Heart of Wales

Welsh Culture & Architecture

by The Third Age Trust

Wednesday 18th and Thursday 19th April 2018
Two day event at the National Library of Wales, Aberystwyth

A two-day study break for U3A members in the town of Aberystwyth based at The National Library of Wales one of the six Legal Deposit Libraries in the United Kingdom and Ireland

On the first day, workshops will provide delegates with a unique access to some of the rare and inspirational materials held at the Library, including manuscripts, artworks by leading Welsh artists, archives, architectural plans, early photography and sound recordings.

The second day will focus on other establishments in Aberystwyth that also preserve Wales' rich cultural history; the Royal Commission on the Ancient and Historical Monuments of Wales, Ceredigion Museum, and the Old College building, the first university college of the University of Wales, and now part of the Aberystwyth University campus.

Sessions run from 9.45am to 16.45pm each day and will include a variety of talks, presentations, tours, workshops and gallery walks

You can find more details and a booking form here
<https://www.eventbrite.co.uk/e/hidden-heart-of-wales-welsh-culture-architecture-tickets-42879404453>

Middle age is when broadness of mind and narrowness of the waist change places

Experience is a wonderful thing
It enables you to recognise a mistake when you make it again

By the time you can make ends meet, they move the ends

If you're too open minded, your brains will fall out

Bills travel through the post at twice the speed of cheques

No husband has ever been shot while doing the dishes

Junk is something you have kept for years
and throw away three weeks before you need it

What's On In Newcastle Emlyn U3A - April 2018

April

Wednesday	4	Monthly Meeting - at Community Hall, N. Emlyn	10.30am
		Speaker - Mark Cole - Dyfed Shire Horse Farm, Eglwyswrw	
Wednesday	4	Lampeter University - Humanities Workshop	
		Politics & Culture	
		http://www.uwtsd.ac.uk/humanities-workshops/	
Thursday	5	Art Group - at Penboyr Village Hall	10.00am
Friday	6	Garden Group - at Tony's	2.30pm
Monday	9	Philosophy (pm) - at Susan's	2.00pm
Tuesday	10	Digital Photography - at Coracle Hall, Llechryd	10.30am
Tuesday	10	Table Tennis - at Rhydlewis Village Hall, Llandysul	2.00pm
Wednesday	11	Crafty Crafters - at Barbara's	11.00am
Friday	13	Scrabble - at Margery's	2.00pm
Tuesday	17	Games Group - at Hazel's	10.30am
Tuesday	17	ICT Support Session - at Hazel's	2.00pm
Wednesday	18	Astronomy - at Coracle Hall, Llechryd	2.00pm
Thursday	19	Art Group - at Penboyr Village Hall	10.00am
Thursday	19	Philosophy (am) - at Penrhiwllan Village Hall	10.30am
Thursday	19	Wine Appreciation - at Les and Lesley's	7.00pm
Tuesday	24	Book Club - at Betty's	10.30am
Wednesday	25	Lunch Club - at Moylegrove, Penrallt Garden Centre	12.30pm
Thursday	26	Table Tennis - at Rhydlewis Village Hall, Llandysul	10.30am
Friday	27	Strollers - at Cemaes Head, above Poppit Sands	11.00am
	TBA	French Group - at Peggy's	10.30am
		Family History - email support group, see 'Our Subject Groups'	
		Creative Writing - no meeting this month	

May

Wednesday	2	Monthly Meeting - at Community Hall, Newcastle Emlyn	
		Speaker - Anita Freter - Animal Welfare - how the other half lives	

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: neu3newsletter@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).