



# Newcastle Emlyn U3A

Newsletter - August 2018  
<http://u3asites.org.uk/newcastle-emlyn>



## Chair's Ramble

Thank you for letting me be your Chairman. I have my work cut out to follow in Hazel's footsteps, who has now completed her 3 year term of office. On your behalf I would like to thank Hazel for all her hard work and dedication, on developing an efficient organisation as well as presenting our U3A to the locality and Welsh U3As. Similar thanks must go to Ruth our Treasurer for her professional care of our accounts. Thanks to Julia & Lesley for giving us an enjoyable, interesting programme, to Malcolm as our webmaster and for backing up the rest of us, to Pam keeping us refreshed and to all the committee for their work in keeping the U3A smoothly developing.

The AGM went smoothly, with good news - a gentle increase in new young members, a financially healthy U3A, and a full committee. The membership fees stay the same but there are new membership forms to sign to comply with the data protection act. Our Data Protection Policy has to be displayed and will be available at the monthly meetings as well as the constitution for anyone to look at. Other U3As have Photos of the Officers and Committee at the monthly meeting as well as a suggestion box - any thoughts.

We were disappointed that the trip to the Beavers was cancelled by the Bevis Trust, but we hope to rebook soon. Some of us enjoyed the hospitality of the Newcastle Emlyn Bowling Club and, after tuition by their members, enjoyed a few ends with the Ladies v Men. I think it was an honourable draw. We did get better at bowls, managing to get near the jack occasionally. The bowls club members were very friendly and welcome new members.

Our August meeting on Wednesday 1st will be at the National Trust property, Llanerchaeron. I know many of us have been there before, but we will have two conducted tours to add to the day. If you would like to come and join us, please register with Julia over the next few days.

Hope you have an enjoyable August and not too exhausting if the grandchildren are visiting.

Jim

## Lampeter University Humanities Workshops - 2018 Programme

- Wednesday, 8th August - Philosophy
- Wednesday, 5th September - The Ancient World
- Wednesday, 3rd October - Anthropology & Archaeology

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

## What's On In Newcastle Emlyn U3A - August 2018

### August

Wednesday	1	<b>Monthly Meeting</b> - <i>no monthly meeting this month</i>	
		NE U3A visit to Llanerchaeron House and Gardens	11.45am
Thursday	2	<b>Art Group</b> - at Penboyr Village Hall	10.00am
Thursday	2	<b>Garden Group</b> - at the Sculpture Gardens, Rhydlewic <i>(see group report for travel details/arrangements)</i>	10.30am
Monday	6	<b>French Group</b> - at Peggy's in Croeslan	10.30am
Wednesday	8	<b>Lampeter University - Humanities Workshop</b> - Philosophy <a href="http://www.uwtsd.ac.uk/humanities-workshops/">http://www.uwtsd.ac.uk/humanities-workshops/</a>	
Wednesday	8	<b>Crafty Crafters</b> - at Barbara's in Cenarth	11.00am
Thursday	9	<b>Creative Writing</b> - at Carol's in Penrhiwllan	10.45am
Thursday	9	<b>Wine Appreciation</b> - at Janet and John Piggott's <i>(please note change of date since last month's newsletter)</i>	7.00pm
Friday	10	<b>Scrabble</b> - at Margery's in Waungilwen	2.00pm
Monday	13	<b>Philosophy (pm)</b> - at Susan's in Pontgarreg	2.00pm
Tuesday	14	<b>Digital Photography</b> - at Coracle Hall, Llechryd	10.30am
Tuesday	14	<b>Table Tennis</b> - at Rhydlewic Village Hall, Llandysul	2.00pm
Wednesday	15	<b>Astronomy</b> - at Coracle Hall, Llechryd	2.00pm
Thursday	16	<b>Art Group</b> - at Penboyr Village Hall	10.00am
Thursday	16	<b>Philosophy (am)</b> - at Penrhiwllan Village Hall	10.30am
Tuesday	21	<b>Games Group</b> - at Hazel's in Waungilwen	10.30am
Tuesday	21	<b>ICT Support Session</b> - at Hazel's in Waungilwen	2.00pm
Thursday	23	<b>Table Tennis</b> - at Rhydlewic Village Hall, Llandysul	10.30am
Tuesday	28	<b>Book Club</b> - at Betty's in Adpar	10.30am
Friday	31	<b>Strollers</b> - at TBA	10.30am
		<b>Family History</b> - <i>email support group, see 'Our Subject Groups'</i>	
		<b>Lunch Club</b> - not meeting this month, back in September	

### September

Wednesday	5	<b>Monthly Meeting</b> - at Community Hall, N. Emlyn Speaker - Graham Watkins From novice wordsmith to published author	11.45am
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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](mailto: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*).

## 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 in Adpar)  
More details contact Ann

### Crafty Crafters

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

(currently an email support group) - Joint with Cardigan U3A  
More details contact Harold

### French Group

(date varies - from 10.30am at Peggy's in Croeslan)  
More details contact Ann

### Games Group

(3rd Tuesday from 10.30am at Hazel's in Waungilwen)  
More details contact Hazel

### Gardens 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 in Waungilwen)  
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 in Pontgarreg)  
More details contact Susan

### Scrabble

(2nd Friday from 2.00pm at Margery's in Waungilwen)  
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 Rhydlewis 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.*

An exclusive Music, Art & History  
Afternoon for U3A members at

The National Museum Cardiff  
Cathays Park, Cardiff CF10 3NP

Tuesday 9th October 1.30pm to 4.30pm

'Music & Art Afternoon' with a special performance from  
THE WELSH NATIONAL OPERA

Tickets: £15.00 per person and will be issued on a first come first served  
basis - maximum of 2 tickets per applicant

For more information see leaflet attached with the email newsletter

## Group Reports

### Activity Group

The activity group is an unusual one in that everyone belongs to it and can attend. The group organises outings, taster sessions, theatre visits etc. In fact anything that sounds interesting and people would like to go to! It does not meet regularly and you need to keep an eye open in the newsletter or at monthly meetings for details.



On Friday 20th July members met for a taster session at the Newcastle Emlyn Bowling club. It was great fun and the friendly club members helped us learn the basics of their game and treated us to tea and cake at the end. Hopefully some people will want to take it further and may even join the club which are always on the look out for new members. Thanks to Odette Little and other club members for making us feel so welcome.

*Hazel*

### Book Club

Tuesday 31st July at Betty's. The book is 'Two Caravans' by Marina Lewycka. Tuesday 28th August also at Betty's. The book is 'PowerPlay' by Gavin Esler.

For more details contact Ann.

*Ann*

### Crafty Crafters

For the last two months, we have been trying our hand at some simple ribbon embroidery. Generally, 2mm or 3mm narrow ribbon is used (silk ribbon is used by the devotees) and it is possible to use many of the simple embroidery stitches such as lazy daisy stitch, back stitch, satin stitch, straight stitch and French knots. There are techniques specifically for ribbon such as gathering short pieces of the ribbon to create flowers and it is also possible to use a wider ribbon as long as it is light weight, such as organza ribbon, to create other effects. The ribbon is often combined with ordinary embroidery thread to complete the design. If you are interested in finding out more, come to a group meeting, or do a search on ribbon embroidery on the internet - if you

are familiar with Pinterest, you will find many amazing pictures there but unfortunately I find a lot are in Russian so I don't understand the instructions.

August's meeting will be at Barbara's in Cenarth. There is nothing specific arranged, so continue with your ribbon work, or bring something else you are working on.

*Ruth*

### Creative Writing

This month we had a lot of fun and discussed a lot of subjects . . . not all to do with Creative Writing, but with lots of laughter! Our task this session was to write a short piece beginning, 'My first \_ \_ \_'.

Some of us got going very quickly, but some of us were a bit slow out of the blocks . . . but we all came up with an interesting piece . . . as one of our group said, "I love this group, I can always come up with fresh ideas . . . they just seem to flow".

Thanks to Hilary for all her hard work in giving us interesting tasks.

*Ali*

### French Group

The next meeting is on Monday 6th August, 10:30 am at Peggy's. We will be starting a new book of stories aimed at beginners & intermediate learners.

For more details contact Ann.

*Ann*

### Games Group

Thanks to the lovely weather the games group managed to hold their July meeting outside and enjoyed quoits, croquet and French boules as well as the normal board and card games.

*Hazel*



## Gardens Group

The July Gardens Group visit to Duffryn Fernant Gardens between Newport and Fishguard was blessed with fine warm weather and provided the seven of us with a most enjoyable day out. The gardens are the result of twenty years work by the present owner who has created a diverse and interesting landscape in a relatively small area. It includes a pond and several areas specifically set aside for peaceful relaxation.



Our photo shows one such area where seating has been provided under the shade of a superb Western oak. Refreshments on offer were limited to hot drinks so a late lunch was taken in Newport with a return to Newcastle Emlyn by 4.00pm.

It was suggested that our next visit could be to the Sculpture Gardens at Rhyd Lewis. These gardens have cafe style refreshments, open to dogs on leads but opening is restricted to two days a week so our visit will have to be brought forward one day to Thursday 2nd August.

Please contact Tony if you are interested. Car share from NCE market, meeting at 10.30am for car share (or 11.00am if you are planning to go direct to the gardens). Please, still contact Tony if you are planning to go there direct.

*Tony*

## Strollers

We had an enjoyable and interesting walk at Dinefwr, Llandiello. Fortunately the walk was mostly in shade but it was hot out of the shade. We didn't see the rare cows or deer but there were two herds of fallow deer in the shade round the house.

The views from the castle ramparts were stunning along the valley and the town. We were disappointed that we were unable to join the tour round the house but did our own 'wander' round the house. With all the tables in the house set for different meals we had to sample the cafe wares.

In July we are hoping to walk round Dinas Head, Pembrokeshire. I will send details later.

*Jim*

## Table Tennis

The Table Tennis group is very enthusiastic, and getting quite competitive! . . . in a friendly way!

We are definitely improving and will, hopefully, enter the Welsh U3A competition next year.

*Ali*



## Wine Appreciation

Needless to say this group appreciates wine but occasionally we branch out into other beverages and this month we visited the Gwaun Valley Brewery near Fishguard.

Thirteen members enjoyed finding out about the success of this small brewery which

started in 2009. A great example of a farmer diversifying. We learned about the process of brewing and tasted some of their beers.

Next months meeting is on Thursday 9th August (please note change of date from the usual) and will be at John and Janet Piggott's house in Horeb when we will be sampling Bordeaux wines.

*Hazel*



**NE U3A - August 2018 Outing**  
**Llanerchaeron House and Gardens**  
**Wednesday 1st August**

**Please meet in the main car park at**  
**Llanerchaeron, Ciliau Aeron, Lampeter - SA48 8DG by 11.45am**

**\*\*\*\* The first tours will commence at 12.00noon \*\*\*\***