



### Chair's Wanderings

Welcome everyone to our 2018/19 year. I hope you all had an enjoyable August with visitors and are not too exhausted by grandparent duties.

There has been much made of loneliness and its adverse effect on the life and health of the sufferers. I do hope none of our members are lonely. If loneliness is a problem for you and you feel you are able to, do talk to one of the committee and we will try to develop a way of helping. We all know that, unfortunately, it could affect any of us.

Although loneliness is not mentioned in the aims of the U3A I hope the U3A can have a big part to play in prevention by presenting a friendly, companionable U3A group and offering a programme that is fulfilling and enjoyable. It is difficult to break the cycle of loneliness and is easier to prevent. This is one of the reasons for encouraging new members. We need your help to spread the word that we are more than an 'university' learning group and to help us keep NE U3A friendly & companionable. Do please let us know if we are not.

Some U3As have a suggestions or comments box at their monthly meeting. Would that be helpful and something you would use?

I must make an apology for 'skiving off' the September meeting as 'host' as Ann & I will be improving our French. Of course that may involve us having to sample the food & wine. Realistically no samples will survive the journey back, though Ann will find room for a few French magazines and menus for the French Group. I will leave you in Malcolm's capable hands.

Finally, good luck to the new Welsh Group that is starting this month. We had a good number who have expressed an interest and wish our new Welsh Group well. For more detailed information see Vicky's Group Report in this newsletter.

Hope you all have a very enjoyable September meeting.

Jim

### Lampeter University Humanities Workshops - 2018 Programme

- Wednesday, 5th September - The Ancient World
- Wednesday, 3rd October - Anthropology & Archaeology
- Wednesday, 7th November - Religion and Culture - I
- Wednesday, 5th December - Religion and Culture - II

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

### September

- |           |    |   |         |
|-----------|----|---|---------|
| Tuesday   | 4  | <b>Welsh Group</b> - at Vicky's in Capel Iwan   | 10.30am |
| Wednesday | 5  | <b>Monthly Meeting</b> - at Community Hall, N. Emlyn<br>Speaker - Graham Watkins<br>From novice wordsmith to published author   | 10.30am |
| Wednesday | 5  | <b>Lampeter University - Humanities Workshop</b> - The Ancient World<br><a href="http://www.uwtsd.ac.uk/humanities-workshops/">http://www.uwtsd.ac.uk/humanities-workshops/</a> |         |
| Thursday  | 6  | <b>Art Group</b> - at Penboyr Village Hall  | 10.00am |
| Thursday  | 6  | <b>Gardens Group</b> - at the Cae Hir Gardens<br><i>(see group report for travel details/arrangements)</i>  | 10.30am |
| Monday    | 10 | <b>French Group</b> - at Peggy's in Croeslan  | 10.30am |
| Monday    | 10 | <b>Philosophy (pm)</b> - at Susan's in Pontgarreg   | 2.00pm  |
| Tuesday   | 11 | <b>Digital Photography</b> - at Coracle Hall, Llechryd  | 10.30am |
| Tuesday   | 11 | <b>Table Tennis</b> - at Rhydlewys Village Hall, Llandysul  | 2.00pm  |
| Wednesday | 12 | <b>Crafty Crafters</b> - at Betty's in Waungilwen   | 11.00am |
| Thursday  | 13 | <b>Creative Writing</b> - at Carol's in Penrhiwllan   | 10.45am |
| Friday    | 14 | <b>Scrabble</b> - at Margery's in Waungilwen  | 2.00pm  |
| Tuesday   | 18 | <b>Games Group</b> - at Hazel's in Waungilwen   | 10.30am |
| Wednesday | 19 | <b>Astronomy</b> - at Coracle Hall, Llechryd  | 2.00pm  |
| Thursday  | 20 | <b>Art Group</b> - at Penboyr Village Hall  | 10.00am |
| Thursday  | 20 | <b>Philosophy (am)</b> - at Penrhiwllan Village Hall  | 10.30am |
| Wednesday | 26 | <b>Lunch Group</b> - TBA  | 12.30pm |
| Wednesday | 26 | <b>Wine Appreciation</b> - at Llaethliw Vineyard, near Aberaeron  | 3.00pm  |
| Thursday  | 27 | <b>Table Tennis</b> - at Rhydlewys Village Hall, Llandysul  | 10.30am |
| Friday    | 28 | <b>Strollers</b> - start at the Woollen Museum  | 10.30am |
- Book Club** - *September meeting has been moved to October 9th (see 'Book Club' report in Group Reports)*
- Family History** - *email support group, see 'Our Subject Groups'*
- ICT Support Session** - *no meeting this month*

### October

- |           |   |  |         |
|-----------|---|--|---------|
| Wednesday | 3 | <b>Monthly Meeting</b> - at Community Hall, N. Emlyn<br>Speaker - Richard Wilson - Bee Keeping, the Life of Bees | 10.30am |
|-----------|---|--|---------|

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](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](mailto:@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 Rhydlewic Village Hall)  
More details contact Ali

### Welsh Group

(1st Tuesday from 10.30am at Vicky's in Capel Iwan or Liz's in Cenarth)  
More details contact Vicky

### 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.*

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### Transcribing War Tribunal Records

Back in January 10 Newcastle Emlyn U3A members took part in some training for transcribing war tribunal records for the National Library of Wales. It is great news that this project has now been completed and the library are inviting the people who have taken part to a celebration in September.

Newcastle Emlyn U3A should be very proud of their part in this project and we hope to take part in further work over the next few years.

*Hazel*

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I may not be the most important person in your life  
I just hope when you hear my name, you smile and say that's my friend

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## Group Reports

### Book Club

The next Book Club will take place on Tuesday 9th October, 10:30am at Betty's when we will discuss books by Kate Atkinson.

The August meeting was spent discussing Gavin Esler's book 'Power Play'. Despite being published several years before Donald Trump's presidency, there were plenty of parallels. The desire for political power can be all consuming.

The following meeting will be on 23rd October when we will discuss 'Being Mortal' by Atul Gawande which is non fiction. For more details contact Ann.

*Ann*

### Crafty Crafters

At the meeting in August, members continued with their ribbon embroidery, making good progress, while discussing what we wanted to do/make for the next few months.

At this time of year, crafters need to think about what they want to make for Christmas. We decided we would concentrate on making Christmas cards, using different disciplines to make them, e.g. cross stitch, beading, ribbon work, tatting, quilling and stencilling.

For the next meeting, on 12th September at Betty's in Waungilwen, Carol said she could bring along card blanks with apertures and some small cross stitch kits from magazines. We have also asked members to bring along any ideas, pictures or patterns for simple, relatively quick to make fillers for the cards.

*Ruth*

### Creative Writing

The task this month was a lot of fun . . . and quite sinister! :). Hilary brought along with her a 'bag of tricks' . . . in it was a Troll, a large fir cone, a WW2 medal - the Distinguished Flying Cross, a foxes brush . . . and a human skull! These brought about a lot of discussion as in Where? How? and When? these items had come to be in Hilary's possession!!, all of which were interesting in themselves. Eventually we got to the task in hand, which was to write a piece of poetry or prose using all or just some of the items. We produced an extremely varied and interesting collection of pieces, and thoroughly enjoyed our morning.

*Ali*

### French Group

The next French Group meeting will be on Monday 10th September, 10:30am at Peggy's. We will begin a new set of stories. For more details contact Ann.

*Ann*

### Gardens Group

The garden group had a very successful visit to the Sculpture garden in early August with some seven members attending plus some family guests. Again the weather was kind to us and the gardens showed signs of recovery from the drought after the small amount of rain recently.

By the time you read this I will have sent out emails to our group members with details of our September visit and trust that all members will respond. This is likely to be our final visit of the year and will be on Thursday 6th September.

The final visit of the year will be to Cae Hir Gardens on Thursday 6th September. This is a garden well worth a visit at any time of year as it is not only well stocked with plants but is also well landscaped providing interest to those who might need inspiration in designing aspects of their own garden. Please respond to this message if you wish to go or need car share which will be from Emlyn car park at 10.30am. If there are ten of us we get the group rate of £5 per head. For more details contact Tony.

*Tony*

### Philosophy am

We continued discussing the NHS which only confirmed to us the problems facing it and the need for extra funding for everyone's well being.

The next time we are trying something different - 'Could Veganism be good for our personal well being and be more sustainable for the world's well being'. We are going to look at some of the science around veganism as well as the philosophy - 'Are Humans designed to be complete vegetarians'?

*Jim*

### Philosophy pm

We spent over two hours talking about Sexuality and Gender - looking at the changes in society and the acceptance by most of these changes. We felt concern about youngsters facing questions about their gender and sexual identity, but did realise our thoughts about their sexual identity appeared early in life. Though we think we know more about life, it does make life more complicated and we were relieved that our earlier years, there were either boys or girls.

Next meeting is on Monday 10th September at Sue's. We are 'deciding' . . . 'The truth was not worth the stake' or 'Is the truth worth dying for'.

*Jim*

### Strollers

On Friday 31st August we are hoping to walk round Dinas Head - weather permitting. We will be meeting at the car park opposite the Shop & Post Office in Dinas Cross near Fishguard at 10.30am.

On Friday 28th September our walk will start at the Woollen Museum's Car Park in

Drefach Felindre, then we can retire to the cafe at the Museum to fix the Stroller's programme for the coming year. Please can you bring ideas for walks. This could be repeating our favourite walks but hopefully new walks also.

I would also like to bring in looking at plants, animals and maybe a bit of geology as we go along. I am no expert of any of these so hope everyone will become involved.

*Jim*

### Welsh Group

This is a new group with the first meeting on Tuesday 4th September, 10.30am at Vicky's. The initial aim is to improve our Welsh pronunciation and learn some vocabulary and basic Welsh phrases to get a better understanding of the country where we live. The first meeting will concentrate on general greetings and our villages and house names.

For more details contact Vicky.

*Vicky*

### Wine Appreciation

We have booked a visit to the family run Llaethliw Vineyard near Aberaeron for September's meeting. This will take place on Wednesday 26th September at 3.00pm and will cost £10 a head for a tour and some tastings.

This visit is open to all Newcastle Emlyn U3A members not just the wine appreciation group members, so if you would like to join us please let Hazel know by Wednesday 20th September. Or you can add your name to the list at the monthly meeting.

*Hazel*

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They laugh at me because I'm different; I laugh at them because they're all the same

- o - o - o - o -

I'm always on my best behaviour

It just so happens that my best behavior isn't very good

- o - o - o - o -

Life is too short to worry about what others say or think about you

So have fun, enjoy and give them something to talk about

- o - o - o - o -

Life without God is like an un-sharpened pencil – No point

- o - o - o - o -

My level of maturity depends on who I'm with

- o - o - o - o -

My bed is a magical place where I suddenly remember everything I was supposed to do

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### Visit to Llanerchaeron House - The Annual August Meeting 'Away-Day'

On Wednesday 1st August twenty one of us ventured to the Llanerchaeron National Trust Property on a bright warm day, it was good to see the house so busy.

We were divided into two groups. The house tour focused on remembering the ladies of the house. We started in the service courtyard, exploring the laundry, brewery, bakery and servants quarters, hearing about the ladies working there, including the long service housekeeper of 40 years, who was originally from Edinburgh, apparently it was a deliberate policy to employ an outsider. Although she had responsibility for running the house she was only paid half the wages of the Butler.

We were told about Mary Lewis whose husband died after 14 years of marriage, although the house was willed to his sister, Mary was allowed to stay for the rest of her life. She lived for a further 62 years before the inheritance could be claimed. She was a very caring employer, allowing time off and providing housing for them.

It was another lady Miss Pamela Ward (her collection of antiques displayed in the house) whose legacy enabled the National Trust to take over the house and so save the house from decay and demolition.

The Garden tour was equally fascinating, indicating how self sufficient the house was and the use of glass and heat to spread the seasons. All excess is sold at the gate. We were told and shown the large range of fruit especially apples - there were 50+ varieties of apples and not forgetting the oddity of the apple trees with 2 trunks. Our day finished with us communing with a litter of piglets in the farmyard.

Many of us had been to Llanerchaeron before and saw and heard a different aspect of the house and its history. My sadness of the house was how few children had lived there.

Our thanks to Julia for organising the day for us.

*Jim*

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My attitude will always be based on how you treat me

- o - o - o - o -

Life is not a fairy tale. If you lose your shoe at midnight, you're drunk

- o - o - o - o -

We are all mature until somebody brings out some bubble wrap

- o - o - o - o -

I shook my family tree and a bunch of nuts fell out

- o - o - o - o -

The biggest lie I tell myself is 'I don't need to write that down, I'll remember it'

- o - o - o - o -

You and I are sisters

Always remember that if you fall I will pick you up as soon as I finish laughing

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