



#### Chair's Wanderings

October already and trying to put off thoughts of Christmas preparations. I did read a scientific paper that showed that time does go quicker as we mature than for our teenagers! Rereading the paper the conclusion was that we appreciate time differently as we age so time appears to be quicker.

That made me think that we have only one scientifically based Group and that is Astronomy, shared with Cardigan. We are so used to using all that science and technology gives to us - for better or worse. Perhaps it may be because different scientists give varying results and that not all advances are beneficial. I know there are some members who have a scientific or technological background. I wonder how many would be interested in a Science and Technology group? It will need members with a Science or Technology background to be willing to help run a meeting, using their knowledge. I will put a form out at the next meeting so all those interested can register an interest in a Science & Technology group. The more members who would like to participate will enable the group to be as diverse as possible.

We like to feel we are a friendly inclusive U3A group, but realise it is not always easy for new members to come into an established group. The committee tend to be occupied at the monthly meeting so are not always available to talk. We would like to invite our new members to a coffee morning to meet the committee and each other. I will be sending an invite out to members who have joined us in the last year. If there are any other members who still feel new and would like to have a social coffee morning please get in touch with me.

The new members meeting is on Friday 19th October, 10.30am at The Market Hall, Newcastle Emlyn (under the clock on Market Square).

Jim

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The best thing about me - I'm a limited edition, there are no other copies  
Bet you're thinking thank the good lord

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#### Lampeter University Humanities Workshops - 2018 Programme

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/>

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

### October

Tuesday	2	<b>Welsh Group</b> - at Vicky's in Capel Iwan	10.30am
Wednesday	3	<b>Monthly Meeting</b> - at Community Hall, N. Emlyn Speaker - Richard Wilson - Bee Keeping, the Life of Bees	10.30am
Wednesday	3	<b>Lampeter University - Humanities Workshop</b> Anthropology & Archaeology <a href="http://www.uwtsd.ac.uk/humanities-workshops/">http://www.uwtsd.ac.uk/humanities-workshops/</a>	
Thursday	4	<b>Art Group</b> - at Penboyr Village Hall	10.00am
Thursday	4	<b>Gardens Group</b> - at Tony's in Gelli Gatt	2.30pm
Monday	8	<b>Philosophy (pm)</b> - at Susan's in Pontgarreg	2.00pm
Tuesday	9	<b>Book Club</b> - at Betty's in Adpar	10.30am
Tuesday	9	<b>Digital Photography</b> - at Coracle Hall, Llechryd	10.30am
Tuesday	9	<b>Table Tennis</b> - at Rhydlewis Village Hall, Llandysul	2.00pm
Wednesday	10	<b>Crafty Crafters</b> - at Barbara's in Cenarth	11.00am
Thursday	11	<b>Creative Writing</b> - at Carol's in Penrhiwllan	10.45am
Friday	12	<b>Scrabble</b> - at Margery's in Waungilwen	2.00pm
Tuesday	16	<b>Games Group</b> - at Hazel's in Waungilwen	10.30am
Tuesday	16	<b>ICT Support Session</b> - at Hazel's in Waungilwen	2.00pm
Wednesday	17	<b>Astronomy</b> - at Coracle Hall, Llechryd	2.00pm
Thursday	18	<b>Art Group</b> - at Penboyr Village Hall	10.00am
Thursday	18	<b>Philosophy (am)</b> - at Penrhiwllan Village Hall	10.30am
Thursday	18	<b>Wine Appreciation</b> - at Hazel's in Waungilwen	7.00pm
Tuesday	23	<b>Book Club</b> - at Betty's in Adpar	10.30am
Thursday	25	<b>Table Tennis</b> - at Rhydlewis Village Hall, Llandysul	10.30am
Friday	26	<b>Strollers</b> - TBA	10.30am
Wednesday	31	<b>Lunch Group</b> - TBA	12.30pm
		<b>Family History</b> - <i>email support group, see 'Our Subject Groups'</i>	
	<b>TBA</b>	<b>French Group</b> - at Peggy's in Croeslan	

### November

Wednesday	7	<b>Monthly Meeting</b> - at Community Hall, N. Emlyn Speaker - Sara Wentworth - Arts for Wellbeing	10.30am
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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](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 Rhydlewys 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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Of course women don't work as hard as men. They get it right the first time

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The only time a woman is helpless is when her nail polish is drying

Other than that, watch out

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Before you marry a person you should first make them  
use a computer with slow internet speed to see who they really are

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I love asking kids what they want to be when they grow up  
because I am still looking for ideas

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## Group Reports

### Crafty Crafters

At September's meeting, Ruth and Carol shared ideas and samples of the type of techniques that could be used to create pictures for Christmas cards. There were items made from cross stitch, needlepoint, quilling, beads, tea bag folding and iris folding. Carol and Ruth agreed to prepare any items members were interested in for the next meeting. There were plenty of blank cards that the members could use when they are ready.

The next meeting is Wednesday 10th October, 11.00am at Barbara's in Cenarth. Bring along anything you would like to make/use for Christmas cards.

*Ruth*

### Games Group

Wow! We had four new members attend the games group this month and 3 of them joined our U3A at the meeting! We had eleven people at the meeting and some of our regulars were not there so if these numbers continue we will be looking for a new venue to meet.

For now we will continue at Hazel and John's to see if numbers stay up. Some members played Rummikub this month and taught the game to others. Looking forward to seeing you all at the next meeting on Tuesday 16th October, 10.30am.

*Hazel*

### Gardens Group

At the beginning of September we visited Cae Hir Gardens near Lampeter and, despite a somewhat damp morning, we managed to get round the fairly steeply graded gardens and were impressed with the amount of work that had been carried out over the past twenty odd years. The site has been transformed from basic open fields to a very well landscaped garden with many well established trees and large borders. It will be well worth a further trip in the spring.

Our next meeting will be on Thursday 4th October, 2.30pm at Tony's in Gelli Gatt. Emails will be sent out in good time and the monthly meeting on the Wednesday will be a last chance to obtain details.

*Tony*



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### ICT Support

This group is designed to try and help people with any problems they have on laptops, tablets, phones etc. It is helpful to know what the problems are before the meeting so that we can have some idea of what we might be dealing with. Spaces are limited so that we can give as close to one-to-one support as possible. Please phone or email me before the meeting to let me know if you wish to attend.

*Hazel*

### Philosophy am

At the September meeting we looked at the Philosophy of Veganism. We did not have any vegans at the meeting, but a couple of the group had vegetarian meals 3-4 days a week. We looked at Animal welfare issues, sustainable food production, farming and climate change. Though we could understand some of their views, we felt that many of the issues could be reduced - not all land is suitable for crops and animals do have benefits on soil . . . and that we do need to adjust farming techniques. But a vegan diet could aggravate climate change with transport. We also had doubts about the health benefits bearing in mind that humans have developed using a mixed diet.

In spite of reading about Veganism we felt it was not natural to Humans.

Next meeting is on Thursday 18th October when we will be looking at 'The Nanny State'.

*Jim*

### Philosophy pm

We looked at 'Is the truth worth the execution' or 'Is any belief worth dying for'. After a long discussion about what is 'Truth' we felt that no belief is worth dying for, we realized that our thoughts were made whilst we were in a warm comfortable room, we do not know what we would feel in different circumstances and we could not define 'Truth'.

Next meeting is on Monday 8th October when we will be looking at the works of Mary Warnock.

*Jim*

### Strollers

In August we had a very enjoyable walk around Dinas Head. It was a lovely hot clear day with a gentle breeze to cool us. Though we still needed 3-4 stops to 'admire the view' along the coast - south to the ferry coming into Goodwick and north to Caemas Head by Poppit Sands.

Although we looked hard, we didn't see any whales or even seals. The walk down



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was more relaxing, especially as we consumed an ice cream on the beach at Cwm-yr- Eglwys before the flat walk back to the car and lunch in The Red Lion at Newport. Honest, we did use a lot of energy.



Our next walk will be on Friday 28th September, 10.30am for a walk around Drefach Felindre, meeting at the Woollen Museum Car Park. This will be followed by refreshments at the Museum and a planning meeting for the next year's calendar.

*Jim*



### Welsh Group

Eight of us had an enjoyable first meeting on Tuesday 4th September and spent time practising and improving our Welsh pronunciation and translating some place and house names.

For our next meeting (Tuesday 2nd October, 10.30am at Vicky's) we will look at basic greetings and how to order tea and coffee etc., when several new members will also be attending. We are also going to attempt the first two lessons from [saysomethinginwelsh.com](http://saysomethinginwelsh.com) before this meeting.

November's meeting will be on Tuesday 6th November, 10.30am at Vicky's.

*Vicky*



*A 'Stroller's' welcome ice cream on the sunny beach at Cwm-yr- Eglwys for that 'extra energy'!*

### Wine Appreciation

Ten members met at the Llaethliw Vineyard on Wednesday 26th September to find out about this family run vineyard near Aberaeron. We enjoyed a tasting of their white, rose and red wines, all of which were well liked, and heard about their development and expansion since 2009. It was a glorious day with a clear blue sky and we could be forgiven for imagining ourselves at a French Chateau.



October's meeting will be on Thursday 18th October when we will meet at Hazel's in Waungilwen. The wine for the evening will be from the Rhône Valley.

*Hazel*