



Newcastle Emlyn u3a Newsletter January 2022

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



Chair's Ramble

A Happy New Year to all of our members. It was an amazing meeting in December when 65 of us gathered at the Rugby Club for our Christmas meeting. The committee entertained everyone with their version of 'Twas the week before Christmas' and 'Now I've Joined the u3a!' From comments received afterwards I think everyone enjoyed it. We also shared again the video we made in 2020 which was only shared on zoom. We then had our Christmas hamper raffle with the first prize being won by Carol. This was followed by a Christmas Food quiz and a fantastic buffet provided by the Rugby Club. A You Tube link to the entertainment has been shared with all of our members so they can enjoy it in their own time!

At the meeting we also accepted donations for the u3a 40th Anniversary Woodland to be created in the Brecon Beacons. We raised a fantastic £120 which bought 22 native trees in the name of Newcastle Emlyn u3a. Many thanks to everyone who contributed. There is more about the woodland and Leaving a Lasting Legacy in the Third Age Matters winter magazine.

With great regret the committee has decided that the **January main meeting on Wednesday 5th January** will be a Zoom meeting again. We hate taking a backward step but feel with the current restrictions of 30 people for indoor events and the need for further social distancing etc. this would be the best move. Hopefully it will not be for long this time.

Julia and Jenny hopefully start their Strictly Basic Ballroom dancing group this month with a great response from the members. This sounds great fun and Julia says if people are not happy dancing with a partner at this time then that is not a problem!

The digital Photography Group is also getting going again this month which is great news. See details in the magazine - Tuesday 11th January, 10.30am at Coracle Hall.

The committee will be monitoring developments regarding covid and any changes in the rules and what they mean for our u3a and we will be emailing members. Lets hope it will not mean too many changes to meetings! Group leaders will inform individual group members with any specific changes if there are any.

Hazel

Our Subject Groups

Activity

Date, Activity and Location will vary - see 'What's On In Newcastle Emlyn u3a'
For details contact Hazel

Art

Every Thursday from 10.00am at Penboyr Village Hall
For details contact Amanda

Astronomy

3rd Wednesday from 2.00pm at Coracle Hall, Llechryd - Joint with Cardigan u3a
For details contact Malcolm

Book Club

4th Tuesday from 10.30am at venue to be advised (currently Zoom meetings)
For details contact Vicky

Bowls

1st Tuesday and 3rd Monday both from 1.00pm at Newcastle Emlyn Bowling Club
For details contact Julia (closed for winter recess)

Bucket List

Date, Activity and Location will vary - see 'What's On In Newcastle Emlyn u3a'
For details contact Helen

Crafty Crafters

2nd Wednesday from 10.30am at Penboyr Village Hall
For details contact Ruth

Creative Writing

2nd Thursday from 11.00am at Ali's in Penrhiwllan
For details contact Ali

Croquet

In winter recess, restart in March 2022, weather permitting. Follow the newsletter.
For details contact Sue

Digital Photography

2nd Tuesday from 10.30am at Coracle Hall, Llechryd - Joint with Cardigan U3A
For details contact Dave or Adrian

Family History

4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn
For details contact Margaret

French

4th Monday - from 11.00am at various private locations
For details contact Ali

Games

3rd Tuesday from 10.30am at Penboyr Village Hall
For details contact Hazel

Gardens

Date, venue and time varies amongst the group, or other gardens
More details contact Tony or Mike

Our Subject Groups

ICT Support Sessions

3rd Tuesday from 2.00pm at Hazel's in Waungilwen

More details contact Hazel

Lunch

Last Wednesday - venue varies

More details contact Tracy

Patchwork and Quilting

2nd Friday from 11.00am at Penboyr Village Hall

More details contact Ruth

Petanque

In winter recess, restart in March 2022, weather permitting. Follow the newsletter.

More details contact John

Philosophy am

3rd Thursday from 11.00am at Penrhiwllan Village Hall

More details contact Ali

Philosophy pm

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

More details contact Susan

Science and Technology

4th Monday from 2.00pm at Penrhiwllan Village Hall

More details contact Jim

Strictly Basic Ballroom group

2nd Wednesday from 10.30am to 12.00noon (starts 2022)

More details contact Julia

Strollers

Last Friday of the month from 10.30am, at venue to be advised

More details contact Cyndy

Table Tennis

2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewis Village Hall

More details contact Ali

Welsh

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.

Groups Reports

Book Club

Our book for December was “Notwithstanding” by Louis de Bernières. This is a collection of twenty short stories inspired by the village in Surrey where the author grew up. The stories describe the individuals and eccentrics that inhabited this almost vanished England.

We all enjoyed the book and many of us remembered similar characters from our own early village life. It is a light-hearted, but, at times, a moving book.

Next month, we will meet, via Zoom, on 25th January and we will be discussing “The Silent Patient” by Alex Michaelides.

Vicky

Crafty Crafters

In December, we had decided we would make Christmas decorations from polystyrene eggs. They are classed as a no sew patchwork creation which, although patchwork, made them ideal for our crafty group. We had done some preparation work beforehand by cutting squares of fabric, folding them into triangles and pressing them. These were pinned to the eggs during the group meeting using short sequin pins to create pinecones.

January’s meeting is due to take place on Wednesday
12th January, 2022.

Ruth



Creative Writing

We had an interesting Christmas theme to our December meeting... “Christmas Eve from the perspective of the Christmas tree”... with a good variety of scenarios.

Ali

40th Anniversary of the u3a

This year is the 40th Anniversary of the u3a and as part of the celebrations a quilt is being created with the theme of Positive Ageing!

Newcastle Emlyn submitted 3 squares, one from the Crafty Crafters group and two personal ones from Hazel and Ali. Ruth is also involved with the centre piece for the quilt. Hazel's and the Crafty Crafters squares were chosen as part of the quilt but unfortunately Ali's poem, which was printed on a fabric square, was not.

However, we felt that it was worth sharing with you. All of the winning entries can be seen at <https://sites.google.com/view/u3a40thquilt/home>

Hazel

Positive Ageing

“Look on The Bright Side . . .”

Always a good philosophy,
Life is always going to bring
Joy, Pain, Success, Failure, Hope,
We dream, we despair, we aspire.

What's next a life well lived or regret,
Where did the time go?

What has been achieved?
. . . . at the year end that's what I would ask,
“What has been achieved?”

But now I'm just so pleased, to have got there!
Such a change in philosophy.

Time to reflect
A life loved, A life full of love, A lucky person.

The bones creak, the muscles are weak . . .
But remember the achievements . . .
Children happily raised.

Experience released to inform,
Respect earned,
To feel valued to feel special.
We should feel proud we have flowered.

Ali

Digital Photography

The Cardigan and Newcastle Emlyn joint Digital Photography group is planning to restart its meetings in the morning of the 2nd Tuesday of the month in the Coracle Hall, Llechryd - as it did pre-Covid. The first meeting will be on Tuesday 11th January at 10.30am.

Denis True who has led the group for many years has decided to retire. He will be really missed, but we have decided that the group will restart anyway and build on the experience that we have gained from Denis over the years.

All Cardigan and Newcastle Emlyn u3a members are welcome to attend our meetings. If you need more information contact me on 01239 891549 or via adrian.r.milner@gmail.com or email Dave Thomas (Newcastle Emlyn) on thomasdavej@hotmail.com.

Adrian

Family History

There were 9 of us in the Church of Latter Day Saints for our November meeting including three new u3a members. We were discussing the use of the various free genealogy websites. FamilySearch.org is the most useful site people use, which has a huge number of records available online, but I am also a great fan of the General Record Office website - www.gro.gov.uk, especially to confirm you have the correct birth or death records in England and Wales. Hazel was able to shed some more light on the National Archives site and I have forwarded to all group members a copy of the notes she had produced on looking up records.

Our next meeting will be on Tuesday 4th January. We will be discussing census records - just in time for the 1921 census to be available to view online from 6th January on FindMyPast - unfortunately not yet free, even if you have a current subscription. Our January meeting will be held at the normal time 3 weeks later when we will see what we have found on the 1921 census.

There will be a meeting as usual on 25th January.

Margaret

Games Group

Eleven games group members met at Penboyr in December for our Christmas meeting. Lots of Christmas jumpers etc. were evident and we enjoyed a few 'Christmassy' nibbles as well as the games.

All being well and covid rules permitting we will meet in Penboyr Hall on Tuesday 18th January at 10.30am.

Hazel

Garden Group

For the first time in living memory the group held a gardening quiz. It was the idea of Sue initially, it was Pauline's idea to hold it in the back room of a pub, it was Tony's idea to use a snakes and ladder board to make it more fun, and I had no idea at all.

So 16 members turned up for some brain teasing frivolity at the purple Bunch of Grapes in NCE High Street, quite appropriately next to the nursery (that's the plant nursery not the old age one!). 13 participants formed into 4 teams, with 2 admin and 1 observer present.

We had a break at half time not for oranges but for a cup of tea/coffee and some delicious home made mince pies. Some alcohol was imbibed as well.

The depth of plant and gardening knowledge displayed was very impressive with over 80% of the questions answered correctly. The red team stormed to a deserved victory under the expert leadership of Vicki, the blue team were unfortunate to encounter a particularly long and venomous snake, the green team (or was it the dream team?) did very well whilst the yellow team did a lot of thinking,

The occasion proved to be very enjoyable and it has been suggested that we should run a similar event some time in the future. For the immediate future, however, we are going to have a January winter break and if Omicron allows we are planning to get together in February - Stay safe,

Mike



Lunch Group

Unfortunately it does not look likely that the January lunch group meeting will be going ahead in light of current restrictions. I will review it on the 14th January if there any changes to the rules by then.

Fingers crossed for February! Many members enjoyed the Christmas lunch at the Cardigan Golf Club.

Tracy



Petanque

During the past few months the attendance at Petanque has been surprisingly poor. The carrying heavy Petanque equipment to find nobody arriving has been quite fraught when all we can do is turn round and return the equipment to the car, after spending half an hour waiting. The decision has been made to cancel Petanque until March, when we can get a better chance of reasonable weather and more reliable attendance. Hopefully, will see you again in March.

John

Philosophy am

Unfortunately December's meeting was cancelled, but January's will be fun it's on 'Laughter' probably the best medicine!

Ali

Patchwork and Quilting

'Twas the night before Christmas, a poem for quilters

'Twas the night before Christmas,
And the quilts were not made.
The threads were all tangled, the cookies delayed.
The stockings weren't hung, the pantry was bare.
The poor weary Quilter, was tearing her hair.
Stacks of fat quarters, tipped over in streams.
Visions of Log Cabins, had turned into dreams.
When what to her wondering eyes should appear,
But a bus full of quilters with all of their gear.
They went straight to work with just a few mutters,
Sorting and stitching and brandishing cutters.
The patterns emerged from all of the clutter,
Like magic the fabrics arranged in a flutter
Log Cabins, Lone Stars, Flying Geese & Bear Tracks
Each quilt was a beauty-even the backs.
Her house how it twinkled, her quilts how they glowed.
The cookies were baking, the stockings were sewed.
Their work was all done, so they folded their frames,
And packed up their needles, without giving their names.
They boarded the bus, and checked the next address.
More quilts to be made, another quilter in distress.
She heard one voice echo, as they drove out of sight,
Happy quilting to all and to all a good night!

~Author Unknown

Table Tennis

We finished the year with a fun session in Christmas hats and jumpers,
followed by mince pies, and a very energetic game of "around the
table"!

Merry Christmas to all,

Ali



Welsh Group

At our December meeting we were concentrating on what we were all planning for the Christmas period. We answered a series of questions to describe where we would be at Christmas and who we would be seeing. We also discussed what we would eat, who had made Christmas pudding and cake and the buying and sending of presents and cards.

In January, we are going right back to basics and will practise making sentences using the guidance of the online learning site 'SaySomethinginWelsh' to describe our Christmas and New Year celebrations (or otherwise). New members are very welcome to join us.

Our next meeting will be on Tuesday 4th January 2022, with the option of face to face and Zoom participation.

Vicky

Wine Appreciation

December saw fourteen members gathering at Hazel and John's house for our Christmas social gathering. Covid rules were respected with doors open and plenty of hand sanitiser but we still had a great time with some quizzes, lots of chat, mulled wine and Christmas nibbles. January's meeting will be at Angela and Trevor's in Capel Iwan on Thursday 20th January at 7.00pm. We will be looking more closely at Merlot wine and tasting a range of Merlot priced at approximately £5, £10 and £15 a bottle. Our task will be to try and decide which is which! The group would like to wish everyone a very Happy New Year for 2022.

Hazel

What's On In Newcastle Emlyn u3a - January 2022

January

Monday	- Petanque - In winter recess until March (hopefully)	----
Tuesday	4 Welsh - Hybrid meeting at Vicky's in Capel Iwan	10.30am
Tuesday	4 Family History - on Zoom	10.30am
Wednesday	5 Monthly Meeting - Coffee, Chat and Quizes - on Zoom	10.30am
Thursday	6 Art - meet weekly at Penboyr Village Hall	10.00am
Thursday	- Gardens - No Garden Group in January	----
Monday	10 Philosophy pm - at Sue's in Pontgarreg	2.00pm
Tuesday	11 Digital Photography - at Coracle Hall, Llechryd	10.30am
Tuesday	11 Table Tennis - meet Rhydlewis Village Hall	2.00pm
Thursday	12 Strictly Basic Ballroom - weekly at Penboyr Village Hall	10.00am
Wednesday	12 Crafty Crafters - meet Penboyr Village Hall	10.30am
Thursday	13 Creative Writing - at Rhydlewis Village Hall	11.00am
Thursday	13 Art - meet weekly at Penboyr Village Hall	10.00am
Friday	14 Patchwork and Quilting - meet Penboyr Village Hall	11.00am
Tuesday	18 Games - meet ay Penboyr Village Hall	10.30am
Tuesday	18 ICT Support Session - as required, contact Hazel	2.00pm
Tuesday	- Petanque - In winter recess until March (hopefully)	----
Wednesday	19 Astronomy - meet Coracle Hall, Llechryd	2.00pm
Thursday	20 Philosophy am - at Penrhiwllan Village Hall	11.00am
Thursday	20 Wine Appreciation - at venue to be confirmed	7.00pm
Monday	24 Science and Technology at Penrhiwllan Village Hall	2.00pm
Tuesday	25 Book Club - Zoom meeting	10.30am
Tuesday	25 Family History - Zoom meeting	2.30pm
Wednesday	- Lunch Club - No lunch club in January	----
Thursday	27 Art - meet weekly at Penboyr Village Hall	10.00am
Thursday	27 Table Tennis - meet Rhydlewis Hall	10.30am
Friday	28 Strollers - To be confirmed	10.30am
Monday	31 French - at Paul's in Rhos	11.00am

Groups currently not active: Bowls, Croquet, Petanque

February

Wednesday **2 Monthly Meeting** - Zoom meeting speaker to be confirmed 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, at the latest.

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).