



# Newcastle Emlyn u3a Newsletter February 2022

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



## Chair's Ramble

Thank you for your support at the January Zoom meeting. We enjoyed a chat and then a couple of quizzes. Unfortunately, the February meeting will also be on Zoom but we have an excellent speaker, Roger James, who many of you will remember came last October, as a special favour, all the way from Newport, Gwent. He gave us a very interesting talk about Mr. Rolls and Mr. Royce. On Wednesday 2nd February he will be speaking, via Zoom, about India's Golden Triangle. Please support this meeting if you are able and the good news is that as restrictions have now been lifted again we will be able to meet physically again at the Rugby Club in March. The link is in the newsletter but will also be sent out to members before the meeting.

Newcastle Emlyn u3a has started the year really well with many of our interest groups keeping going and with several new members joining us. Our membership is now around the 130 mark. The Strictly Basic Ballroom Group started really well and are already trying to find a bigger venue! Well done Julia and Jenny. The Wine Appreciation Group is also looking to start a second group as we have names on a waiting list. This group could start from the basics as the first one did but the two groups can join together for visits and social occasions when seating isn't at a premium!

I have also had some interest expressed in getting some sort of music group going, so watch this space or if you are particularly interested please get in touch. We have a committee meeting in February so if anyone has anything they wish to be discussed please speak to one of the committee. Links can always be found on the website if you are not sure who they are. We actually have a co-opted space on the committee if anyone feels they would like to find out a bit more about how we run or get a bit more involved. Volunteers are always welcome!

*Hazel*

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## Zoom link for Roger James' talk on "India's Golden Triangle" Wednesday 2nd February at 10.30am

*Newcastle Emlyn U3A is inviting you to a scheduled Zoom meeting.*

**Topic:** Newcastle Emlyn U3A's Zoom Main Meeting    **Time:** Feb 2, 2022 10:30 am London

### Join Zoom Meeting

<https://us02web.zoom.us/j/7696055146?pwd=aXhXc0xmdnVoQmJXU1d1RVZxNmJOQT09>

**Meeting ID:** 769 605 5146    **Passcode:** NEu3a

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# Our Subject Groups

## 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 2.00pm 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 Rhydlewys Village Hall

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 on [thomasdavej@hotmail.com](mailto:thomasdavej@hotmail.com) or Adrian on [adrian.r.milner@gmail.com](mailto:adrian.r.milner@gmail.com)

## 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

### Crafty Crafters

We welcomed a new member to our group in January (but we still have room for more). We worked on our own projects with knitting, embroidery, cross stitch and sewing all taking place.

While we worked, we discussed what we would like to do over the next few months and came up with some ideas – block printing, fabric painting, card making, flower arranging, stumpwork, kantha embroidery.

For February's meeting we will each be choosing a card and recreating it as a small fabric panel in patchwork, appliqué or embroidery, which could then be framed if we wanted to. Christmas cards were an obvious choice but any card can be chosen. We can continue with this in March if we need more time.

The next meeting will be Wednesday 9th February.

*Ruth*

### Creative Writing

This month we welcomed a new member to our group, who I hope enjoyed the experience!

We ran a hybrid meeting which worked very well, the task set for us was to write a short story entitled, "Back In My Day".

Of course there were variations, but the best and most hilarious was Vicky's. Quite brilliant!

*Ali*

### Digital Photography

Homework for February is a landscape and a portrait photograph of three different subjects (Total of 6 photos). Please take the photos from the same spot, so we can judge whether a portrait or landscape photo is better for each of the subjects, what the benefits are, etc. (Note: I would be grateful these could be email to me by Friday 4th

February ready for group on Tuesday 8th February please).

We agreed to bring our camera equipment to group in February so that we can have a chat about what we all have, pass on tips, etc. and to watch tutorial videos as a group so we can discuss them afterwards.

*Dave*

## Family History

Our February meeting will be at the usual time - 2.30pm on Tuesday 22nd February and hopefully at the Church of Latter Day Saints.

This month - January - we talked about what we have discovered in the 1921 census for England and Wales which is now available to view at FindMyPast, though, even if you have a subscription, you do have to pay to view and download scans or transcripts of the original documents – hand written by our ancestors. The Scotland census for 2021 will be released later in the year. This census gives more details about peoples' occupations including the name and address of their employer.

What makes this census so important for genealogists is that the 1931 census was lost in a fire as a result of bombing during World War 2 and there was no census taken in 1941, so the next one to be released will be for 1951, and that cannot by law be released until 2052. Also, because there was a World War and a major flu epidemic between the previous census and this one, families and life will have changed dramatically.

The January meeting took place via Zoom but I am hoping that in February we shall be able to meet in person again. New members are always very welcome, but please contact me first for confirmation that we shall be meeting at the Church of the Latter Day Saints.

*Margaret*



## Strollers

January's Strollers we met in Aberporth to walk to Tresaith and back. It was quite a big group this month and we had some new members joining us which was lovely to meet them.

As we set off along the cliff path, we were hoping to see a seal or dolphin but unfortunately there were none about, even the resident Kestrel was nowhere to be seen. We did see plenty of cormorants and a solitary Oyster Catcher, I wonder if there are oysters in the areas! An odd sight were the pigeons roosting on the cliff face.

We stopped for coffee at the Ship Inn in Tresaith before heading back up the path and back to Aberporth, we had a bit of sea mist as we set off but it quickly cleared and by the time we got back to Aberporth the sun was breaking through. A lovely walk and great to see everyone again.

*Cyndy*



## French

We had a very “temps joyeux” at French last month. We each read a short piece of something we had done during the month and had a game of “What am I?” Next meeting will be at Paul’s. A bientot!

*Ali*

## Games Group

Ten members met in Penboyr Village Hall in January and enjoyed a variety of games including Rummikub, Spider dominoes and Continuo. If you have never played some of them and fancy a go please join us next month on Tuesday 15th February at 10.30am. We welcomed one new member in January but will lose Vicki when she moves. We wish her all of the best in her new home.

*Hazel*

## Garden Group

We had a winter break this month so have nothing to report, however we will meet on Thursday 3rd of February. The venue will be the Penrallt Garden Centre at Moylegrove SA43 3BX. This has nearly 3 acres of goodies for your garden, mostly undercover and we will get a tour and a talk from the owner.

Some of us intend to arrive around mid day so we can have a relaxed meal in the cafe there, otherwise please be there by 2.00pm and meet in the entrance area.

The choice of plant of the month was rather limited this time however I chose this regally coloured example of the common and ubiquitous primrose.

*Mike*



## Patchwork and Quilting

At January's meeting, there were various projects being worked on, including hand quilting, free motion machine quilting, cutting and sewing log cabin blocks, choosing fabrics for a project to copy a card as a small fabric panel, appliqué and other patchwork projects.

During the meeting, it was suggested that we could take a trip to Wonder Wool at Builth Wells in April as well as Quilts UK at Malvern in May.

Our next meeting will be 11th February.

*Ruth*

## Strictly Basic Ballroom

Our taster session on 12th January went ahead as planned. We had 18 willing participants and didn't they do well.

It was great fun and everyone mastered the steps brilliantly. Our next session will be in February however there will be a change of venue.

We have arranged a move to **Newcastle Emlyn Rugby Club**.

. . . . Keep dancing.

*Jenny and Julia*

## Table Tennis

Our group continues to grow in number and standard. A lot of very good exercise and a great deal of laughs!

*Ali*

## Welsh Group

Happy New Year, Blwyddyn Newydd Dda

For our first meeting of 2022 we talked about what we had done over the festive season. We said where we had been, who we had visited or had visited us and when we might see them again. We also described some of the presents we had received and what we did, or didn't do, on New Years Eve.

Next time we will play a board game answering questions using our knowledge of numbers, colours and a few other things besides.

Our next meeting will be on Tuesday 1st February 2022, with the option of face to face and zoom participation.

*Vicky*



## Wine Appreciation

Eleven members met at Lesley and Leslie's in January. We tried something a bit different to try and remind ourselves about some of the more popular wines. Hazel bought 4 bottles of Merlot at approximately £5.00, £8.00, £10.00 and £12.00 which we tasted and assessed and then tried to work out which we thought was which! Our favourite wine was actually the £8.00 wine called Yalumba Y series from Australia and the most expensive was not rated very highly at all! It reiterated what we have learnt that you don't have to pay a fortune to get a decent wine! We also discovered some interesting facts about Merlot wine.

On Thursday 17th February we will be doing the same way of tasting but with Chardonnay wines. We will be meeting at 7.00pm at Tony & Liz's in Cenarth.

I do have quite a few more people interested in the wine group but the current group has 20 members so we will be starting a second group so that they can start from the basics again. I will support the start up but they will be able to run their own group and we can join together for visits and social events. If anyone else is interested please get in touch with Hazel.

*Hazel*



## Science News from research organizations

[www.sciencedaily.com/releases/2022/01/220112121559.htm](http://www.sciencedaily.com/releases/2022/01/220112121559.htm)

Face masks cut distance airborne pathogens could travel in half, new study finds

Date: January 12, 2022 Source: University of Central Florida

Summary:

The effectiveness of face masks has been a hotly debated topic since the emergence of COVID-19. However, a new study offers more evidence that they work. Researchers found that face masks reduce the distance airborne pathogens could travel, when speaking or coughing, by more than half compared to not wearing a mask.

The effectiveness of face masks has been a hotly debated topic since the emergence of COVID-19. However, a new study by researchers at the University of Central Florida offers more evidence that they work. In a study appearing today in the *Journal of Infectious Diseases*, the researchers found that face masks reduce the distance airborne pathogens could travel, when speaking or coughing, by more than half compared to not wearing a mask. The findings are important as airborne viral pathogens, such as SARS-CoV-2, can be encapsulated and transmitted through liquid droplets and aerosols formed during human respiratory functions such as speaking and coughing. Knowing ways to reduce this transmission distance can help keep people safe and aid in managing responses to pandemics, such as COVID-19, which has resulted in global-scale infection, health care system overloads, and economic damage.

These responses could include relaxing some social distancing guidelines when masks are worn.

“The research provides clear evidence and guidelines that 3 feet of distancing with face coverings is better than 6 feet of distancing without face coverings”, says study co-author Kareem Ahmed, an associate professor in UCF’s Department of Mechanical and Aerospace Engineering.

Using diagnostic tools commonly used for understanding how fluids move through air, the researchers measured the distance in all directions that droplets and aerosols travel from people speaking and coughing, when wearing different types of masks and when not.

Fourteen people participated in the study, 11 males and 3 females, ages 21 to 31. Each participant recited a phrase and simulated a cough for 5 minutes without a face-covering, with a cloth face covering, and with a three-layered disposable surgical mask.

Planar particle imaging was used to measure particle velocity; a phase doppler interferometer was used to measure droplet size, velocity and volume

flux at points within a spray plume; and an aerodynamic particle sizer was used to determine airborne particle behaviour. The instruments measured the characteristics, behaviours and direction of the airborne particles as they travelled outward from participants' mouths.

The researchers found that a cloth face covering reduced emissions in all directions to about two feet compared to the four feet of emissions produced when coughing or speaking with no mask on. The reduction was even greater when wearing a surgical mask, which reduced the distance coughing and speaking emissions travelled to only about half a foot.

The researchers got the idea for the study from the jet propulsion research they do. "The principles are the same", Ahmed says. "Our cough and speech are exhausted propulsion plumes".

The study is part of the researchers' larger overall effort to control airborne disease transmission, including through food ingredients, a better understanding of factors related to being a super-spreader; and the modelling of airborne disease transmission in classrooms. Next, researchers are going to expand the study with more participants. The work is funded in part by the National Science Foundation.

*Courtesy of Jim*

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## **The Little Book of SENIOR MOMENTS by Freddie Green**

When you find yourself wondering if there's anything  
that mobile phones can't do nowadays.

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When you call your partner by your pet's name, and vice versa.

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When you eventually manage to make it to the top of the ladder  
before it dawns on you that it's against the wrong wall.

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When your friend arrives at the allotment, and asks how long it has  
taken you to weed and hoe his patch.

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I used to think I'd like less grey hair. Now I'd like more of it.

# What's On In Newcastle Emlyn u3a - February 2022

## February

Tuesday	<b>1 Welsh</b> - Hybrid meeting at Vicky's in Capel Iwan	10.30am
Wednesday	<b>2 Monthly Meeting</b> - Roger James - on Zoom . . . . 'India's Golden Triangle'	10.30am
Thursday	<b>3 Art</b> - meet weekly at Penboyr Village Hall	10.00am
Thursday	<b>3 Gardens</b> - Penrallt Garden Centre at Moylegrove	2.00pm
Tuesday	<b>8 Digital Photography</b> - at Coracle Hall, Llechryd	10.30am
Tuesday	<b>8 Table Tennis</b> - meet Rhydlewys Village Hall	2.00pm
Wednesday	<b>9 Strictly Basic Ballroom</b> - at NE Rugby Club	10.30am
Wednesday	<b>9 Crafty Crafters</b> - meet Penboyr Village Hall	10.30am
Thursday	<b>10 Art</b> - meet weekly at Penboyr Village Hall	10.00am
Thursday	<b>10 Creative Writing</b> - at Rhydlewys Village Hall	11.00am
Friday	<b>11 Patchwork and Quilting</b> - meet Penboyr Village Hall	11.00am
Monday	<b>14 Philosophy pm</b> - at Sue's in Pontgarreg	2.00pm
Tuesday	<b>15 Games</b> - meet at Penboyr Village Hall	10.30am
Tuesday	<b>15 ICT Support Session</b> - as required, contact Hazel	2.00pm
Wednesday	<b>16 Astronomy</b> - meet Coracle Hall, Llechryd	2.00pm
Thursday	<b>17 Art</b> - meet weekly at Penboyr Village Hall	10.00am
Thursday	<b>17 Philosophy am</b> - at Penrhiwllan Village Hall	11.00am
Thursday	<b>17 Wine Appreciation</b> - in Cenarth	7.00pm
Tuesday	<b>22 Book Club</b> - via Zoom meeting	10.30am
Tuesday	<b>22 Family History</b> - at Church of Latter Day Saints	2.30pm
Wednesday	<b>23 Lunch Club</b> - venue to be advised	
Thursday	<b>24 Art</b> - meet weekly at Penboyr Village Hall	10.00am
Thursday	<b>24 Table Tennis</b> - meet Rhydlewys Hall	10.30am
Friday	<b>25 Strollers</b> - at Cilgerran Wildlife Park	10.30am
Monday	<b>28 French</b> - venue to be advised	11.00am
Monday	<b>28 Science and Technology</b> at Penrhiwllan Village Hall	2.00pm

Groups currently not active: **Bowls, Croquet, Petanque**

## March

Wednesday	<b>2 Monthly Meeting</b> - NE Rugby Club - to be confirmed	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, at the latest.

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)

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