



Newcastle Emlyn

u3a

Newsletter

May 2022

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



Chair's Ramble

I hope everyone had a good Easter and has been enjoying the slightly warmer weather. There are lots of signs of Spring everywhere and I know some members have been lambing, a very busy time for them.

Our April meeting was a trip to Panama with John Piggott which was very well received. Janet also had a stall selling items to raise money for Ukraine. Along with donations from the garden group visit to their garden, Janet has sent £157. Plus what she made at the Rhydlewisle sale. Well done Janet! Following the meeting we invited new members to meet the committee and find out more about the u3a. Thanks to everyone who came along, it was a very successful gathering.

Mays main meeting will take place on Wednesday 4th May at the Rugby Club at 10.30 and we will be welcoming Trevor Gunn, one of our own members, who will be talking about his hot air ballooning exploits.

We already have 60 names on our list for the meal at Rhosygilwen on Wednesday 8th June. Please get your name on the list by adding it at the next meeting or emailing me neu3achair@hotmail.com. The money for the meal has to be with Ruth by **May 18th at the latest**. It can be paid by cash, cheque or bank transfer, more details later. Don't forget our request for raffle prizes for the celebratory meal on Wednesday 8th June. If you have anything you think would be suitable for a raffle prize please can you let Ann Ecuere, or any member of the committee, have them as soon as possible. The raffle will be held at the meal at Rhosygilwen. Thanks to those who brought things last month.

June's main meeting on Wednesday 1st will be a picnic and games at the Rugby Club! More details to follow but it will be similar to our August gathering last year which seemed to be very popular. There will also be a plant sale.

July will be our AGM. We do have spaces on our committee which we will be looking to fill so please seriously consider helping us in keeping Newcastle Emlyn u3a the successful and friendly group that it is.

August's meeting on Wednesday 3rd August will be our annual outing (rather on hold over the last few years!) This time we have booked a coach to go to Powis Castle near Welshpool. Put the date in your diary if you want to join us!

Hazel

Our Subject Groups

Art

Every Thursday from 10.00am at Penboyr Village Hall

Astronomy

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

Book Club

4th Tuesday from 10.30am at venue to be advised (currently Zoom meetings).

Bowls

1st Tuesday and 3rd Monday both from 2.00pm at Newcastle Emlyn Bowling Club.

Bucket List

Date, Activity and Location will vary - see 'What's On In Newcastle Emlyn u3a'.

Crafty Crafters

2nd Wednesday from 10.30am at Penboyr Village Hall

Creative Writing

2nd Thursday from 11.00am at Ali's - venue varies.

Croquet

1st and 3rd Friday from 2-30pm. Venue in Penrhiwllan at Sue's house

Digital Photography

2nd Tuesday from 10.30am at Coracle Hall, Llechryd - Joint with Cardigan U3A.

FamilyHistory

4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn.

French

4th Monday - at 11.00am at various private locations.

Games

3rd Tuesday from 10.30am at Penboyr Village Hall.

Garden 1st Thursday at 2pm venue varies.

Grape Expectations

2nd Thursday from 2pm - venue varies.

ICT Support Sessions 3rd Tuesday from 2.00pm at Hazel's in Waungilwen.

Kayak Paddler

For details contact Nigel email camb5@sky.com

Lunch

Last Wednesday - venue varies.

Patchwork and Quilting

2nd Friday from 11.00am at Penboyr Village Hall.

Petanque

1st Monday, 2nd Thursday, 3rd Tuesday King George V playing fields Newcastle Emlyn.

Philosophy am

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

Philosophy pm

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

Science and Technology

Strictly Basic Ballroom group

2nd Wednesday from 10.30am to 12.00noon.

Strollers

Last Friday of the month from 10.30am, venues vary - to be decided monthly.

Table Tennis

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

Walkers

2nd Monday from 10.30am venues varies.

For details contact Nigel cambs5@sky.com

Welsh

1st Tuesday from 10.30am at Vicky's in Capel Iwan or Liz's in Cenarth.

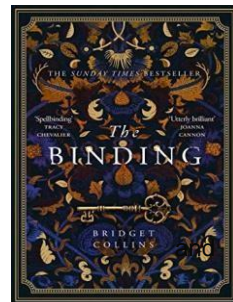
Wine Appreciation

3rd Thursday from 7.00pm - venue varies, amongst the group.

GroupsReports

Book Club

Our book for April was *The Binding*, by Bridget Collins. This was her first book for adult readers having published a number of novels for young adults. It describes a world where distressing and painful memories can be erased from memory by being bound into a book. The binding leaves the person drained and like an empty shell. The story tells of a young farmer who becomes apprenticed to a binder, only to learn that he himself has been bound. But the discovery of what he had forgotten leads to crises for him and others. We thought it was dark and difficult to read. The first part of the book did not seem to be leading anywhere and later parts became a romantic novel. None of us really enjoyed the book, some did not finish it and we agreed that we could not recommend it to others. But the cover was beautiful.



Next month, we will meet, via zoom, on 24th May and we will be discussing *A Private Affair* by Lesley Lokko. **Vicky**

Bowls

We had the taster session on Monday 25 April for the Bowls group which was well attended. A great start to the season. If you would like to come along and have a go, the next session is on Tuesday 3rd May 2022. Please may I draw your attention to the modified start time for the sessions.



Now from 2pm rather than 1.30pm. Also the cost of the session is £3 per person

Julia

Bucket List

In April six members of the bucket list group met at Aspirations Outdoor Adventures for a morning of archery. We had a great time learning how to use time learning how to use a bow and arrow. Some even managed to hit the bullseye! To hit to hit the bullseye! Thanks to Elaine for organising the event and Richard and Sandra for Richard and Sandra the tuition. I look forward to the next bucket list event.



Hazel

Crafty Crafters

At our April meeting we all had fun learning how to do block printing on fabric. In order for the paint to adhere to the fabric, the fabric has to be washed to remove any “dressing” or you buy PFD fabric – fabric that has been prepared for dyeing. Some of us had our own fabric to print on, while for others we bought bags or tea towels produced specifically for printing or painting. You don’t have to have specific fabric paint but can use ordinary acrylic paint and add acrylic paint an add fabric, or textile, medium to it. Several of us had acrylic paint, so there acrylic paint so there was plenty of colours to choose from, there were several printing were several printing blocks to choose from and we also had some fabric pens which we fabric pens which we could use to add another dimension to our designs. Everyone said they enjoyed doing something different and we decided to continue with it in May. The next meeting will be 11th May.



Ruth

Croquet

Due to adverse weather conditions in early April the Croquet season was unable to re-start. The weather is improving (fingers crossed) and the lawn will be mowed on 21st April and hopefully at least weekly thereafter. I look forward to seeing everyone again and to having fun playing this challenging but amusing game. It combines good exercise for the grey matter and gentle physical activity. New members are most welcome to come along and give it a try. All equipment is provided; we have a charity collection box to which players can contribute at their discretion. For our first session I look forward to seeing you at 2:30 on Friday 29th April, thereafter on 6th and 20th May weather permitting.

Sue

Digital Photography

The joint Cardigan and Newcastle Emlyn U3A Digital Photography Group are pleased to be meeting once again on the second Tuesday of each month at Coracle Hall, Llechryd from 10.30am to 12.30pm. There is a £1.50 charge that covers the hall, tea, coffee and a biscuit or two.

We are now following a new agenda, which includes tutorial videos, discussion of member photography homework, plus other relevant topics. Each month photography homework is set and members submit up to 4 photos each for discussion the following month. Photos submitted must be new (taken to correspond with the relevant months homework) and we discourage the use of photoshop/editing software.

Our first meeting back after the pandemic was in January with homework set for February of 'landscape vs portrait' photography (orientation of the camera). The purpose was to demonstrate, with members own photos, that taking an image in landscape orientation was not always the best choice. Homework set for March was 'Macro Photography', with some members struggling because they didn't have a macro lens. However, some very good close ups were taken. Homework set for April was 'Movement and Motion Photography' and examples of this month's homework are courtesy of Colin Luker and Howard Jenkins.

Homework set for May is 'Black & White/Monochrome Photography' with a conscious effort to focus on the composition of each subject, specifically; i) by filling the frame, ii) the viewpoint, and iii) the rule of thirds. Monochrome is not exclusively 'black and white' and can be achieved using varying shades of other colours like sepia or cyan, so we are all looking forward to seeing each other's pictures. Members have been advised to change their camera settings to shoot in Monochrome, but also to set their camera to shoot in jpeg and raw file mode.

New members are always welcome, so if you would like to join the group, find out more about jpeg and raw file modes, etc. please contact Dave Thomas by email at <https://u3asites.org.uk/newcastle-emlyn/mailling/c:42076>

Dave

Family History

There were only a few of us at this month's meeting, but some interesting documents were brought along for us to look at. We were discussing wills and certificates that have come into our possession. Birth, marriage and death certificates are the obvious places to look for leads to previous generations, but wills can be extremely helpful in piecing together your family tree as details of names, addresses and relationships are often given. For £1.50 you can download a PDF copy of an original will from the Government's Find A Will website at <https://probatesearch.service.gov.uk/#wills>

As many of the regular group members were unable to attend this time, we shall be continuing with the same topic next month. New members are always welcome – you don't need to have started your research yet.

Margaret

Garden Group

This month, in my absence, the group visited the garden of John and Janet Piggott at Horeb. This report is co-written by Tony and John:

On a very windy but dry day we all enjoyed their colourful spring garden, daffodils, primroses, tulips, flowering shrubs and the best flowers of all, cauliflowers! An interesting garden with a very small lawn, which saves a lot of work. Janet provides the labour in the garden while John uses his growing and planting skills. The 3 greenhouses were full of tender plants including cacti,

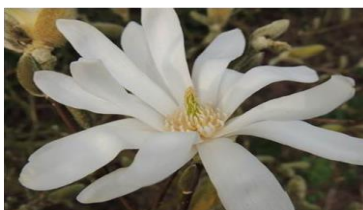
succulents, epiphyllums, geraniums, calla lilies (still dahlias waiting to shoot and seedlings getting ready out. One greenhouse has bubble wrap insulation, none. John also showed us his auricula theatre to display some of his large collection of auriculas as



asleep), to be planted the others which he uses they flower.

John says he is not an expert in plants but enjoys growing all sorts of different plants and seems to have green fingers. Over the years he has had a cactus collection (now limited to a few hardy species), a scented geranium collection (still a few hardy ones left) and more recently auriculas. After looking around the garden, members enjoyed tea and cakes and made generous donations to the Ukraine appeal.

A total of £157 has been sent to the DEC appeal, from the gardening club and the stall at the general meeting



Our next meeting will be on Thursday 5th May at 2.00pm at Cae Hir Gardens, Cribyn, Lampeter, SA48 7NG. This garden was started some years ago by a Dutch family and is a 5 acre garden with mass planting of ordinary and wild garden plants. It is in the NGS scheme and was recently voted the second best garden in Wales by readers of a national gardening magazine. Admission will be £6, there are plants for sale and there is a tea room.



For plant(s) of the month I would like to indulge myself by choosing three: magnolia from Teresa, the rhodo from Pauline and my cheeky aubretia

Mike

Grape Expectations

This month the group met up at Julie and Steve Nelson's lovely new build house in Adpar, and we thank them for their warm and thoughtful hospitality. Following much discussion about what information to show on the tasting/score cards we will use we finally got down to the serious (but fun) business of learning about wine and wine tasting. The theme chosen this time was wines from France and it soon became obvious that the room was full of Francophiles which meant the mini quiz we had about the french wine growing regions was no problem at all. We learnt about the history of wine producing in France, with Dom Perignon being pre-eminent. French originating grapes are now grown and processed all around the world and the success of this process has adversely affected the french wine industry. But they are fighting back, with 8 billion bottles now produced annually.

The most popular of the wines tasted was a blend of Grenache and Carignan grapes which was actually the same wine that won our inaugural meeting. It was made in the Languedoc-Roussillon region but was definitely not plonk. Another wine from the same area created a lot of interest as it was called Carcassonne which is a famous well-visited medieval hilltop town with castle and watchtowers etc. However we could not establish what the grape was and not sure about the game either.

Our next meeting will concentrate on wines that have a funny and amusing label so that promises to be an enjoyable event. We might even want to change the group name to 50 shades of Grape!

Iechyd Da

Mike

ICT Support

Ruth and I only had one person who needed support with their laptops, tablets and phones at our last meeting plus two people who couldn't make it. Please remember to give us a quick ring to book your place if you want to come as space is limited as well as the time to give to each person. We are not experts but will try to help with your questions in how to use your devices.

Hazel

Kayak Paddlers

The group held its inaugural meeting on dry land at the Daffodil in Penrhiwllan and a programme of events was drawn up. The first session being at Llys y Fran reservoir on 6 May 10-30 meet at the café to discuss the day. Kayaks are available to rent or you can bring your own costs being £20 to rent a kayak for a 2 hour session. If you bring your own there is a launch fee of £10 as the kayak has to be inspected and cleaned by the staff before being allowed on the reservoir. Safety kit including a suitable lifejacket will be required. There is a parking fee of £3, it might be advisable to share a car.

For further details contact Nigel email cambs5@sky.com

Nigel

Patchwork and Quilting

April saw us once again gather with sewing machines, sewing kits and projects. One of the projects the group currently has is to complete some part done work which we received last month and produce quilts which can then be donated to care homes or Linus Quilts (more about these in a couple of months). A couple of members made a start by taking some hexagon work for hand stitching. Quite sizable pieces had already been completed but they needed some more hexagons adding to them to get them to a usable size and shape.

There will be no meeting in May as some of us will be going to Quilts UK in Malvern, so our next meeting will be 8th June when we will have the Carmarthenshire coordinator for Linus Quilts coming to talk to us.

Ruth

Petanque Group

Three sessions of Petanque at Kings Fields Newcastle Emllyn. It would be good to see a few more for the next session..All equipment is available on site. The car park is the access to the park - and remember to pay the £1.20 parking fee.

John

Philosophy Group

Our Philosophy subject this month was "Truth".... "Your Truth, Our Truth, The Truth"....."Empirical Truth and Convenient Truth"....Is truth subjective or definitive?..... a very interesting and comprehensive discussion was held, but no conclusions were made.

Ali

Photography

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Dave

Science and Technology

The Science group ventured out on our first fact finding visit to The West Winds Distillery to investigate the Technology & Science of Distilling at Gogerddan

We were welcomed by very enthusiastic & knowledgeable staff. We learnt about they started in 2018 and have developed and expanded their business. There was no previous experience of alcohol production.

We were shown a variety of distilling stills which were much smaller than expected. 90% alcohol was bought in, then diluted and a variety of flavours were added in the still and about 12 hours later the gin was safely produced. They used a variety of flavours producing many gins that are sold throughout Wales and it would have been to Japan if the shipping crisis hadn't intervened

They are experimenting with producing their own Vodka -- very useful as Russian Vodka is off the menu now.

We then visited their Biological flavour room to be assailed by an amazing array of scents from orange peel to a flavour from iris bulbs which is almost as expensive as saffron, imported from all corners of the world

We then adjourned to the whisky distillery room, where they use local grown barley, germinated there, ground at the right time and added to the vat with the yeast and fermented over about 12 hours then distilled. It looked simple but we were aware of the expertise and knowledge of everyone there.

Of course, we then had to learn about taste by sampling a few of their products purely for the scientific knowledge?

It was a successful informative afternoon and would recommend a visit if you get the opportunity.

Jim

Strollers

This month's Strollers eleven of us met in Cardigan for a circular walk starting at the Quay Street car park, we followed the coastal path for about a mile along the estuary then headed across a field which had lovely views of St Dogmaels and the Abbey in the distance, further along we had lovely views of Gwbert and Poppit Sands. The weather was kind to us again, warm and sunny.

Next month's walk will be around Drefach Felindre

Cyndy



Table Tennis

Table tennis is being enjoyed by a very friendly group of players, keeping fit and improving their skills.

Ali

Walkers

Our walk this month of just under 10 k started and finished at Penrallt Garden Centre in Moylgrove. The day started off somewhat windy which was concerning as a fair chunk of the walk was along the coast path and with rain a possibility towards the end of the walk, things were looking none to promising. We need not have worried when we eventually made it to the coastal path the wind direction ensured that it blew way over our heads and we remained in the main rain free and sheltered just the odd few drops here and there. We did see some pretty fearsome weather but fortunately in the main it remained out to sea. The coastal scenery on that stretch is spectacular with a real cross section of rocky formations and what looked very much like lava flows from long extinct volcanoes. Sadly the seals decided to have an away day and were nowhere to be seen unlike a week earlier when I walked the same path. There were some challenging sections to the walk but we all managed to make it round in one piece to savour the lovely food at the Penrallt Garden centre café which went some way to sooth the aching muscles.

Our next walk will be on 9 May 10-30 meet and will be around the Reservoir at Llys Y Fran, starting and finishing at the Café, which seems to be a theme of our walks. This will again be around 10 k on well defined walkways and are in the main fairly level other than the very first 1k. There is a £3 parking fee so if anybody would like to car share to save some monies please let me know.

Nigel

Welsh Group

In March we played another board game, answering questions which were mostly about clothing and parts of the body. We talked about what sort of clothes we like and what we wear in different seasons and weathers, trying to answer the questions using full sentences.

This was another good revision session, so we plan to repeat and extend this, with questions next time focusing mostly on days of the week and months and seasons of the year. It was lovely to welcome three new members to our meeting in April. We concentrated mostly on talking about what we were going to do on certain days of the week, which months our birthdays and other celebrations were in and which seasons of the year we preferred.

There was a lot to grapple with and so we plan to continue with that theme next time and also remind ourselves of numbers, maybe with a bit of arithmetic. We'll also go through a list of everyday verbs which will be useful in making sentences and understanding speech.

The next session will be on Tuesday 3rd May.

Vicky

Wine Appreciation

Ten members of the wine appreciation group ventured further afield in April and met for lunch before visiting the Penderyn Whisky Distillery near Aberdare. The distillery has been making whisky since 2000 and follows traditional methods using Faraday single methods using Faraday single pot stills. It was deigned by Dr David Faraday, descendant of the ground breaking scientist Michael Faraday. They scientist Michael Faraday. They also have a pair of Scottish style 'Lantern' stills Scottish style 'Lantern' stills which allows them to experiment with new whiskies. Experiment with new whiskies. The tour takes about an hour and finishes in the tasting room and finishes in the tasting room! It was a lovely day out and enjoyed by all who out and enjoyed by all who went. The next wine appreciation group meeting will be on Thursday 19th May at 7pm and will be at the home of Trevor and Angela Gunn in Capel Iwan. The wine to be tasted has yet to be fully decided!

Hazel



Celebratory Anniversary Lunch at Rhosygilwen

10.30 start on Wednesday 8th June 2022

**Cost £15 for members. Payment to Ruth by transfer, cheque or cash before
18th May.**

**Before dinner guest speaker, 2 course lunch, gardens visit and much more.
Celebrate 25 years of NEu3a, 40 years of National u3a and the Platinum
Jubilee of Queen Elizabeth II**

Menu

Chicken with Almonds in Ginger Cream Sauce or

Spiced Beef Brisket with Roasted Carrot Orzo or

Mushroom stroganoff

All served with rice pilaff, green Salad and crusty bread

Lemon Posset with Raspberries or

Pavlova with Summer Berries or

Chocolate Torte (flour free)

If you wish to go to the lunch please email Hazel neu3achair@hotmail.com

What's On In Newcastle Emlyn u3a - May 2022

Monday	2	Petanque - King George V Park Newcastle Emlyn	2-00pm
Tuesday	3	Welsh- Hybrid meeting at Vicky's in Capel Iwan	10-30am
Tuesday	3	Bowls – Newwcastle Emlyn Bowls Club	2-00pm
Wednesday	4	Monthly meeting at Newcastle Emlyn Rugby Club with talk by Roger Gunn on his hot air ballooning	10-30am
Thursday	5	Art- Penboyr Village Hall	10-00am
Thursday	5	Gardens – Cae Hir Gardens Cribin SA48 7NG	2-00 pm
Friday	6	Croquet – Sue's house in Penrhiwllan	2-30pm
Friday	6	Kayak Paddler – Llys y Ffran Reservoir SA63 4RR	10-30am
Monday	9	Philosophy pm – at Sue's in Pontgarreg	2-00pm
Monday	9	Walkers - start Llys y Fran Reservoir SA63 4RR	10-30am
Tuesday	10	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	10	Table Tennis – Rhydlewis Village Hall	2-00pm
Wednesday	11	Crafty Crafters – Penboyr Village Hall	10-30am
Wednesday	11	Strictly Basic Ballroom – Newcastle Emlyn R C	10-30am
Thursday	12	Art – Penboyr Village Hall	10-00am
Thursday	12	Creative Writing - at various locations	11-00am
Thursday	12	Grape Expectations- at various private locations	2-00pm
Thursday	12	Petanque - King George V Park Newcastle Emlyn	2-00pm
Friday	13	Patchwork and Quilting - Penboyr Village Hall	11-00am
Tuesday	17	Games – Penboyr Village Hall	10-30am
Tuesday	17	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	17	Petanque – King George V Park Newcastle Emlyn	2-00pm
Wednesday	18	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	19	Art – Penboyr Village Hall	10-00am
Thursday	19	Philosophy am – Penrhiwllan Village Hall	11-00am
Thursday	19	Wine Appreciation – at the Gunn's Capel Iwan	7-00pm
Friday	20	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	23	French – at various private locations	11-00am
Monday	23	Science + Technology – Penrhiwllan Village Hall	2-00pm
Tuesday	24	Book Club – Zoom meeting	10-30am
Tuesday	24	Family History – Church of latter Day Saints	2-30pm
Wednesday	27	Lunch Club – TBA	2-00pm
Thursday	26	Art – Penboyr Village Hall	10-00am
Thursday	26	Table Tennis – Rhydlewis Village Hall	10-30am
Friday	27	Strollers – Next walk – Drefach Felindre	10-30am

June

Wednesday	1	Jubilee Picnic, games and plant stall at Newcastle Emlyn Rugby Club	10-30am
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To add events to this monthly calendar please contact Nigel 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. Please contact Nigel via email at: neu3newsletter@hotmail.com