



Chair's Ramble

What a celebratory month we had in June. The weather was kind for our picnic day and the lunch at Rhosygilwen and everyone seemed to enjoy themselves at both events. Thank you to everyone who provided activities for the picnic and especially to the chefs for the magnificent pie and trifle! Good King Hal gave us some excellent pre dinner entertainment at Rhosygilwen and then we mooched around the gardens before enjoying a lovely lunch. Thank you to everyone who attended these events and made them a great success.

The main meeting on Wednesday 6th July is of course our AGM along with a couple of quizzes. This will take place at the Rugby Club and we will start as usual at 10.30am with the AGM taking place at 11.00am. Don't forget

to sign in as you arrive as we do need a quorum for the meeting. We have had four nominees for the committee which is really great but it does mean we will be having a vote for the one place available. However, all of the other nominees will be able to be part of the committee as invited co-opted members. All of the necessary paperwork for the AGM will be coming out on email the week before the meeting or by post for those not on email.



August's meeting on Wednesday 3rd August will be our annual outing to Powis Castle near Welshpool. There are still a few places still left on the coach and we have now opened it up to partners, family and friends. The cost is £14 for the coach and £13.30 for the castle if you are not a National Trust member. Please pay the money to Ruth by the day of the AGM and let Julia know if you want to go. Ruth and Malcolm were guests at the unveiling of the national 40th anniversary quilt in Manchester in June. Ruth was part of the committee responsible for the making of the quilt and designed and made the centre panel. Our u3a had 2 squares selected to be part of the finished quilt. Well done to all concerned.

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.

FAMILY HISTORY

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

Thursday at 2pm venue varies.

GRAPE EXPECTATIONS

2nd Thursday from 2pm - venue varies.

Amanda

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Malcolm

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Vicky

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vkthomas2008@gmail.com

Julia

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Helen

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Ruth

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Sue

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Dave

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Margaret

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Hazel

01559 371842

Tony 01239 712931

pooletony@hotmail.com

Mike 07949032308

Mike Johnson

01545590246

mikejohnson36963@yahoo.co.uk

ICT SUPPORT SESSIONS

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

Hazel

01559 371842

KAYAK PADDLERS**Nigel**

07447440841

email cambs5@sky.com

LUNCH

Last Wednesday - venue varies.

Tracy

01239 710887

PATCHWORK AND QUILTING

2nd Friday from 11.00am at Penboyr Village Hall.

Ruth

01239 711787

PETANQUE

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

John

01559 371842

PHILOSOPHY AM

3rd Thursday from 11.00am at Penrhiwllan
Village Hall.

Ali 07716826362, 01239 682965

alisonkate606@gmail.com

PHILOSOPHY PM

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

Susan

01239 652945

SCIENCE AND TECHNOLOGY**Jim**

01239 613752

STRICTLY BASIC BALLROOM GROUP

2nd Wednesday from 10.30am to 12.00noon.

Julia

julia.pearson2013@icloud.com

STROLLERS

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

Cyndy

07931 834460

TABLE TENNIS

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

Ali 07716826362, 01239 682965

alisonkate606@gmail.com

WALKERS

2nd Monday from 10.30am venues varies.

Nigel

07447 440841

cambs5@sky.com

WELSH

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

Vicky

01559 372278

WINE APPRECIATION

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

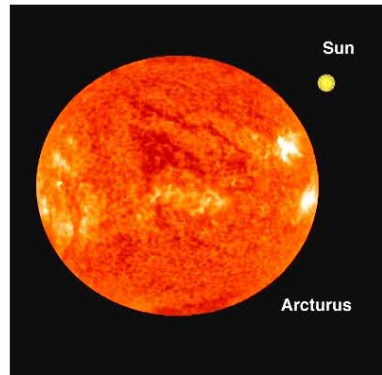
Hazel

01559371842

ASTRONOMY

It is a few months since I put my quill to Newsletter's parchment, but the Cardigan and Newcastle Emlyn joint u3a Astronomy group has been meeting in the Coracle Hall Llechryd throughout 2022 on the 3rd Wednesday afternoon of each month – and our next meetings are [2-4pm on 20 July and 17 Aug 2022](#).

At the last two meetings we have updated ourselves on what is easy to see in the summer night sky with the naked eye. All the brightest planets (Venus, Jupiter, Mars and Saturn) are “morning stars” and visible in the East only just before dawn. Things are improving now as they move “line ahead” progressively away from the Sun, but you have to be up just before 3am to see them. For stars, since we lost the whole of Orion until the autumn (together with Sirius the brightest star in the sky) we have been looking for the 2nd brightest star in our hemisphere – Arcturus. This is a bright orangish star about 60 degrees up from the South horizon at bedtime (or a bit later) – and is easily found by following the line of the handle of The Plough. From Arcturus, we have been locating the other bright stars in the south half of the sky – Spica, Vega, Altair and Deneb, the last 3 of which make a right-angle triangle (called The Summer Triangle!), with Vega at the right-angle.



At June's meeting, Adrian presented an interesting bit of serendipity. Someone posted on Twitter a picture of the Moon right next to the Earth, taken from a Japanese weather satellite in geostationary orbit 22,000 miles up.

Two Tokyo grad-students saw it and wondered what else in the sky might have been captured accidentally by this weather satellite – and going back through all the archives they found that Betelgeuse, Orion's red giant that suddenly dimmed by 30% for a few months in 2019/2020, appeared nearly every 2 days throughout this period (though very much smaller than the Moon, of course). They analysed the frequent infra-red data from the satellite and estimated a temperature drop of 140C at Betelgeuse's surface and confirmed progressive obscuration by dust that came from a massive coronal ejection.

The Hubble Space Telescope and big Earth-based telescopes had spotted (in the UV and visible wavelengths) a dense blob of plasma material moving through

Betelgeuse's atmosphere shortly after the dimming was first noticed. Earth-based telescopes can't see infra-red wavelengths, but the archived data from this weather-satellite has now confirmed and added to the NASA and ESA theories of what had happened to Betelgeuse. (At the time, we were all asking the question "was Betelgeuse about to go supernova?").



Those students obtained from that satellite, essentially for zero cost, data that would cost lots and lots from Hubble and specialist infra-red space-telescopes like the new James Webb ST. The boys are now seeing what else they can find in the archives. Well done, chaps, I say.

Come and join us if you are interested. Ring [01239-891549](tel:01239-891549) if you want more information.

Adrian

BOWLS

With Julia away this month the group still met in glorious weather and, with the padlocks behaving and letting us in, a good time was had by all. We played a 'proper' game of bowls with the ladies versus the men! The men won!



It is a lovely way to spend a summer afternoon. The next session if you wish to join us will be on **Tuesday 5th July at 2pm**. All welcome.

Hazel

BOOK CLUB

Our book for June was *The Cobra*, by Frederick Forsyth, in which the man, tasked by the US president with ending the illegal trade in cocaine, is nicknamed The Cobra. Together with his second in command they set up an Anglo-American team to interrupt drug shipments by boat and by air to USA and Europe. This is largely successful, but ends with rival gangs battling each other for shipments and territory on the streets of USA and in Europe. With innocent bystanders getting hurt in the crossfire the politicians call a halt to the programme.

Most of us admired the book because of the amount of detailed research that had clearly gone into its production. So we learned a lot about cocaine production and distribution. But we felt that the level of detail made it difficult and in places tedious to read. Generally, it was not considered to one of his better books. Next month, we will meet, via zoom, on **26th July** and we will be discussing *The Tattooist of Auschwitz* by Heather Morris.

Vicky

BUCKET LIST

Both days either side of 9th June were sunny, we were so unlucky to have a rainy day for our visit to Skomer Island. But this said, it could not take away the amazing experience of seeing Puffins only a few inches from you.



Arriving by boat we were greeted by a seal bobbing in the water then looking up at the cliffs, there they were PUFFINS. They did not seem to worry about humans at all. The coastal edge of the island was full of their burrows where they lay their eggs. Then inland were the burrows of Manx Shearwater. Despite the terrible weather it was a magical experience with the sun coming out for the last hour and the mist lifting we could see the beauty of the island.

Loved it. Helen

CRAFTY CRAFTERS

There was no Crafty Crafters in June. The next meeting will be **13th July**. Bring your own projects to work on.

Ruth

DIGITAL PHOTOGRAPHY



Adrian Milner



Dave Thomas



Alan Cooper



John Leigh



Pete Mears



Pauline Brown

June's homework was 'Landscape photography using the foreground to create depth' and we had some lovely results. This month we also watched a 'Tripod tips' tutorial and an 'Essential filters for landscape photography' tutorial.

Homework for July is 'something identifiably local', which could be more landscape photography, photos of iconic local points of interest, etc. However, I have asked everyone to be creative and to think of potential 2023 calendar/postcards images, because as a group we have agreed to produce calendars and some postcards again.

Our next meeting is **10.30am to 12.30pm on Tuesday 12th July** in Coracle Hall, Llechryd. If you would like come along to see if it is for you or you want to join us, please confirm your details to Dave at digitalphotography@cardiganu3a.org.uk or thomasdavej@hotmail.com. There is a small charge of £1.50 per person towards the cost of the hall, tea/coffee and a biscuit or two.

Dave

FAMILY HISTORY

At the time of writing this, we have not had our June meeting, which Hazel will kindly be taking charge of as I cannot be there. It will be a practical session with everyone hopefully being able to access the Church's Family History Centre's

records on their own devices. It would be good if everyone was able to find at least one record they have been searching for at home without success.

Our next meeting will cover the way we store the records and information we have found over the years. I know that some people have enormous organised filing systems, others (myself included) keep everything on the computer, filed by the various family branches – backed up in multiple places, while others have yet to find a system they are happy with. We shall talk about the various genealogy software programmes available, which allow you to store your family tree information, print family tree charts and reports, print timelines, view and track your ancestors' migration paths, etc, etc.

As always, new members are always welcome – contact me for more details.

Margaret

FRENCH

This month we had a very good French group meeting which was led by one of our members, Laura. Laura started us off with a good game, a sort of "memory test", involving selecting a word or phrase in either French or English and then trying to find the correct translation. I was a bit slow on the uptake, but got there in the end! We then read and translated a story from our latest book. We have homework too!.....to make up sentences using the words we found in our game. Thank you Laura, c'est tres bon!

Ali

GARDENING GROUP

This month the group visited Vicky Thomas and Brian Barrett's garden in Capel Iwan. For a pleasant change the weather was hot and sunny which really added to the enjoyment of the occasion and showed off the massive garden to its full glory. One particularly impressive attribute was the large well kept and manicured lawn which features a mini putting course and is croquet friendly. The views across the valley were pretty good as well!

To continue with the recent successful idea to ask the hosts to write their own garden report Vicky and Brian have commented thus:

"The house was built in 2003/4 and the garden was begun by our predecessors. The plot is about one acre. Previously the land had been grazing pasture. Over the years, the shrubs and bushes developed and the predominant perennial plants became

Alchemilla mollis, sedum, geraniums and crocosmia, maybe because they don't seem to be eaten by rabbits. Since moving here six years ago we have gradually reduced the height of some very high hedges and are still working to reduce the extent of the mollis and crocosmia.



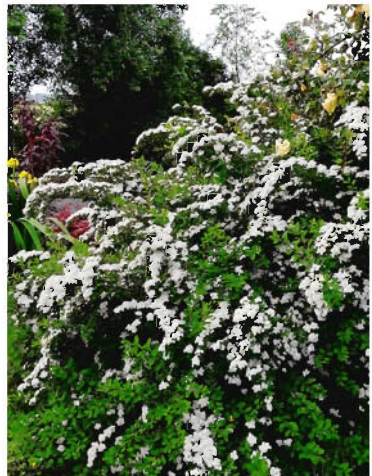
We've also planted 36 trees, including 11 fruit trees - mostly apples, pears and plums, which we are hoping will be increasingly productive. The other trees planted are hazel, sweet chestnut, walnut, Scots pine and Norway spruce. These are mainly around the boundaries to replace some ash trees lost, or soon to be lost, to ash dieback. Brian has stocked the pond with plants and some fish and has recently remodelled the area with significant help from his son, Fred.

We have a productive vegetable garden, currently growing broad beans, mangetout, runner beans, onions, shallots, courgettes, lettuce etc, a soft fruit cage with redcurrants, loganberries and blackberries and a greenhouse with winter red onions, tomatoes, peppers, cucumbers and beetroot. This year we reinforced the boundary around the parts of the garden surrounded by fields with rabbit-proof fencing, to prevent the nightly invasion and a Watership Down scenario.

With so much lawn we produce a huge quantity of grass cuttings, so we have created 'grass pens' in which the cuttings are stacked and, in time, become compost, having passed through the silage stage".

Thanks to Vicky and Brian for this and of course the welcome refreshments.

Our next garden visit will be to Nicky Fry's at [2.00pm on Thursday 7th July](#) and promises to be another interesting visit. Nicky and Steve have a 2 acre garden, half of



which is a natural woodland stretching up the side of a valley, and the other half given to wonderful trees, shrubs and perennials. It is a natural habitat for wildlife including birds, badgers and bats, The owners are keen to make it as wildlife friendly as possible. For details please contact me.



This time of the year is great for seeing plants in the garden so I was lost for choice of Plant of the Month. I have opted for 2: the Spiraea Arguta or Bridal Wreath/ Bridal Spray and this Elderberry which we think is Sambucus Nigra or Black Lace/ Black Beauty.

Mike

GRAPE EXPECTATIONS

The theme for this month's meeting was "surprise us" and we did indeed get some surprises including a Romanian Pinot Noir which wasn't very good, a Welsh Cider which on the other hand was very good, but the winner was a Thomas Hardy VR Shiraz from SE Australia.

Our next meeting will be a cheese and wine party and the wine theme will be "Summer" so lets hope it will be a good summers afternoon so we can enjoy it in the garden.

Mike

PATCHWORK & QUILTING

At June's meeting we had a visit from the area coordinator for Linus Quilts. The quilts are donated for sick, disabled and disadvantaged children around the UK and she explained the minimum size needed and how they go about distributing them. All quilts are washed and checked for stray pins or needles

that may have been left before being handed out. She had a couple of quilts to show us which showed that they don't have to be complicated patterns but can be

Izzy Buddy
Doll



as simple as squares stitched together. There are patterns available on the Project Linus website if anyone is interested and stuck for ideas. As well as stitched quilts, Linus also accept knitted blankets and the coordinator gave us a copy of a pattern for a knitted Izzy Buddy Boy Doll, given to children to bring them a bit of comfort. A simple pattern which doesn't take long to complete.

Ruth

PETANQUE

On Thursday 16th June Newcastle Emlyn Petanque group hosted 13 members of Llanelli u3a Petanque group. We started with lunch in the Travelling Teapot and then played a friendly game or two of petanque in fantastic weather. It was really great to get together with another group and share ideas and skills! Everyone agreed it was a great afternoon and we will hopefully visit Llanelli before to long for a return game.



The July dates for petanque are **Monday 4th and Tuesday 19th both at 2pm** in the King George V playing fields in Newcastle Emlyn.

Hazel and John

PHILOSOPHY

This month we had a very good Philosophy session which was led by one of our own members, Gwyn. He has an MA in Philosophy and has led other discussions on Philosophical subjects. He led us to think about Consciousness and what it is, in us and other creatures and cultures. He opened the discussion and everyone contributed, which was very pleasing. Thank you Gwyn. We're all looking forward to the next subject, which is Liberalism.

Ali

STRICTLY BASIC BALLROOM

A great session this month. Everyone having a go at the Cha Cha Cha and the Waltz. Next session **Wednesday 13th July**.

Julia

STROLLERS

This month's walk was a circular walk along the Sculpture Trail starting at Abercych. We set off on the right track which was quite a steep climb then due to extensive tree felling the main footpath disappeared so we had to follow tyre tracks over



fallen branches and rough terrain and finally joined the main footpath again. We walked past the sculptures and up to the Roundhouse then headed back, at least it was all downhill from there on. After returning to the meeting point some of us had lunch at the Nags Head.

Cyndy

TABLE TENNIS

Table Tennis is continuing to be popular and a good fitness workout with lots of laughs.

Ali

A HITCH-HIKER'S GUIDE TO THEOLOGY

Is it OK for Anglican Bishops to pass judgement on immigration policy? Why does the 'Christian Right' in America want to ban abortion? Did Jesus really choose all male apostles, and expect women to keep quiet in public? What's the Christian view on assisted dying – or same-sex marriage, for that matter? Is the story of Jesus' birth (not to mention the rest of his life and what happened after he died) about as believable as Father Christmas? And what about world hunger, UK poverty, the environment, or the war in Ukraine?

If your impression of theology is of rules and dogma, or abstruse arguments about how many angels can dance on the head of a pin, believing twelve impossible things before breakfast, or finding a logical proof of God's existence – it may surprise or annoy you to discover that theologians talk about everything, from cosmology to politics, feminism to medical ethics – and write books about it, too. Drawing on the Bible, the wealth of Christian thought and tradition, and the latest knowledge in other disciplines, theology

doesn't just belong in the academy, but is a fascinating way for all of us to explore contemporary issues.

The clue is in the name, and theology does pre-suppose the existence of a God; but you don't need to be a believer, or a practising member of any faith, to join in; and there's no pressure to convert. The idea is to find out how faith informs our opinions or actions: as Christians sometimes ask, "Where is God in all this?" - or, as Douglas Adams put it "Who is this God person, anyway?"

So if you'd like to explore some of the issues mentioned above, or suggest other topics to consider, please get in touch. I suggest a monthly meeting to start with (time and place TBA) so I can prepare some background and questions to consider on the theme of the day; and although as a priest in the Church in Wales, my perspective is Christian, I would be only too delighted if anyone out there has inside knowledge of a different faith tradition, to enrich our discussions.

Do join me – and hitch a ride for an exploration of the universe with a theological twist. I can be contacted at carolwardman@outlook.com.

Canon Carol Wardman

WINE APPRECIATION

In June the group met at Vicky and Brian's in Capel Iwan and had a lovely evening tasting wines from The Loire region of France. We tasted 4 different white wines, a Vouvray, a Muscadet and 2 different Sauvignon Blanc. The Loire, the longest river in France, covers a large area and each sub-appellation is unique in its own right and produces different styles of wine that resembles the terroir. The Loire is divided into 4 different regional territories. It is best known for its fruity style white wine and the wines are heavily regulated.

Our favourite at the meeting was a Muscadet called La Nantaise from the coastal Pays Nantais region of the Loire.

The Loire is also famous for its sparkling wine Cremant produced using the traditional method.

The next meeting will be on **Thursday 21st July in Adpar at 7pm** and we will be tasting wines from the Bordeaux region of France.

Hazel

Friday	1	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	4	Petanque - King George V Park Newcastle Emlyn	2-00pm
Tuesday	5	Welsh- Hybrid meeting at Vicky's in Capel Iwan	10-30am
Tuesday	5	Bowls – Newcastle Emlyn Bowls Club	2-00pm
Wednesday	6	Annual General Meeting Newcastle Emlyn Rugby Club	10-30am
Thursday	7	Art- Penboyr Village Hall	10-00am
Thursday	7	Gardens – Nicky and Steve Fry Cwm Deri Drefach Felindre SA44 5HW	2-00 pm
Friday	8	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	11	Walkers – St Dogmaels	10-30am
Monday	11	Philosophy pm – at Sue's in Pontgarreg	2-00pm
Tuesday	12	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	12	Table Tennis – Rhydlewis Village Hall	2-00pm
Wednesday	13	Strictly Basic Ballroom – Newcastle Emlyn R C	10-30am
Wednesday	13	Crafty Crafters – Penboyr Village Hall	10-30am
Thursday	14	Art – Penboyr Village Hall	10-00am
Thursday	14	Creative Writing - at various locations	11-00am
Thursday	14	Grape Expectations- at various private locations	2-00pm
Thursday	14	Petanque - King George V Park Newcastle Emlyn	2-00pm
Friday	15	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	18	Bowls – Newcastle Emlyn Bowls Club	2-00pm
Tuesday	19	Games – Penboyr Village Hall	10-30am
Tuesday	19	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	19	Petanque – King George V Park Newcastle Emlyn	2-00pm
Wednesday	20	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	21	Art – Penboyr Village Hall	10-00am
Thursday	21	Philosophy am – Penrhiwllan Village Hall	11-00am
Thursday	21	Wine Appreciation – Adpar	7-00pm
Monday	25	French – at various private locations	11-00am
Monday	25	Science + Technology – Penrhiwllan Village Hall	2-00pm
Tuesday	26	Family History – Church of Latter Day Saints	2-30pm
Tuesday	26	Book Club – Zoom meeting	10-30am
Wednesday	27	Lunch Club – The Lamb at Rhos	2-00pm
Thursday	28	Art – Penboyr Village Hall	10-00am
Thursday	28	Table Tennis – Rhydlewis Village Hall	10-30am
Friday	29	Strollers – Next walk –Ffynone Woods	10-30am

To add events to this monthly calendar please contact Nigel neu3newsletter@hotmail.com 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.

u3a learn,
laugh,
live

**Cardigan &
Newcastle
Emlyn**

The Digital Photography group held in the Coracle Hall, Llechryd is a joint event with Cardigan U3A and Newcastle Emlyn U3A.

We meet on the 2nd Tuesday of each month (except August) from 10.30am until 12.30pm, with a £1.50 contribution per person towards the cost of the hall, tea/coffee and a biscuit or two.

The group is aimed at intermediate and advanced photographers, but is not camera specific. So what we do is relevant to whatever camera equipment you have and your level of experience with it.

Meetings follow a structured agenda, with discussions about members homework and tutorials. Practical homework is set at each meeting for the following month.

Additional practical field trips are organised, where members take photographs under the guidance of an experienced photographer.

If you would like to join the U3A, please visit <https://cardiganu3a.org.uk/membership/how-to-join> or <https://u3asites.org.uk/newcastle-emlyn/page/62439>

If you have any queries or questions about the group please contact Dave Thomas by email to digitalphotography@cardiganu3a.org.uk or <https://u3asites.org.uk/newcastle-emlyn/mailling/c:42076>

