



Chairs Ramble

Phew what a hot and dry month! Although I know some parts of the country were a lot worse than us. I hope everyone managed to stay cool and hydrated. I just hope it stays dry and warm but not too hot for our August outing on Wednesday 3rd when many of us will be travelling to Powis Castle for a lovely day out. Please remember there is no monthly meeting in August due to the trip.



I was really pleased to see so many people supporting us by attending the AGM in July. It all went very well and as I am still writing the chairs ramble you can see that I was voted to continue in that role! For the first time that anyone there could remember we had a secret ballot to fill the place on the committee. Andrew Norton who has been there in a co-opted role will become a full committee member and Tracy, Gwyn and Colin will join us as co-opted members. So we have a full committee this year. The other decision made under any other business is that any member, who has been with us for at least five years, on reaching their 90th birthday will become an honorary member. We have three people who fulfil this criteria!



Wednesday 7th September will be our next monthly meeting when Flis Randall will be coming to talk to us about the Haggart family who were British pioneers of the cinema industry and were closely associated with South Wales.

At the AGM we had 28 groups and I set the challenge to see if we could reach 30! Well the Hitch Hikers Guide to Theology group will be starting very soon (probably September) and there is now talk of a Fishing group and Pilates group. So we could be at 30 very soon!

Enjoy the summer months.

Hazel

ART

Every Thursday from 10.00am at Penboyr Village Hall

Amanda

ASTRONOMY

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

Malcolm

BOOK CLUB

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

Vicky

BOWLS

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

Julia

BUCKET LIST

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

Helen

CRAFTY CRAFTERS

2nd Wednesday from 10.30am at Penboyr Village Hall.

Ruth

CREATIVE WRITING

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

Ali

CROQUET

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

Sue

DIGITAL PHOTOGRAPHY

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

Dave

FAMILYHISTORY

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

Margaret

FRENCH

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

Ali

GAMES

3rd Tuesday from 10.30am at Penboyr Village Hall.

Hazel

GARDEN

Thursday at 2pm venue varies.

Tony
Mike

GRAPE EXPECTATIONS

2nd Thursday from 2pm - venue varies.

Mike

ICT SUPPORT SESSIONS

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

Hazel

KAYAK PADDLERS

Nigel

LUNCH

Last Wednesday - venue varies.

Tracy

PATCHWORK AND QUILTING

2nd Friday from 11.00am at Penboyr Village Hall.

Ruth

PETANQUE

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

John

PHILOSOPHY AM

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

Ali

PHILOSOPHY PM

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

Susan

SCIENCE AND TECHNOLOGY

Jim

STRICTLY BASIC BALLROOM GROUP

2nd Wednesday from 10.30am to 12.00noon.

Julia

STROLLERS

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

Cyndy

TABLE TENNIS

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

Ali

WALKERS

2nd Monday from 10.30am venues varies.

Nigel

WELSH

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

Vicky

WINE APPRECIATION

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

Hazel



ASTRONOMY

Report from the Astronomy group meeting on 22 July 2022

With the help of and thanks to Martin Edwards, I think we produced an interesting afternoon.

I started by reviewing what had been in the Astronomy press over the last month.

[Life on the International Space Station](#)

We covered how astronauts cope with doing exercise, spacewalking, research, sleeping and earth watching. The spacewalking reminds me of when the first cosmonaut went for a walk, he had a problem getting back onboard. His space suit had expanded in the absolute vacuum of space and he couldn't fit back into the hatchway. Then he had a very fortuitous thought that if he let some of the air out of his suit it would shrink and he would then be able get back into his space craft.

[First private astronaut mission to the ISS.](#)

4 People, including an ex NASA astronaut went to the ISS for 7 days but, guess what, the weather at the splash site was too bad so they got a further 7 days in space. The 3 non astronauts had to pay \$55 million for the privilege. We will now have to save our pennies.

[James Webb space telescope focused and close to readiness](#)

This item was a bit out of date as NASA had now produced some (amazing) "proper" images. Maybe that's a topic we could cover in a future meeting.



China's space station plans

China space station is in its infancy. They have a space station already in space with 3 “taikonauts” (that’s Chinese for astronaut or cosmonaut) on board. It is rather small though. The space station includes several modules called in English: Divine vessel, Heavenly dream, Heavenly quest, Heavenly ship. Harmony of the heavens and the space station is called Tiangong (in Chinese).

Because of the US restrictions NASA cannot work with China so they must do the work themselves, although some parts of the space station look as if it comes from Soyuz. China’s aim is that their space station will act as a new hub of international cooperation in space once the ISS is decommissioned in 2031. I think we need to see what America has to say about that.

Martin Edwards, (many thanks to him) gave us a session on forces. Armed with his high-tech gizmo, a tennis ball, a piece of string and a NUMBER 9 (very important that) knitting needle. He spoke about forces we knew about, some that were forces but we didn’t know about them and some forces that were not forces. Had us all scratching our heads.

The next meeting will be held at [the Llechryd Coracles Hall on 17th August 2020 at 2pm.](#)

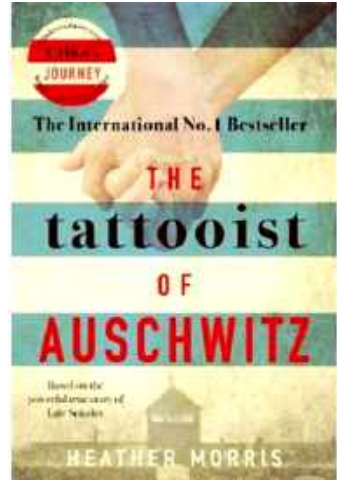
Come and join us if you are interested.

Malcolm

BOOK CLUB

This month we read *The Tattooist of Auschwitz* by Heather Morris.

It tells the story of how Slovakian Jew Lale Sokolov fell in love with a girl he was tattooing at the concentration camp. The pair survived and later married. The story was told to Morris by Lale after his wife had died, when he was 87 years old and living in Australia. Some reviewers, including the Auschwitz Memorial, have criticised the text for being inconsistent with the facts, too sugary and glossing over of the unremitting horror of the camp. Others have found it harrowing and hopeful.



We all felt that the writing style was rather stilted and were left wondering how much was true and how much was fiction, with some events really not matching our understanding of the misery of life in the camps. But we were all glad to have read the book, which has sold over 6 million copies and has two sequels.

Next month, we will meet, via zoom, on [23 August](#) and we will be discussing *The Thorn Birds* by Colleen Muccullough, one of the books in the Queen's Jubilee list of 70 books by Commonwealth authors.



BUCKET LIST

14 members of the Bucket List travelled to Blaenavon on 29th June to visit The Big Pit National coal mining museum.

We had an underground tour booked for 11.15 and were greeted by an ex miner who enjoyed telling us tales of his past, we were taken through to the cage room and kitted out with belt packs, helmets and lamps. Nothing with a battery in could be taken underground so phone's, watches etc had to be left in lockers along with our bags.



On stepping into the cage to be taken 300ft down the shaft into the mine it made one feel a little nervous as the lift gate was slammed shut.

We followed the tram lines on which the ponies pulled the very heavy carts full of coal along to their stables. We were told the ponies were looked after better than the men, women and children. They came underground aged 4 to work and never came to the surface alive again.

We learnt how the mines worked and the shocking fact that children of 5 years old were left underground for 12 hour shifts to open and shut the ventilation doors in complete darkness.



The tour underground lasted just under an hour, we then spent another 2.5 hours going round the site learning about the role of women, children and men, looking at the bath house, pit equipment and the lives of miners and their families.

It was such an interesting trip.

Helen

CRAFTY CRAFTERS

July's meeting was for working on our own projects. Crafts included knitting, patchwork, cross stitch, embroidery, amongst others. Our next meeting will be [10th August](#) when we will be trying our hands at pyrography. Details will be sent to members nearer the time. In September we will try stone painting.

Ruth

DIGITAL PHOTOGRAPHY



Ron Hill



Adrian Milner



Margaret Taylor



Colin Luker



Pauline Brown



Dave Thomas

The group are busy 'focusing' on images for the 2023 calendar and potential postcards, which will be things instantly recognisable as local to the Cardigan, Newcastle Emlyn and surrounding communities.

For those interested in photography, the group has agreed that the images we take are unedited (apart from a minor crop or straighten) so everything we take is as it was when the photograph was taken. The only way we enhance photos is with the use of filters attached to the camera when taking the image. e.g. If shooting with lots of light, we can make the camera think it is darker by using a Neutral Density (ND) filter to allow longer exposure photos.

This month we discussed and watched tutorial videos for 'Long Exposure Photography' and 'Night Photography', but agreed that our homework for our next meeting on [Tuesday 13th September 2022](#) is 'potential calendar/postcard images' with a maximum of SIX photos each. There is no meeting in August,

but if you would like to join us please contact Dave via email 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

This month we discussed the various genealogy software programmes available. Hazel uses Reunion which is only for Mac computers and I use Family Tree Maker, which is for Windows or Mac. Both seem very similar in that you can produce, among other things, ancestral and descendant charts, and they will both produce a 'story' about a particular ancestor from the info. you have put in. You can also include photographs and documents. They will also work out for you the relationship between any two of your ancestors. When you buy a particular version of either programme, you get free or reduced price updates for a number of years. Family Tree Maker can automatically update your online tree on Ancestry or FamilySearch. Most of the Group who were present also have their family tree online on FamilySearch as well as on Ancestry, FindMyPast or MyHeritage.

We also talked about the way we store our records, with various different methods being used. One thing that we have mentioned before is that if you have original certificates and documents, you should not store them in the normal 'plastic' folders/pockets as the print can come off onto the plastic. Special inert (acid-free) polypropylene pockets are available from www.myhistory.co.uk among other places. They come in all shapes and sizes including A4 size divided into 2, 4 or 6 separate pockets for storing photographs and other smaller items.

Our next meeting will continue on this theme, with time set aside for anyone to look up records on websites not available to them at home. As always, new members are always welcome – please contact me for more details.

Margaret



GARDENING GROUP

For our July visit a notably large group of 26 people and 3 dogs congregated on Nicky Fry and Steve's splendid garden in Drefech Felindre.

They have done a great job in keeping their two acre area wildlife friendly, including making a happy home for Lettuce the resident tortoise. Lettuce is free to roam around wherever and if lost can be located by either the door bell on his back or by drone!

Nicky was happy to use her English teacher skills to write our report so here it is:

"The day had dawned cloudy and grey, but by 2 pm the sun shone on our glorious 2-acre garden and woodland.

The garden looks its best once you step inside the gates: to the right is an oval 'secret' garden guarded by an omnipresent pig and is shrouded by tall shrubs and trees. It is a great place to get away from it all and read a book.

The view from the gates is beautiful: a verdant lawn which looks towards another, larger secret garden being watched over by tall trees. Red and lime green-tall acer trees accompany an old walnut tree and then surprisingly you notice an Indian bean tree and all of them look down: benign protectors of the space.

People enjoyed themselves; some walked around the vegetable garden and some walked up through the woodland where badgers, rabbits and foxes live and a pair of attentive parent woodpeckers nurture their young. All are welcome. Dappled sunlight filtered down like golden raindrops on to shoulders and soft scrunchy leaf-covered pathways.

Our aims for the garden and woodland include erecting more bird boxes, planting wildlife-attracting plants, caring for the 2 hedgehogs we've noticed and

encouraging our current bats to have babies by placing bat boxes in the trees."

Thankfully with nobody lost or injured in the steep slope up the side of the wooded valley and with alcoholic refreshments flowing liberally the atmosphere quickly developed into party mode which concluded a very enjoyable visit.



Our next garden visit will be on [Thursday 4th August at 2.00pm](#) to Jo Hicks' interesting one acre garden in Pentrecwrt which features amongst many other things a wonderfully quirky woodland trail where you can escape from reality. Hope to see you there.

For Plant(s) of the Month I have gone with 2 potted plants on the patio - this wonderful Pelargonium which is in the same family as Geranium and Storksbill, and the colourful Campanula Persicifolia "Takion Blue" (peach-leaved bellflower).

Mike



GRAPE EXPECTATIONS

The group spent an idyllic afternoon sitting comfortably in the garden shade enjoying deliciously creamy Cenarth Cheese provided by Tony and Liz and sampling a varied selection of wines. The theme was quite appropriately "Summer" so we were to bring lighter wines than normal, like roses and proseccos.

Strangely there was yet another score draw in the vote for the most popular tipple, this time between a Chardonnay and a Sauvignon Blanc, probably two of the most popular white wines on the planet.

The Chardonnay was called Golden Grape Estate and came from SE Australia and was expensive at £17 a bottle. The Sauvignon Blanc was cheaper, coming from Wairau Cove in Marlborough, on New Zealand's South Island and is apparently famous for its cat pee on a gooseberry nose.

It was a very enjoyable and different session but hopefully we can get back to some good solid red for our next meeting

Mike

PATCHWORK & QUILTING

We had a good session in July with everyone working on their own projects, some quite small, others larger. Our beginner member continues to learn and is making good progress. Our next meeting will be **12th August**.

Ruth



PETANQUE

A group of seven of us travelled to Llanelli on Tuesday 19th for a friendly few games with Llanelli u3a Petanque group. We started with lunch at the Sandpiper and then went to Pwll where their group meet regularly and played on the local gravel tennis courts.

It was quite warm but slightly overcast with a welcome sea breeze and a great fun afternoon was had by all.

Our own petanque group which meets in the King George V playing fields in Newcastle Emlyn will be meeting at **2pm on Monday 1st August and Tuesday 16th August**. Please feel free to come along and join us or if you want more information contact John or Hazel.

Hazel and John



PHILOSOPHY

"With Gwyn unable to run our group this month we had two subjects suggested for discussion, "If you don't have a womb should you be able to vote on abortion?"..... and whether this should be transferred to other important issues".

And "Plant based foods" , what are they and the ramifications on society?"

We had a long and varied discussion on the voting subject, including whether we should have more votes on local issues, etc. Unfortunately we only had a short discussion on plant based foods, more food for thought!"

Next month Gwyn hopefully will be back, and he'll be talking about Aristotle.

Ali

STRICTLY BASIC BALLROOM

Next session [Wednesday 10th August](#).

Julia

STROLLERS



Eight strollers enjoyed a lovely walk in Ffynone Woods in July and then down to the waterfall. The weather was lovely and we saw, among many other things, some very tiny frogs, a lizard and a tree that has been identified as a Guelder Rose, a member of the viburnum family.



There was not a great deal of water in the waterfall but it is a lovely peaceful spot. Some of us then enjoyed drinks and lunch at the Nags Head!

Hazel

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.

Carol

WALKING GROUP

A small but well formed group of Walkers took on the St Dogmaels 9k loop on yet another wonderfully sunny and warm Day. Luckily there were a number of areas where we were sheltered from the rays of the sun. It was that warm that nobody brought along their dogs, in my case I was worried that the roads would have melting tar. We started off not far from the Ferry inn and worked our way inland and up a variety of relatively gentle hills before wending our way back down to walk alongside the Teify before returning to the Ferry Inn for substance. Sadly this proved to be a non-event as the Ferry is closed on Monday lunchtime which was somewhat disappointing, must





remember this for future walks that a lot of Pubs seem to be shut on a Monday lunchtime as we discovered when we tried to find an alternative venue eventually ending up at the Flat rock at Gwbert enjoying the fine views over towards Poppit.

Nigel



WINE APPRECIATION

The group met at Ruth and Malcolm's in July and continuing our French journey around it's wine regions we were tasting Bordeaux wines. This is quite a big region bordering the Gironde, Garonne and Dordogne rivers. The area between the Garonne and Dordogne is known as Entre Deux Mers and 2 of the wins we tasted were from this part of the region. It is the biggest producer of appellation wines in France.

The first wine we tried was a white called 18-19-20 by Les deux soeurs. It was a blend of three vintages 2018, 2019 and 2020 of three different grapes so something a bit different. Interestingly everyone there scored it 4 out of 5 and it was well liked by everyone. We then tried two reds and finished with a sweeter white.

Next month we will be meeting at [5pm on Thursday 18th August](#) at John and Hazel's for a social barbecue. This will also be open to our friends in the Grape Expectations group. In September we continue our French tour with the Languedoc-Roussillon area.

Hazel

Monday	1	Petanque - King George V Park Newcastle Emlyn	2-00pm
Tuesday	2	Welsh- meeting at Vicky's in Capel Iwan	10-30am
Tuesday	2	Bowls – Newcastle Emlyn Bowls Club	2-00pm
Thursday	4	Art- Penboyr Village Hall	10-00am
Thursday	4	Gardens – Joe Hicks Glandwr, Pentrecwrt, SA44 5DA	2-00 pm
Friday	5	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	8	Walkers – TBA	10-30am
Monday	8	Philosophy pm – at Sue's in Pontgarreg	2-00pm
Tuesday	9	Digital Photography - Coracle Hall Llechryd	10-30am
Wednesday	10	Strictly Basic Ballroom – Newcastle Emlyn R C	10-30am
Wednesday	10	Crafty Crafters – Penboyr Village Hall	10-30am
Thursday	11	Art – Penboyr Village Hall	10-00am
Thursday	11	Creative Writing - at various locations	11-00am
Thursday	11	Grape Expectations- at various private locations	2-00pm
Friday	12	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	15	Bowls – Newcastle Emlyn Bowls Club	2-00pm
Tuesday	16	Games – Penboyr Village Hall	10-30am
Tuesday	16	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	16	Petanque – King George V Park Newcastle Emlyn	2-00pm
Wednesday	17	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	18	Art – Penboyr Village Hall	10-00am
Thursday	18	Philosophy am – Penrhiwllan Village Hall	11-00am
Thursday	18	Wine Appreciation – John + Hazel	7-00pm
Friday	19	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	22	French – at various private locations	11-00am
Tuesday	23	Family History – Church of Latter Day Saints	2-30pm
Tuesday	23	Book Club – Zoom meeting	10-30am
Wednesday	31	Lunch Club – various locations	2-00pm
Thursday	25	Art – Penboyr Village Hall	10-00am
Thursday	25	Table Tennis – Rhydlewis Village Hall	10-30am
Thursday	25	Science + Technology – Penrhiwllan Village Hall	2-00pm
Friday	26	Strollers - TBA	10-30am
Wednesday	31	Lunch Club - various locations	2-00pm

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.

Our speaker for our u3a meeting in November is Melanie Davies from the Attic Theatre NCE.

Melanie has worked as an actor professionally and facilitated many talks and workshops over the years.

The company's next production is in August and if you are interested in going along, have a look at their website - attictheatre.wales. This is an opportunity to support the players and to have an insight into the sort of theatre the company is providing. Julia.

