



Chairs Ramble

What a great day out we had at the beginning of August for our outing to Powis Castle. Thank you to Julia for organising the trip which all went very smoothly and seemed to be thoroughly enjoyed by everyone who went. There is a report and photos elsewhere in the newsletter.



Our next monthly meeting will be on Wednesday 7th September when Flis Randall will be coming to talk to us about the Haggar family who were British pioneers of the cinema industry and were closely associated with South Wales. It will be the first monthly meeting of our new year and I hope will be the start of an exciting and interesting programme of speakers.

September 12th is the first meeting of your new committee and we have a new venue as we will be meeting in the small room at Rhydlewis village hall. If there is anything anyone wants to have discussed at the meeting please let one of your committee members know. All



of the committee members and their contact details can be found on your new membership card which is issued once you have renewed your membership. Many thanks to everyone who has already renewed and a gentle reminder that if you haven't already done so your membership fees of £16 are now overdue!

Hazel

ART

Every Thursday from 10.00am at Penboyr Village Hall

Amanda

01559 372273

amanda.treesong@gmail.com

ASTRONOMY

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

Malcolm

01239 711787

BOOK CLUB

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

Vicky

01559 372278

vkthomas2008@gmail.com

BOWLS

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

Julia

julia.pearson2013@icloud.com

BUCKET LIST

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

Helen

07964 674287

helencoedmor@gmail.com

CRAFTY CRAFTERS

2nd Wednesday from 10.30am at Penboyr Village Hall.

Ruth

01239 711787

CREATIVE WRITING

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

Ali 07716826362, 01239 682965

alisonkate606@gmail.com

CROQUET

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

Sue

01559 370684

DIGITAL PHOTOGRAPHY

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

Dave

thomasdavej@hotmail.com

FAMILYHISTORY

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

Margaret

07866420122

jtandmargaret@gmail.com

FRENCH

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

Ali 07716826362, 01239 682965

alisonkate606@gmail.com

GAMES

3rd Tuesday from 10.30am at Penboyr Village Hall.

Hazel

01559 371842

GARDEN

1st Thursday at 2pm venue varies.

Tony 01239 712931

pooletony@hotmail.com

Mike 07949032308

GRAPE EXPECTATIONS

2nd Thursday from 2pm - venue varies.

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, 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

THEOLOGY

1st Monday from 2pm at Ffostrasol Village Hall

Carol

carolwardman@outlook.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 Cenerth.

Vicky

01559 372278

WINE APPRECIATION

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

Hazel

01559371842



ASTRONOMY

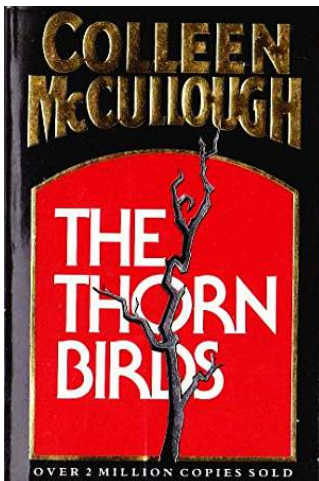
The next meeting will be held at the [Llechryd Coracles Hall on 21st August 2022 at 2pm.](#)

Come and join us if you are interested. Ring 01239-891549 if you want more information.

Malcolm

BOOK CLUB

Our book for August was *The Thorn Birds* by Colleen McCullough. Published in 1977 it chronicles the Cleary family over three generations from 1915 to 1969. It commences in New Zealand, but is mostly based in the outback of Australia where the Cleary's run a vast sheep station. The principal character is the beautiful Meggie, the only daughter of the family, who can never possess the man she loves, the handsome priest Ralph de Bricassart, who through wealth and ambition has been elevated in the church and becomes a Cardinal in Rome. The novel is the bestselling book in Australian history, and has sold over 33 million copies worldwide.



Although the majority of us were happy to have read the book, generally we were not raving about it. We all thought the length (almost 700 pages) was daunting. But we learned a little about the hard life in the outback, particularly for women, and about the Roman Catholic church at the time.

Next month, we will meet, via zoom, on 27 September and we will be discussing *The Dream Weavers* by Barbara Erskine.

Vicky Thomas

CRAFTY CRAFTERS

We were supposed to have a session learning how to do pyrography in August but due to unforeseen circumstances we were not able to do this. Instead, we again worked on our own projects. We have quite a variety of crafts between us, although it's often some sort of needlework that we all bring to group – embroidery, knitting, cross stitch or crochet to name a few. This time we also had a spinning wheel – Julia spins her own wool from her sheep.



September's meeting is Wednesday 14th. We will be painting stones, either as decorations for ourselves or including some form of u3a advertising to be hidden around the area for people to find.

Ruth



CREATIVE WRITING

It was lovely to be back for a session of creative writing with our little group.....new members are most welcome. This month we each wrote a short story using the last line of either, Gone With The Wind or Jane Eyre as our first line. We had some funny and entertaining pieces! Then Hilary set us a task using vocabulary. We very much enjoyed using our old brain cells!

Ali

DIGITAL PHOTOGRAPHY

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.

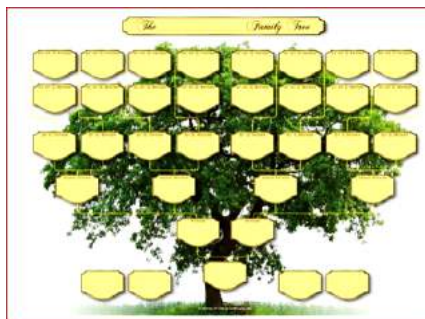
Our homework for our next meeting on [Tuesday 13th September 2022](#) is 'potential calendar/postcard images' with a maximum of SIX photos each. There is no meeting in August, but if you would like to join us please contact Dave via email at digitalphotography@cardiganu3a.org.uk or thomasdavej@hotmail.com.

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's meeting proved to be a lively affair with more of us being able to access the Family History Centre's premium genealogy websites on our own devices and it was also good to see that many devices could be connected to the Wifi at the same time. However, this is not the only aim of the group – anyone wishing to join the group should not be put off if they have limited computer skills.



We also continued our discussion about how we keep our research. Some of us write a 'story' about each of the family groups we have researched which can then be displayed or shared with other family members. I also suggested that all the information you have can be uploaded to a Cloud based storage site like Dropbox or Microsoft's OneDrive and the login details shared with family members so they can see in their own time the photos, certificates etc that you have found.

Printed A3 ancestral charts are also available for filling in yourself and if you would like some, please get in touch with me.

At our next meeting we shall be talking about where we want our research to go from here and how we want to move forward. Some people are only just beginning and I hope that they will get some inspiration from others who have been researching for many years and not be put off because they do not yet have that experience.



Anyone wishing to join the group is welcome, whether or not you have been researching for some time – please contact me first in case there has been any change in date or time. We try to help each other at the meetings and usually the session is split between a general discussion on this month's topic, followed by a chance to look something up for yourself.

Margaret

GAMES GROUP

A good number of members met in August for the games group and Stephen and Kathy introduced us to Skip Bo, a commercial card game based on an old game called Spite and Malice! The group is always open to trying new games and we are starting to build up quite a collection. If you enjoy playing card and board games and fancy a couple of hours of fun why not come along and join us at Penboyr Hall on the third Tuesday of the month.



Hazel



GARDENING GROUP

On the 4th August 14 garden members visited Jo and Lee Hicks' magical garden at Glandwr (means by the water) in Pentrecwrt. The water in question is a river called Afon Gwr-fach but with the lack of rain that we have experienced recently it was really only a stream. Next door however we saw a large lake surrounded by a swampy wetland area of reeds and rushes (apparently the Hicks family have used this lake as a swimming pool in the past). A deck overhangs part of the stream for viewing and entertainment and provides a great vista to the fields and hills beyond.

As is now usual the host was asked for a narrative and here are Jo's thoughts:

“This garden project was a dream I had had for 35 odd years. I had lived previously in the Australian outback in North Queensland and the climate there



was so hot and dry that gardens were just not possible. After several months of searching here we found Glandwr at last and it was the ideal place.

The house had been here for two hundred years but when I arrived in 1991 it only had a patio with some steps and a small low wall and it was surrounded by tall grass, hedges and conifers while the woodland attached was impenetrable and was full of rubbish. It did however however have 6 apple trees.

In 1995 I started cutting down trees, and introducing new varieties of trees and shrubs like Bamboo, Ewe, climbing Hydrangeas, Clematis and a Tulip tree. I created paths and flower beds and planted ground cover plants such as companula, lovage and grasses.

To make the rockery I collected stones from within the woodland which were once part of ~Let Wen~ the house in which the famous welsh poet Thomas Llewelyn Jones lived as a child. By 2001 I had cleared the woodland, created several flower beds, some of which are colour themed, laid pathways and built walls. It was then that I opened for the first time for the National Garden Scheme.

Almost every year this has been a project I look forward to and I happily get up at the crack of dawn to start gardening. I love meeting and sharing time with other gardeners. So now, getting my lawn cut for me and with help with the heavy work, hopefully it will continue.

My stream will flow strongly in winter and trickle in the summer and another year will pass and hopefully the garden will just carry on.”

Thanks and well done Jo, She has dedicated herself to this project working tirelessly and single-handedly to create a wonderful secluded cottage garden below a slope that leads to an enchanted woodland trail full of surprise paths, secret enclosures, arbours and themed alcoves with stone and metal features



–a fantastically quirky adventure and well worth a visit. The visit concluded with everyone enjoying refreshments and delicious cakes on the patio.

Our next meeting will be on Thursday 1st September at 2.00pm at The Old Bishops Palace in Abergwili, Carmarthen. It was the subject of a talk given to the U3A about 3 years ago which described the restoration work being undertaken. This work is now virtually complete and the palace which is now a museum is open to the public. We will be given a guided tour of the walled garden. There is also parkland and woodland leading down to the river plus a cafe/tearoom.

For plant of the month you can't beat a good old English rose.

Mike

GRAPE EXPECTATIONS

On the 11th August the group spent a very pleasant afternoon in the sun tasting Portuguese wines.

Mike

PATCHWORK & QUILTING

Quite a small group of us met in August. It being holiday season, a lot of members had other commitments. One thing you can always guarantee in a patchwork or sewing group, regardless of numbers, is that there will always be a lot achieved, even though there is also a lot of chatting. One lap quilt for a care home was finished and another well on it's way, a quilt was started for Linus and a lot of progress was made on an improv quilt. Improvisational Quilting is quilting

without design, rules, boundaries, or specific intentions. This particular one is reds and greens and free form curves.

The next meeting is 9th September.

Ruth



PHILOSOPHY

Philosophy: Gwyn gave us an interesting insight into Aristotle and his theory of happiness. Very briefly and simplified, Aristotle believed that to be truly happy we need to be good. To do good deeds and to be kind to each other would bring us contentment and true happiness and therefore this follows that bad people, or people who do bad things, are unhappy people.

An interesting thought, and in essence may be true, but we felt it was really too simplistic.

Ali

STROLLERS



This month's strollers met at the riverside car park in Cilgerran Village. We started off walking up to the Castle and then walked along the lanes and tracks to Fforest where we took the footpath through the woods along the edge of the Wildlife centre, we walked back along the entrance road as far as Fforest entrance, we walked through Fforest and back to the car park. It was a dry walk

although it did rain a little when people were arriving but it soon stopped and the sun came out. The walk was just over 3 and a half miles.

Cydy

TABLE TENNIS

We welcomed a new member this month, Bruce, who fitted in very well with our friendly group. This must be one of the few groups that the number of men matches the number of ladies..... and good competitive fun it is too.

Ali

WELSH GROUP

Our session in August focussed on relatives. We revised the vocabulary for family members and made up sentences about them. This was quite difficult, with some tricky sentence constructions being needed using possessive pronouns. We are going to pursue this topic again next time to carry on practising speaking about our families.

Our next session will be on Tuesday 6th September at Vicky's in Capel Iwan.

Vicky



WINE APPRECIATION

Our thanks go to John and Les for their cheffing skills on the barbecue. There were 17 members present including some of our friends from the Grape Expectations group. It was a great social occasion with no specific wine being tasted!

Septembers meeting will be at Julia and Brian's house in Adpar on Thursday 15th September when we will be continuing our tour of France and tasting wines from the Languedoc Roussillon region.

Hazel

Thursday	1	Art- Penboyr Village Hall	10-00am
Thursday	1	Gardens – The Old Bishops Palace in Abergwili,	2-00pm
Friday	2	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	5	Petanque - King George V Park Newcastle Emlyn	2-00pm
Monday	5	Hitchhikers Guide to Theology Ffostrasol Village Hall	2-00pm
Tuesday	6	Welsh- meeting at Vicky's in Capel Iwan	10-30am
Tuesday	6	Bowls – Newcastle Emlyn Bowls Club	2-00 pm
Wednesday	7	Main meeting Rhydlewls Village Hall	10-00am
Thursday	8	Art- Penboyr Village Hall	10-00am
Thursday	8	Creative Writing - at various locations	11-00am
Thursday	8	Grape Expectations- at various private locations	2-00pm
Friday	9	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	12	Committee meeting Rhydlewls Village Hall	10-00am
Monday	12	Walkers TBA	10-30am
Monday	12	Philosophy pm – at Sue's in Pontgarreg	2-00pm
Tuesday	13	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	13	Table Tennis – Rhydlewls Village Hall	2-00pm
Wednesday	14	Crafty Crafters – Penboyr Village Hall	10-30am
Wednesday	14	Strictly Basic Ballroom – Newcastle Emlyn R C	10-30am
Thursday	15	Art- Penboyr Village Hall	10-00am
Thursday	15	Philosophy am – Penrhiwlan Village Hall	11-00am
Thursday	15	Wine Appreciation – Julia + Brian	7-00pm
Friday	16	Croquet – Sue's house in Penrhiwllan	2-30pm
Monday	19	Bowls – Newcastle Emlyn Bowls Club	2-00pm
Tuesday	20	Games – Penboyr Village Hall	10-30am
Tuesday	20	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	20	Petanque - King George V Park Newcastle Emlyn	2-00pm
Wednesday	21	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	22	Art- Penboyr Village Hall	10-00am
Thursday	22	Table Tennis – Rhydlewls Village Hall	10-30am
Monday	26	French – at various private locations	11-00am
Tuesday	27	Book Club – Zoom meeting	10-30am
Tuesday	27	Family History – Church of Latter Day Saints	2-30pm
Wednesday	28	Lunch Club – various locations	2-00pm
Thursday	29	Art- Penboyr Village Hall	10-00am
Friday	30	Strollers - TBA	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.

AUGUST OUTING 2022

Our trip this year was to Powis Castle and Gardens and what a day we had. We enjoyed a comfortable journey by coach through the beautiful Welsh countryside arriving at the castle by 11.30am. The weather was dry and promising to be a warm and sunny afternoon. After obtaining the required number of tickets and maps we had four hours to view the castle and gardens.



Powis Castle is striking in its appearance. It dates back to the 13th century and it is built of red rock rather than the grey stone of so many other Welsh castles. Inside the castle, the interiors are sumptuous and lavish, with well preserved rooms and it was clear it was once the abode of a very wealthy family.

The castle also includes the Clive Museum which features more than 1000 items from India and East Asia, dating from about 1600 to the 1830s. There were ivories, textiles, statues of Hindu gods, ornamental silver and gold, weapons and ceremonial armour. Unfortunately many of us found that there was a lack of information alongside the displays. The labels were the original hand written descriptions which were faded and extremely difficult if not impossible to read.

The castle gardens were certainly impressive dating back to the 1680's. The south south facing gardens directly below the castle were made up of four rows of flower-filled terraces and sitting along the upper terraces were the huge 300+ year old yews clipped into amazing shapes and cloud like formations. Below the terraces was a huge expanse of lawn leading down into large areas of forest. On the lawn there were a lot of games laid out for anyone to use and many families were taking advantage of this. There was also an amazing orangery to view and other formal gardens. One other amusing addition to the gardens was experienced whilst we were having our picnic. We were joined by a very curious and persistent peacock. He seemed to know who had the best goodies and wasn't shy in helping himself.



We took our leave of this amazing castle and gardens around 4pm and arrived back in Newcastle Emlyn by 6.30pm. Thank you to everyone for coming along and making our August 2022 outing so successful.

Julia