



Chairs Ramble

Autumn seems to have come in very quickly with the leaves turning and the cooler nights. The committee have started rehearsals for this years Christmas Extravaganza in December and two of our outdoor groups, bowls and croquet, have gone into winter recess. Petanque will try and carry on a little longer but will be weather dependant. Suddenly the summer is over!



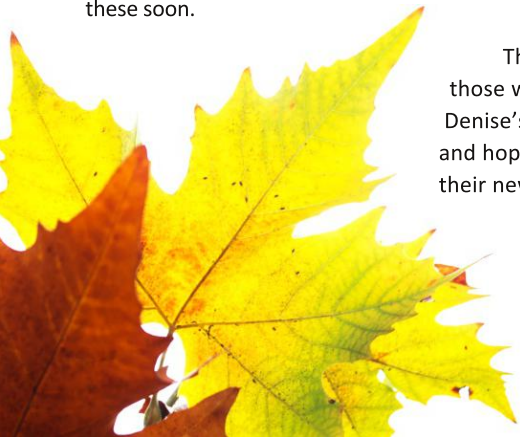
We have something a bit different for Wednesday 5th October when we have a visit from the Bluestones Coffee Company who are based in Cenarth. Sas and Alisa will talk about their business 'From bean to cup' and there may even be some tasters!

Sadly the Science and Technology group have ceased to meet at the moment and our thanks go to Jim for running the group. If anyone is interested in leading the group please speak to our groups co-ordinator, Ali Dowling. However, we do have a few new groups in the pipeline so watch out for information about these soon.



Thank you to all of those who came forward with offers of items for Nigel and Denise's Ukrainian family. They have had a great response and hopefully the family will have enough to set them up in their new home.

Hazel



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

Suspended for the winter

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

Suspended for the winter

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 PADDLERS

LUNCH

Last Wednesday - venue varies.

PATCHWORK AND QUILTING

2nd Friday from 11.00am at Penboyr Village Hall.

PETANQUE

1st Monday, 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.

THEOLOGY

1st Monday from 2pm at Ffostrasol Village
Hall

WALKERS

2nd Monday from 10.30am venues varies.

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.



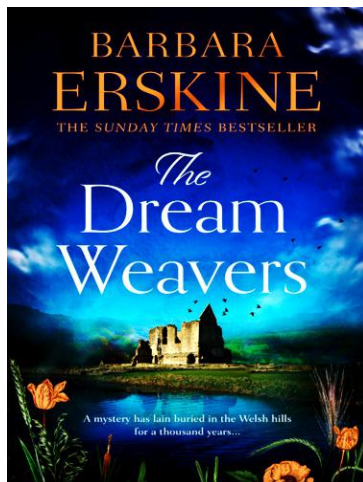
BOOK CLUB

Our book in September was *The Dream Weavers* by Barbara Erskine, described as being in the historical time slip genre. It tells of the life of a daughter of the ruthless King Offa in the eighth century. The drama is accessed by Bea, who has been called in by an author trying to complete a book about King Offa, to identify unsettling noises in a remote cottage he is renting on the Welsh border. Bea becomes increasingly drawn into the past and Offa's daughter's desire for revenge against her father.

There was a wide spectrum of views about this book. Some of us thought it was very inventive and interesting, while others didn't enjoy it at all and would not try reading another book by the author.

For October we have chosen two books: *A Cupboard Full of Coats* by Yvonne Edwards and *Police* by Jo Nesbo. We'll be discussing these at our next meeting, on zoom, on Tuesday 25th October.

Vicky Thomas



BOWLS GROUP

We managed to hold both sessions this month and although small in numbers at each session, we enjoyed the exercise and the challenge of the game. The bowls season has now finished. I will let you know the start date in 2023.

Julia

CRAFTY CRAFTERS

We tried our hands at painting stones in September. Denise had kindly found some stones for us and we used the same paints (acrylic) that we used for the fabric stamping we did earlier in the year. We had some pictures available to give us ideas and then spent a productive couple of hours being creative. Some members even managed to complete 2 painted stones before it

was time to pack up. We will be doing more stone painting at October's meeting, this time with a Christmas theme.

October's meeting will be on Wednesday, 12th.

Ruth



CREATIVE WRITING

At our latest meeting we had a lively and enjoyable time and welcomed a new member, Gwyn.

Hilary set us a task of writing a short story using as few adjectives as possible. This I found quite challenging! I like setting a scene, but it is true that sometimes novels seem to be plumped up with overly detailed description. Many thanks to Hilary for coming up with interesting and enjoyable tasks.

If you would like to join us our next meeting is Thursday 13th October at 11am in Rhydlewis village hall.

Ali

DIGITAL PHOTOGRAPHY



John Leigh



Malcolm Brown



Margaret Taylor

The group have been busy taking potential photographs for the 2023 U3A Cardigan and Newcastle Emlyn calendar and possibly for some postcards too.

The Digital Photography group is aimed at intermediate and advanced digital photographers, but anyone wishing to learn is very welcome to join us. The group 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 tutorials and member discussions about the previous months homework. (Practical homework is set at each meeting for the following month.)

Regarding the photographs we take for group, we have agreed the images are unedited, except for a minor crop or straighten. The only way we enhance photos is with the use of filters attached to the camera when taking the image, such as a Neutral Density (ND) filter to allow longer exposure photos. At our last meeting we watched tutorial videos on 'Essential Filters for Landscape photography' and 'Sunset & Sunrise Photography'. Tip - Optimal f-stop settings for landscape photography are often regarded as f/11 and f/13, but ultimately it's your choice.

Our next meeting starts at 10.30am on Tuesday 11th October 2022 in Coracle Hall, Llechryd, when we will be choosing the images for the 2023 calendar. Anyone wishing to join us can participate straightaway with homework, which is generally emailed to Dave prior to the meeting, but can also be brought to group on a USB stick. For further information, please contact Dave via email at digitalphotography@cardiganu3a.org.uk or thomasdavej@hotmail.com.

Dave



Ron Hill



Pauline Brown



Colin Luker

FAMILY HISTORY

At our September meeting, we were talking about where we wanted our research to go from here. One fairly new member of the Group went away with a lot of records that would enable her to proceed, where she had been floundering before. We all agreed that, when you are starting off, it is wise to concentrate on one branch of your tree at a time, and move on to another branch when you get stuck, rather than trying to find out about everyone at once, especially if you have a certain amount of information already, but none of it is complete.



We also talked about scanning old slides and negatives. There are some quite inexpensive scanners available now but you also need to download an app to save them to your computer.

If you have your DNA results on Ancestry – have another look at your account, as things have changed recently and there is a lot more information available and links to records relating to direct ancestors already in your tree.

In October we shall be going back-to-basics with a session on using and getting the most out of the [familysearch.org](https://www.familysearch.org) website.

Margaret

FRENCH

We had a very enjoyable French group meeting, kindly hosted by Paul. Sue brought a delicious cake....yum, yum!



We read and translated chapter 4 of our book, which had an emphasis on pronouns. It was really quite tricky! The next chapter is on numbers, so I'm hoping that will be a bit easier. Laura had also set us some more homework to find a famous French person from history and the rest of us tried to "Guess who?" We had Edith Piaf X 2, Gustav Eiffel, Claude Monet and another couple. Very good for our vocab. Many thanks Laura. New members welcome, our next session is Monday 24th October at 11am.

Ali

PATCHWORK & QUILTING

Now the summer is over, members are slowly beginning to trickle back to group, although not everyone managed to make it in September due to other commitments. Work progresses on the quilts for Linus or the care homes, with 4 members working on them this month while the remaining members worked on their own projects.



Charlotte had managed to make it to The Festival of Quilts at the NEC in August, the biggest quilt show of the year in the UK, and had come back inspired with a new pattern and the fabrics to make it. We look forward to watching the progress.

October's meeting will be on Friday, 14th.

Do we have any members of our u3a out there who have always fancied doing patchwork but not sure where to start? Or maybe there are those who already do it but would like to join a group of like-minded people. Why not come along and give it a go. More details of when and where can be found in the list of groups or on the website.

Ruth



PHILOSOPHY

Unfortunately I missed the last Philosophy meeting, but Gwyn led a lively and enjoyable discussion on Determinism. Gwyn has been excellent at keeping us on the Philosophical line and bringing interesting and thought provoking ideas from various Philosophers. Many thanks Gwyn.

If you would like to join us our next meeting is on Thursday 20th 11am, in Penrhiwllan hall.

Ali

TABLE TENNIS

We had an excellent turnout of 15 players on Thursday..... everyone back from their holidays.....and we had some very good matches. We welcomed a new player, Carys, and Judie brought a guest. Next session is Tuesday 11th October at 2pm, in Rhydlewis hall.

Ali



STRICTLY BASIC BALLROOM

During this months lively session we recapped a number of moves for the Cha Cha Cha and transferred those same basic steps to the Rumba. Later in the session we continued to practice the basic Waltz steps. Well done everyone.

As numbers have slowly declined for the SBB session we are unable to continue using the NCE Rugby Club hall. Next months session on the 12th October will held in the NCE Community Hall. I will remind everyone nearer the time.

Julia and Jenny

WALKING GROUP

September's walk was started in the pine forest around Pen Garn wen between Plwmp and Ffostrasol with a walk along a track used by the owners of the woods with a slight rain shower to ease us on our way. The O/S map sadly did not match with the access on the ground as it were which resulted in us having to back track before picking up on a footpath that



took us through a number of fields with well behaved cows before heading through a farm yard and then up a fairly steep climb where again the O/S map let us down as I wanted to gain access to another small forest where a number of footpaths criss crossed the woods which I had walked a few days earlier albeit I accessed it from a different direction. We did manage to collect a fair amount of

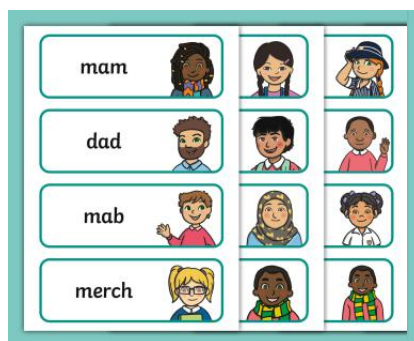
blackberries on our travels so not all was lost and we finished in the Ffostarsol arms which is open every day of the week and through the day. It was a little sad though to see that we were the only customers despite it being quite a big pub. The hot pie and a pint went down well.

Next walk on 10 October will finally be in the Devils bridge area; I will be in touch with group members re travel arrangements etc in due course.

Nigel

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



The group met at Julia and Brian's this month and we continued our journey through the wine regions of France. This month was the Languedoc Roussillon regions which span the Mediterranean coastline from the French border with Spain to the region of Provence. In 2019 the two regions produce 313 million gallons of wine. Wow and we sampled three bottles, one white and two reds.

All three scored well, with the white- Le Rocher de Saint Victor Picpoul de Pinet - coming out on top. An excellent find by Trevor and Angela. Thank you all for an entertaining evening.

Julia

GARDENING

The group spent a very interesting afternoon at the Old Bishops Palace in Carmarthen with its ancient walled garden and orchard, the county museum, the arboretum, oxbow lake or pond as it was, great meadow in a flood plain and its Ha-Ha (I for one didn't know what that was before).



Plants of the month are this delicate poppy and this Orange Lily (*Lilium Bulbiferum*) aka tiger lily, fire lily and Jimmy's Bane.

Mike



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|-----------|----|--|---------|
| Monday | 3 | Petanque - King George V Park Newcastle Emlyn | 2-00pm |
| Monday | 3 | Theology Ffostrasol Village Hall | 2-00pm |
| Tuesday | 4 | Welsh- meeting at Vicky's in Capel Iwan | 10-30am |
| Wednesday | 5 | Main Meeting Newcastle Emlyn Rugby Club | 10-30am |
| Thursday | 6 | Art- Penboyr Village Hall | 10-00am |
| Thursday | 6 | Gardens – various locations | 10-30am |
| Monday | 10 | Philosophy pm – at Sue's in Pontgarreg | 2-00pm |
| Monday | 10 | Walkers - Devils Bridge | 10-30am |
| Tuesday | 11 | Digital Photography - Coracle Hall Llechryd | 10-30am |
| Tuesday | 11 | Table Tennis – Rhydlewis Village Hall | 2-00pm |
| Wednesday | 12 | Crafty Crafters – Penboyr Village Hall | 10-30am |
| Wednesday | 12 | Strictly Basic Ballroom – Newcastle Emlyn Community Hall | 10-30am |
| Thursday | 13 | Art- Penboyr Village Hall | 10-00am |
| Thursday | 13 | Creative Writing - at Rhydlewis Village Hall | 11-00am |
| Thursday | 13 | Grape Expectations- at various private locations | 2-00pm |
| Friday | 14 | Patchwork and Quilting - Penboyr Village Hall | 11-00am |
| Tuesday | 18 | Games – Penboyr Village Hall | 10-30am |
| Tuesday | 18 | ICT Support Session - as required contact Hazel | 2-00pm |
| Tuesday | 18 | Petanque - King George V Park Newcastle Emlyn | 2-00pm |
| Wednesday | 19 | Astronomy – Coracle Hall Llechryd | 2-00pm |
| Thursday | 20 | Art- Penboyr Village Hall | 10-00am |
| Thursday | 20 | Philosophy am – Penrhiwlan Village Hall | 11-00am |
| Thursday | 20 | Wine Appreciation – Welsh Wind Distillery tour + tasting | 15-30pm |
| Monday | 24 | French – at various private locations | 11-00am |
| Tuesday | 25 | Book Club – Zoom meeting | 10-30am |
| Tuesday | 25 | Family History – Church of Latter Day Saints | 2-30pm |
| Wednesday | 26 | Lunch Club – various locations | 2-00pm |
| Thursday | 27 | Art- Penboyr Village Hall | 10-00am |
| Thursday | 27 | Table Tennis – Rhydlewis Village Hall | 10-30am |
| Friday | 28 | Strollers - TBA | 10-30am |

To add events to this monthly calendar please contact Nigel neu3anewsletter@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.