



Chairs Ramble

The Bluestone Coffee ladies gave us a very interesting talk at the start of October and included some tastings of some of their coffees which they roast at their house. Sas enlightened us about her families connections with coffee over the decades. They can be seen with their truck at the Nags Head car park in Abercych most Tuesdays. I hope we will be able to meet them again at some point.

Sadly I have been informed of the death of Mary Howley who was a member of our u3a and was treasurer and membership secretary for many years from 2005. Some of our members will I am sure remember her. If you want any further information please contact Tracy Maczka.

The speaker for the main meeting on Wednesday 2nd November is Melanie from The Attic Theatre in Newcastle Emlyn. She will be telling us about the theatre building itself and about the players and what they are doing. If you have never been to the theatre it is well worth a visit.

Unfortunately we have had to make a change to the venue for the November main meeting on Wednesday 2nd November. This is due to a double booking at the Rugby Club over which we have no control. We will, however, be back in the Rugby Club for the December meeting!

We will be meeting in November at the Community Hall, Church Lane, Newcastle Emlyn. This is opposite the main church and is our old venue. Unfortunately, there is very little parking but you can park in the main Mart car park or down by the castle and walk the short distance to the hall. These car parks are free from 10am – 2pm on a Wednesday. Don't be tempted to park on the yellow lines on the roadside as they do check! We will start at the same time of 10.30am for coffee and the speaker will start at 11.00am.

Please can you tell anyone you know so that we make sure we spread the word.

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

Suspended for the winter

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

Suspended for the winter

Sue

DIGITAL PHOTOGRAPHY

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

Dave

FAMILY HISTORY

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

1st Thursday at 2pm venue varies.

Tony
Mike

GRAPE EXPECTATIONS

2nd Thursday from 2pm - venue varies.

Mike Johnson

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

Suspended for the winter

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

Colin

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.

Hazel

TABLE TENNIS

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

Ali

THEOLOGY

1st Monday from 2pm at Ffostrasol Village Hall

Carol

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

The Cardigan and Newcastle Emlyn joint u3a Astronomy group met on 19 Oct 2022, the 3rd Wednesday afternoon of the month, as usual. And, also as usual, we updated ourselves on what is easy to see in the current night sky with the naked eye.

Jupiter continues to be the unmissable, very bright “star” fairly low down in the SE in the early evening and a bit higher up in the S by midnight. Saturn, much less bright but still fairly easy to see is at a similar height above the horizon but about 45 degrees ahead (i.e. to the W) of Jupiter. Reddish Mars is now quite bright (about 20% of Jupiter) and sitting above the 7 main stars of Orion, and in the middle of the Winter Hexagon of stars (described in the last Newsletter). Mars rises in the E around 10pm (9pm after the 30 Oct) and rises higher up to about 45 degrees above the horizon by 2am (1am GMT) – and between those times, the whole of Orion and the Winter Hexagon stars also rise and become visible. Mars is approx midway between Orion’s red giant, Betelgeuse, and the brightish white star, Capella, high in the sky above it.

Adrian gave a presentation based around a recent image from the new James Webb Space Telescope. This showed images of dust and soot that have been ejected every 7.9 years from one of the stars at the centre, a very unstable star called a Wolf-Rayet star.



the Wolf-Rayet star and forms an “onion ring” of dust which carries on moving away outwards. Such is the power and clarity of the James Webb telescope that these rings are now known to be accelerating, the gaps are actually getting wider going out towards the older, outer rings - and this is now known to be caused by starlight, actual photons of light from the stars at the centre, continuously giving the carbon-soot particles a little shove. This is called “radiation pressure”, and it is probably the first time it has ever been caught and measured on camera.

We watched a video about viewing the night sky with the naked eye and, with the aid of images of the asteroids afterwards, we also discussed the recent deliberate impact of the NASA DART probe into the smaller of a pair of small asteroids that orbit around each other. The aim was to see if this would be a suitable technique for deflecting an asteroid or comet that might be on collision course with the Earth.

Impact debris now stretches more than 6000km from asteroid Dimorphos (like a comet-tail) and measurements continue, but the 11hr 55min orbit of the smaller asteroid around its partner has already been measured as being shortened by 32 minutes – 30 minutes longer than the 73sec criterion that was set for success set by NASA.

Our next meeting will be on Wed, 16 Nov at 2pm in Llechryd, and as the December meeting would be in Christmas week, this will be our Christmas meeting. We will be having a light-hearted astronomy-oriented quiz - and very likely some mince pies, etc. Please come and join us if you are interested. Ring 01239-891549 if you want more information.

Galileo

BASIC BALLROOM

Our return to the Holy Trinity Church Community hall was very successful. Well done everyone. A good workout with Cha Cha Cha, Rumba, Waltz and Salsa.

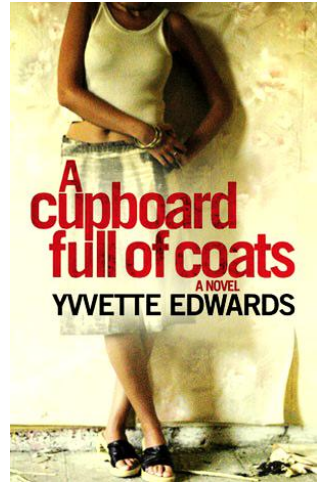
Our next session is on Wednesday 9th November 2022 starting at 10.30am. Come along and join the fun.

Julia and Jenny.

BOOK**CLUB**

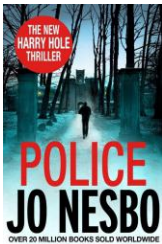
We had two books to read in October, *A Cupboard Full of Coats* by Yvonne Edwards and *Police* by Jo Nesbo.

A Cupboard Full of Coats, Yvonne Edwards first book, was published in 2011 and is set in London. The book was nominated for several awards, including being longlisted for the Booker Prize. It tells the story of Jinx, and the murder of her mother fourteen years earlier, when she was just sixteen, by her mother's controlling boyfriend. After regularly hitting her mother, the boyfriend made up by buying her expensive coats and jackets.



It described the attitude of some men to women through the eyes of an immature teenaged girl and also how her subsequent life had been affected by the harrowing experience. Most of us enjoyed the book and thought that the difficult subject matter was treated extremely well and sensitively. Most of us would read another book by the author.

Jo Nesbo is a Norwegian author and *Police* is the tenth book in a detective series set in Oslo featuring Harry Hole and published in 2013. Nesbo is the most successful Norwegian author of all time, having now sold over 50 million books worldwide. In *Police*, a brutal killer is luring policemen to the site of their previous unsolved murders to kill them. Media reaction is hysterical and the new police chief is under pressure to act.



Although apparently a very successful series of books, most of us were unimpressed by *Police*. We thought the false hints given were unconvincing and did not enjoy the writing style.

Our next meeting is on Tuesday 22nd November, on Zoom, and we will be discussing *Dark Voyage*, by Alan Furst.

CRAFTY CRAFTERS

We welcomed a new member to our group in October, welcome Pam. We look forward to trying out some of your ideas.

We continued with our stone painting at Octobers Crafty Crafters' meeting, this time with a Christmas theme (it's never too early to start thinking about Christmas presents/decorations!). There were plenty of stones and paints available and I had, again, printed off pictures for ideas. Snowmen were a popular choice, closely followed by Father Christmas and Christmas trees and just one snowy scene.



November's meeting will be Wednesday, 9th and to do with some form of Christmas decoration but the actual idea is still to be finalised.

Ruth

CREATIVE WRITING

Hilary set us a task of writing a short piece showing 3 emotions and the other members had to guess which emotions were being used. We also had to try to disprove a common idiom, which was fun.

Ali

DIGITAL PHOTOGRAPHY

The Cardigan and Newcastle Emlyn joint u3a Digital Photography group met on 11 Oct 2022. With deadlines approaching, the plan for the meeting was to finalise our selection of local scenic views for the 2023 Calendar

So with this deadline in mind, we devoted all the time to reviewing the photos which had already been shortlisted plus some new ones taken in the last month. In the end, however, we concluded that we didn't have enough local landscape shots this year that were representative of the different seasons of a calendar, and that were also sufficiently different from shots which we had included in previous years' calendars. And we didn't want to go back over previous years' unpublished snaps, so we decided to postpone our calendar-making for a year. We will now build up our portfolio ready for the 2024 Cardigan and Newcastle Emlyn u3as Calendar.

John had also investigated the economics and local marketing of scenic postcards based on our landscape shots – and we will reconsider the postcard project next year as well.

So this month's homework (and for all following months) is to keep snapping local scenes which might be suitable for a calendar or postcard and recognisable as N Pembrokeshire or S Ceredigion locations. And for December, we will be looking not only for Christmassy outdoor scenes but also indoor creative shots involving, perhaps, Christmas decorations or food, etc.

A few of our recent photos



September sunset
at Mwnt
Dave Thomas



Cilgerran Castle - Colin Luker



St Dogmaels
John Leigh

Adrian Milner

FAMILY HISTORY

We had an excellent turnout this month – 9 group members plus two visitors. We were talking about how we search the various genealogy websites and some useful tips were shared. If you use FindMyPast, you can search the censuses either by name or address, which can be useful. Most of the group have subscriptions to Ancestry, but both of these sites have their advantages with neither having access to every record available - many major record sets are only found at one site or the other, depending on the geographical region or county.

During the meeting, many of us were also able to find records that were not available to us at home, by using the Family History Centre's vast resources, where



we have access during our meetings to all the major subscription sites.

Next month, we shall be returning to our subject of a month ago – where we are trying to go now with our research - and asking for suggestions on how we can proceed. This can of course include “I’m new – where do I start?”

Margaret

FRENCH



We were a small group this month but we had a good session, reading and translating the latest story. We will be doing a game of "Who am I?" next month, and trying to "sell" a French attraction. New members welcome, our next session is Monday 28th December at 11am.

Ali

GAMES

It was lovely to welcome two new members to games in October. Welcome to Pauline and Malcolm. They learnt a couple of new games to them called Continuum and Sequence. The other games played were dominoes and backgammon. The group is building up the number of games it has but is always open to trying other games.

The next games group is on Tuesday 15th November in Penboyr Village Hall.



Hazel

GARDENING

For our October meeting we chose the only fine day of the week to visit the National Trust Property, Llanerchaeron, near Aberaeron. Here we were met by the head gardener, Rhys Morgan, who led us round. Although late in the season the herbaceous borders in the walled gardens were showing quite a bit of colour and the Autumn hues were sparkling in the sun. Most impressive were the vegetable plots, although much harvesting has taken place the winter brassicas we're looking well. Llanerchaeron has some very old fruit trees and Rhys explained about the management of old orchards: The walled garden has been producing fruit and vegetables for over 100 years and was originally a hive of Georgian hi tech industry. Within the walls are productive kitchen gardens, ancient fruit trees, remnants of horticultural technology spanning the lifetime of the garden, herbaceous borders and a wonderful herb garden. The south facing walls were all heated by fire pits when first built, and evidence of these remains, as well as 2 beds heated by hypocausts which were used for fruit production. In the frame yard is a fire pit used to heat cold frames. Along the south facing walls is a Victorian greenhouse heated by circulating hot water systems which remain in place though not now heated, and also a gently decaying concrete greenhouse from the 1950's.

Ancient apple trees, originally espalier {having branches trained outwards in a horizontal direction) have created their own unique shapes; in more recent years more apple trees have been planted and there are now 51 varieties of apple grown. The herb garden is under the south facing wall of the east walled garden. 25 rectangular beds, arranged in a "piano key layout" are filled with a range of culinary and medicinal herbs. The herb garden is also home to many of the pollinating insects which are essential to the productivity of the gardens. As a group we were impressed by what we saw and left planning to come back earlier in the season another year. We finished with refreshments in the excellent tearooms.

Mike and Tony.

ICT SUPPORT

Ruth and I welcomed two people in October and were able to help them with a printing problem and finding a lost book on a Kindle! We don't always promise to solve problems with laptops, tablets and phones but we will have a good try!

If you have something you would like some advice on please contact me (Hazel) to book a place as we do limit numbers so we can give everyone the attention they need. The next meeting will be on Tuesday 15th November at 2pm in Waungilwen near Drefach Felindre.

Hazel

PATCHWORK & QUILTING



Everyone works on their own projects at our patchwork meetings. There are new ones which have been started and sometimes old ones resurrected. In October 2 new projects were brought along one of which was inspired by a visit to the quilt show at the NEC in August and the other will be an 18th birthday present depicting Harry Potter's bookcase. There was also a quilted height chart being made for an expected grandchild and a table runner in the throws of being finished. Also, ongoing, there was work carrying on with lap quilts for care homes.

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. Novembers meeting will be Friday 11th

Ruth

PETANQUE

After a beautiful day of Petanque at the start of October on the Monday meeting when eight of us attended, the Tuesday was not well attended. The weather is becoming less predictable and will probably turn colder soon so we will be putting Petanque into winter recess until spring 2023.

Please remember that the petanque terrain is in a public park so if you have your own set then you can go down anytime for a practice!

John

PHILOSOPHY

Gwyn led us on a very interesting journey of the philosophy of language, from early philosophers ideas to more recent thoughts. It was very enlightening.

If you would like to join us our next meeting is on Thursday 17th 11am, in Penrhiwllan hall.

Ali

THE HITCHIKERS' GUIDE TO THEOLOGY

Having raised their electronic thumbs to hitch a ride, a dozen people braved the prospect of a voyage into the theological universe, embarking from Ffostrasol Village Hall on September 5 for an introduction to the Queen of Sciences (theology's honourable nickname in the Middle Ages). Between us, we Hitchikers comprise a range of Christian denominations, agnostics and interested observers, Jewish and multi-faith enthusiasts, and card-carrying Humanists – or at least one of each!

After a whistle-stop tour around what theology is, some varieties of it, how to set about it, and Anglican Social Theology in particular (that being what I can claim some knowledge of), we considered what to explore next time. We agreed that we would tackle topical issues, and explore what our combined philosophies and convictions can contribute. Proving that we share not only an enthusiasm for lively discussion but a fearless approach to controversy, the group for the Hitchikers' Guide on October 3 was chosen as: Assisted Dying.

Aided by a few James Bond references ('Die Another Day', 'Licence to ...?' and 'The World is Not Enough') we established the context of the present legal and practical situation, and considered theological angles – with good and bad examples of Christian approaches to the question. Our range of opinions covered all denominational, faith and non-faith boundaries; but we unequivocally shared a desire to relieve suffering, and the concern that current care for those at the end of life is not universally as good as it could be.

We'll meet next at 2pm November 14 at Ffostrasol Village Hall, and in response to the challenging question "Do animals have souls?" we will take as our next topic: Animals. Our Christmas Special on December 6 will be 'Away With the Manger' – so jump aboard the spaceship (or email to secure your place) for the next installment of the Hitchikers' Guide to Theology.

Carol Wardman

WALKING

Spirit of the Miners Walk Devils Bridge 10 October 2022 6 miles

Finally, having promised to do the walk for a couple of months managed to get to Devils Bridge in the Autumn not quite the same as New England in the falls but not too dissimilar, having been there visiting my daughter in northern Maine.

Sadly a few cry offs resulted in the walk being enjoyed by the ever intrepid Laura Nightingale and yours truly. I had done a reckie of the walk a few days previously but had too curtail it as one of the fields had a few cows in it and my fellow scout was not happy to take her dog into a field with cows. This meant that a large section of the walk had not been checked out but we need not have worried too much as suitably armed with a downloaded onto my phone of the OS map of the route and a working GPS



signal we managed to stay on track in the main with only a slight detour at the very last knockings. This was the ideal walk for the month of October as the trees were still in the throes of adopting their autumnal colours which surprised me somewhat seeing as we had such a dry spring/summer with trees having to shed their leaves to conserve their resources. The walk of 6 miles was shown as

taking 3 hours but in the end we took nearer 4 hours due to the wonderful views and fantastic scenery we enjoyed. There were a number of highlights along the way; for me personally it was meeting a farmer who gave us a potted history of the various derelict buildings in and around her fields. She had farmed there on her own for over 20 years and though on the day of our walk it was idyllic I would suspect that in the depths of winter life would be very hard especially with livestock to look after but she seemed very contented with her lot. One of the other highlights was Parson Bridge which had been dropped in by helicopter in the early 1950's replacing a single plank spanning a very high gorge over the river Rheidol. We took the somewhat less challenging

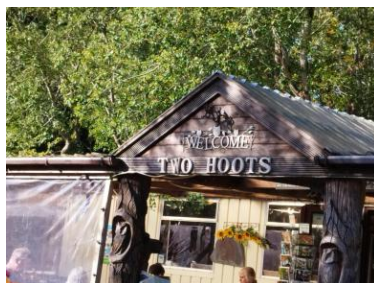




footpath up to the Steam railway line but though marked as closed there was another footpath at the bridge leading to Temple lead mine one of many in northern Ceredigion and was operational up until the early 1900. My other highlight was hearing and the seeing the Steam train from Aberystwyth to Devils Bridge in the middle of the wonderful scenery. We finished the walk back



at Devils Bridge with some much necessary refreshments at the excellent suitably named Two Hoots café right next to the train station.



Our next walk on 14 November will be in Drefach Felindre using the footpaths used by workers on their way to work in the mills.

Nigel

STROLLERS

October did us proud and gave us some lovely weather at the end of October for our strollers walk starting at the Celtic Winery in Henllan and then down through the water meadow and along the river. We walked about 4 miles and although it was a bit muddy in places we had a good walk finishing off with coffee and lunch for some of us at the Leaky Barrel cafe at the winery.

Next month the plan is to walk from Newport Beach, back along the estuary and possibly round to the Parrog. This will be on Friday 25th November.

I would like to thank Cyndy for all she has done as leader of the group but she has decided it is time to pass on the mantle to someone else so we are looking for a new group co-ordinator. In the meantime we will keep going as best we can!

Hazel

WELSH GROUP

We have been learning the Welsh words for parts of the body and inventing sentences to include them. These ranged from discussions and descriptions of our faces, eyes and hair, to whether we had cold feet, would change our bodies or whether our bottoms looked big!



There was a lot to learn with this, so we will continue on the same theme next time, when we will meet on Tuesday 1st November at Vicky's in Capel Iwan.

Vicky

WINE APPRECIATION



We did something a bit different in October and had a visit to the In The Welsh Wind Distillery on the coast road. Ten members went and some of us enjoyed a tasting of their two signature gins and then a tour of the distillery. They are currently distilling whisky from their own barley but this will not be ready until 2025! The distillery is well worth a visit and we were made to feel very welcome.

The meeting in November is on Thursday 17th November at 7pm at the home of Lesley and Les Groves. We will be continuing our tour of France by tasting the wines from Provence

Hazel

Tuesday	1	Welsh- meeting at Vicky's in Capel Iwan	10-30am
Wednesday	2	Main Meeting -Community Hall Church Lane	10-30am
Thursday	3	Art- Penboyr Village Hall	10-00am
Thursday	3	Gardens – various locations	10-30am
Monday	7	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	8	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	8	Table Tennis – Rhydlewis Village Hall	2-00pm
Wednesday	9	Crafty Crafters – Penboyr Village Hall	10-30am
Wednesday	9	Strictly Basic Ballroom – NE Community Hall	10-30am
Thursday	10	Art - Penboyr Village Hall	10-00am
Thursday	10	Creative Writing - at Rhydlewis Village Hall	11-00am
Friday	11	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	14	Philosophy pm – at Sue's in Pontgarreg	2-00pm
Monday	14	Walkers - Drefach Felindre	10-30am
Tuesday	15	Games – Penboyr Village Hall	10-30am
Tuesday	15	ICT Support Session - as required contact Hazel	2-00pm
Wednesday	16	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	17	Art- Penboyr Village Hall	10-00am
Thursday	17	Philosophy am – Penrhiwlan Village Hall	11-00am
Thursday	17	Wine Appreciation -	7-00pm
Tuesday	22	Book Club – Zoom meeting	10-30am
Tuesday	22	Family History – Church of Latter Day Saints	2-30pm
Thursday	24	Art- Penboyr Village Hall	10-00am
Thursday	24	Table Tennis – Rhydlewis Village Hall	10-30am
Friday	25	Strollers - TBA	10-30am
Monday	28	French – at various private locations	11-00am
Wednesday	30	Lunch Club – Xmas dinner Cardigan Golf Club	12-00am

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.