



Chairs Ramble

Thank you to everyone who supported us at the November meeting which had a change of venue. The ladies from the Attic Theatre gave us a very interesting talk about the history and the future of the our little theatre in Newcastle Emlyn. We managed to all get in the hall but it made us realise why we had gone to the Rugby club and how lucky we are to be there.

We will of course be back at the Rugby Club for our December Christmas Shenanigans meeting on Wednesday 7th December. The committee will be very busy setting up and calming nerves so please do not arrive early. We start at 10.30 with coffee to allow everyone time to arrive for the main event which does not start until 11.00am. There is plenty of parking and there will be enough seats for everyone. We have had a great response for the buffet and it will be lovely to see everyone. Coffee will be free for this meeting and there will be one free raffle ticket per person for hamper and Christmas treat prizes. More raffle tickets can be purchased at the welcome desk.

There will not be a full newsletter for January to give Nigel and the group leaders a break over the Christmas period but we will produce a calendar for January so you know what is going on.

The January meeting looks like being a very good one and I hope as many as possible support us after the festive season. It will be at the Rugby Club on Wednesday 4th January 2023 starting at 10.30 with coffee and chat. The speaker for our first meeting of 2023 will be John Fletcher, the proprietor of Gentle Giants Shire Horses, Moylegrove, Cardigan. John has had more than 25 years of working with these beautiful animals and has won many prestigious awards. His enthusiasm and respect for these Giants is wholly apparent. If you want to see his horses they will be at the Victorian Evening in Newcastle Emlyn on Wednesday 7th December, weather permitting!

It only remains for me to thank all of the committee members for their commitment and support in producing your Christmas meeting and to wish all of our members a Very Happy Christmas and Healthy and Peaceful 2023.

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

Suspended for the winter

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

Suspended for the winter

Sue

01559 370684

DIGITAL PHOTOGRAPHY

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

Dave

thomasdavej@hotmail.com

FAMILY HISTORY

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

poolletony@hotmail.com

Mike 07949032308

ICT SUPPORT SESSIONS

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

Hazel 01559 371842

KAYAK PADDLERS

Suspended for the winter

Nigel

07447440841 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

Suspended for the winter

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

Colin

01239 682341

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 Cenarth.

Vicky

01559 372278

WINE APPRECIATION

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

Hazel

01559371842

ASTRONOMY



The Star of Bethlehem has puzzled scholars for centuries. Some have sceptically dismissed the phenomenon as a myth, a mere literary device to call attention to the importance of the Nativity. Others have argued that the star was miraculously placed there to guide the Magi and is, therefore, beyond all natural explanations.

Most, however, take a middle course that looks for some historical rationale for the Christmas star. Several interesting theories have been offered.

- The Greek term for star in the Gospel account, “aster,” can mean any luminous heavenly body, including a comet, meteor, nova, or planet (Greek: wandering star).
- The Chinese have more accurate and more complete astronomical records than the Near East, particularly in their tabulations of comets and novae.
- In 1871, the English astronomer John Williams published his authoritative list of comets derived from Chinese annals. Comet No. 52 on the Williams list appeared for some seventy days in March-April of 5 B.C. near the constellation Capricorn and would have been visible in both the Far and Near East. As each night wore on, of course, the comet would seem to have moved westward across the southern sky. The time is also very appropriate. This could indeed have been the Wise Men’s astral marker. Comet No. 53 on the Williams list is a tailless comet, which could well have been a nova, as Williams admitted. No. 53 appeared in March-April of 4 B.C. — a year after its predecessor — in the area of the constellation Aquila, which was also visible all over the East.

Was this, perhaps, the star that reappeared to the Magi once King Herod had directed them to Bethlehem in Matthew 2:9? Comets do not display all the characteristics described in the full Nativity story. A planet or planets seems more likely.

The astronomer Johannes Kepler noted in the early 17th century that every 805 years, the planets Jupiter and Saturn come into extraordinary repeated conjunction, with Mars joining the configuration a year later. Since Kepler, astronomers have computed that for ten months in 7 B.C., Jupiter and Saturn traveled very close to each other in the night sky, and in May, September, and December of that year, they were conjoined.

Mars joined the configuration in February of 6 B.C. The astrological interpretation of such a conjunction would have told the Magi much, if, as seems probable, they shared the astrological lore of the area. Jupiter and Saturn met each other in Pisces, the Fishes

Nasa launched its most powerful-ever rocket as part of its plan to return humans to the moon with astronauts expected to be back on the moon in 2025 after a gap of more than 50 years . The



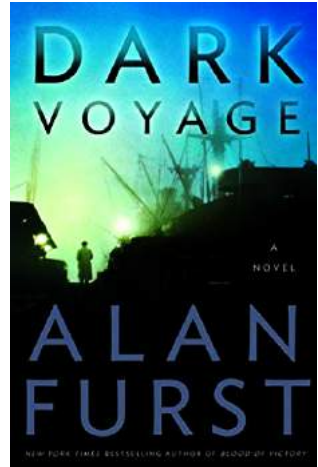
Artemis 1 mission launched the uncrewed Orion capsule will orbit the Moon a number of times before returning to the Earth. The capsule has recorded the maximum distance beyond the earth 270000 miles ever travelled by a spacecraft designed to carry humans. The capsule is due to splash down in the Pacific on 11 December. Though the capsule has

no humans on board it does carry sensor laden manikins one of which has been nicknamed Commander Moonikin Campos in honour of Arturo Campos a Nasa engineer who played a critical role in getting the troubled Apollo 13 back from the moon in 1970 following an oxygen tank explosion en route to the moon. The Orion Capsule also has its obligatory lucky mascot in the guise of Snoopy who will be the most well travelled Snoopy in history when the mission eventually splashes down in the Pacific.

Malcolm

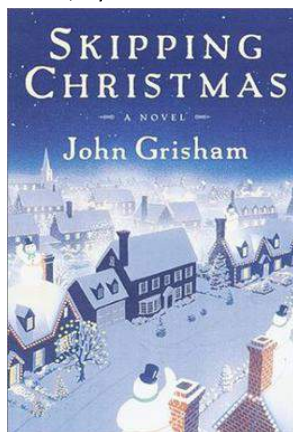
BOOK CLUB

Our book for November was *Dark Voyage*, by Alan Furst. He is an American author who has published almost twenty books, mostly about historical spy novels set in the second world war. He has been called “an heir to the tradition of Eric Ambler and Graham Greene” who have influenced his writing. *Dark Voyage*, set in 1941, is unusual in that much action occurs at sea. But the story moves from North Africa, Crete, Portugal and the Baltic with the crew and passengers of a disguised Dutch tramp freighter carrying a neutral Spanish flag and carrying out instructions for the Intelligence Division of the Royal Navy.



We had very mixed views about the book, with some of us not relating to it at all and others really enjoying it. Some were put off by the amount of detail about the freighter. Mostly we felt it was a bit slow moving, though the pace picked up later on. But it didn't really live up to the reputation.

Our next meeting will be on Tuesday 27th December, via zoom, and we will be discussing *Skipping Christmas*, by John Grisham.



Vicky Thomas

BUCKET LIST REPORT

On 4th November 9 of us attended a beginners drawing class and we were lucky enough to have the artist Elizabeth Brown teaching.

We first learnt about the different drawing pencils available and their uses, trying various shading effects on different weight drawing paper.

When we had a good understanding of this we attempted to draw an apple using these shading effects to make it look 3D. Then we tried drawing a small group of simple shaped objects. The morning went so fast and some very good results were produced .



It was a very informative and interesting morning. Would love to try again in the new year.

Helen

CRAFTY CRAFTERS

In November we welcomed a new member, welcome Jenny. We also had a visitor from the New Forest. We made Christmas wreaths. The frame was the which we used to use the fabric taut on it. The stitching was done in wool, circle 3 times to achieve the fullness end, the “berries” were made using Simple but effective. As the wreaths group, I hope members will bring them meeting for a photograph can be taken



small, framed embroidery ring while we worked stitching round the needed. At the French knots. weren't finished in to the next

December's meeting will be Wednesday 14th when I propose the group makes No-Sew Fabric 3D Snowflakes.



Ruth

DIGITAL PHOTOGRAPHY

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.) If you would like to bring your camera equipment with you to meetings for discussions you are welcome to do so.



JOHN LEIGH

Tutorials for our December meeting on Tuesday 13th December will be 'Creative photography ideas' and 'How to take creative long exposure photos'.



RON HILL



HOWARD JENKINS

The group have agreed that we had become a bit too 'focused' on images for the calendar, so watch this space for some exiting and creative photography to come! Homework for December is a maximum of five photos each and is 'Creative photos using Christmas decorations or Christmas related food/drink, such as mince pies' or can be seasonal/Christmas photos, such as street lights.



MARGARET TAYLOR

I (Dave) am collating a photography tutorials, tip sheets and books list for members who would like more assistance with specific topics, and currently I have 38 tip sheets and 300 e-books for members to choose from and the list keeps growing.

We meet on the 2nd Tuesday of each month for a 10.30am start in Coracle Hall, Llechryd. Anyone wishing to join us can participate straightaway with homework, which is generally emailed to me (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 (There is a small £1.50 per person fee to cover the cost of the hall, tea/coffee and a biscuit or two. There might be a mince pie for this meeting though

Dave Thomas

FAMILY HISTORY

At this month's meeting, 8 of us were talking about how we want to proceed with our research and group members brought in various items for us all to see. These included a huge family tree chart being created to show how the many cousins in the family are related to each other. Blank charts of various types are available from <https://www.my-history.co.uk/>

Another member was putting together photo albums, also including assorted memorabilia, to illustrate each ancestor's life in pictures. I had discovered that the house my mother lived in as a child was now sporting a blue plaque and I had investigated the story of the famous person who lived there in 1849.

We all spoke about the value of finding wills, and how much information can be discovered about family relationships among other things. Wills from 1858 onwards can be downloaded for £1.50 from <https://probatesearch.service.gov.uk/#wills>

Another source of very useful information is newspapers – these can be found on <https://www.britishnewspaperarchive.co.uk/> or with a Pro subscription on FindMyPast. It seems that we are all trying to find out more about our direct ancestors rather than getting too involved with the side branches, but that does not always happen.

Our next meeting will be on Tues 27th December at 2.30 pm. Although this is immediately after Christmas, we decided that we would have an informal session so that we could use the Family History Centre's resources, either using their computers or our own laptops to look up records that we are unable to find at home. As always, we try to help each other when one of us is having problems.

I wish everyone, group members or not, a very Happy Christmas.

Margaret

GAMES GROUP

The November meeting was well supported and as usual a fair few games were enjoyed including Sequence, Our December meeting will also enjoy some games.



Continuo and Triominos. If you don't come along and join us to find out! be on Tuesday 20th December and we Christmassy nibbles along with our

Hazel

GARDEN GROUP

We decided to do something different this month so instead of visiting a garden as usual we arranged for a guest speaker to give us a presentation.

Date: 3rd November

Venue: The Bunch of Grapes in NCE high street

Speaker: Richard Bramley of the Farmyard Nursery in Llandysul

Nobody got my joke that Richard sells plants rather than apples haha

Attendees: 15 keen U3A gardeners

Richard's theme was Autumn into Winter and as such he presented many many photos of plants shrubs and especially trees that displayed warm, rich, earthy and golden colours. He proved to be a very knowledgeable and entertaining speaker

Some of the things shown included Acers/ Japanese Maple, Sorbus/ Mountain Ash, Pieris, various grasses/ Cortaderia, Hydrangeas, Rudbeckia etc etc many of the photos came from the Westonbirt Arboretum and his nursery but strangely his favourite Hellebores didnt feature.

Thanks to Hazel and Ruth for setting up the video screen and equipment. Refreshments were supplied by the pub's staff who were very helpful and friendly. I think everyone enjoyed the event so we might repeat it with a different speaker.

Our next event will be a visit to the Flower Meadow in Penrhiwpal at 2pm on Thursday 1st December where we will be attempting to make Christmas Wreaths and other decorations under the watchful guidance of our host Sara Redmond.

Tony and Liz are supplying the cakes and pies!

My plant of the Crown Passion Flower, has been threatening to bloom for months and I thought it was appropriate for this festive season.



month is this wonderful Blue Passiflora Caerulea, which has been threatening to bloom in my garden for months and I thought it was appropriate for this festive

The following excellent collage is by Pauline taken from her garden on the 4th November. Many plants seem to be confused this year!



Mike and Tony

ICT SUPPORT

Ruth and I helped three people at our November meeting with various issues including making email group contact lists and filing photographs.

If you have any problems you want some support with please get in touch and book a space. The next meeting will be on Tuesday 17th January at 2pm. There will not be a session in December.

Hazel

PATCHWORK & QUILTING

We had a new member join us in November, welcome Val. Members either worked on their own projects or quilts for care homes or Linus. Two members spent a lot of the time together on a hexagon pieced quilt and made great progress. One of the quilts will be donated to a care



own projects or working on quilts for care homes or Linus. Two members spent a lot of the time together on a hexagon pieced quilt and made great progress. One of the quilts will be donated to a care

December's meeting will be Friday 9th.

Ruth

SCIENCE AND TECHNOLOGY

An interesting discussion, amongst 10 members of this Group, took place on 28th November. The subject was Hydrogen and we looked at some of the facts & myths that currently exist about the use of hydrogen as a replacement for existing fossil fuels. However, the discussions did drift into other related matters, and we covered electric cars, charging infrastructure, smart meters, 'sky link' internet, electric bikes, etc.

Questions:

- Could hydrogen be a possible replacement for petrol / diesel in personal transport?
- Could hydrogen be used to replace 'natural' gas in home heating?
- What could be the role of Hydrogen in electricity generation for the grid?
- What do all the different colour classifications of hydrogen mean (green; yellow; grey & blue)

If you want to know the answers then contact Colin at colinluker@yahoo.co.uk

Next meeting is on Monday 25th January 2023 and is likely to be at the village hall at Llechryd.. More information nearer the date but the subject will be 'Robotics and AI - the role in our future'

Colin

STRICTLY BASIC BALLROOM

Our Wednesday session of SBB definitely had everyone moving and grooving. Thank you to all who attended. Great fun.

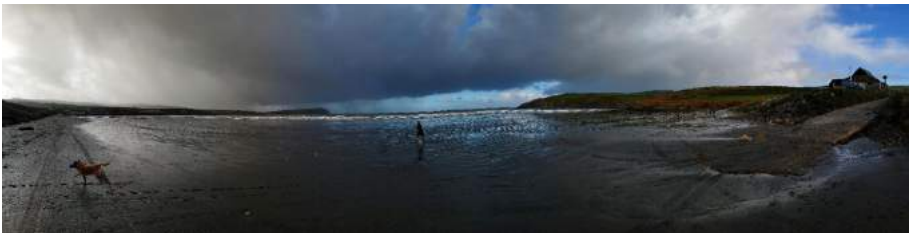
Our next session is on Wednesday 14th December at the Holy Trinity church community hall, Church Rd, NCE starting at 10.30am.

Come and join us.

Julia and Jenny.

STROLLERS GROUP

After the torrential rain the day before, 7 members met at Newport beach car park for a pleasant walk along the estuary, across the river and along the other side of the estuary to the Parrog. The sun shone for most of the walk but we kept an eye on the blackening sky to the south.



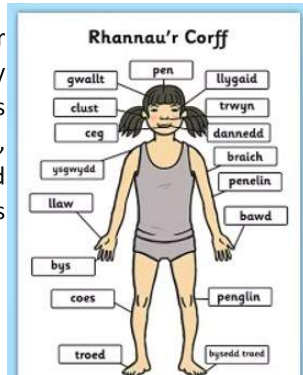
On the return journey along the same path, two members decided to take the beach route, while the rest continued along the footpath back to the car park.



Ruth

WELSH GROUP

In our November session we again practised naming our body parts in Welsh and continued making sentences described our lips, whether we had where on our bodies clothing.



session we again practised parts in Welsh and continued about them. This time we teeth, ears and noses, broken our arms or legs and we would wear items of

Following on from this, next time, we are going to looking at clothing. We will investigate what we like and don't like, what time of the year we wear different things and when we might wear special outfits.

We will be meeting on Tuesday 6th December at Vicky's in Capel Iwan.

Nadolig llawen y pawb

Vicky

WINE APPRECIATION

Fourteen of us met in to taste wines from Provence wines. We actually tasted two winner was a white called Times wine club but the roses than some roses.



November at Blaenwenllan Farmhouse which we discovered are 88% rose whites, 3 roses and 2 reds. The overall Roche Bellemont from the Sunday came out well and tend to be dryer

This month we Thursday 15th at Trevor and social evening. on Thursday 19th We will tasting evening.



will be meeting on December in Capel Iwan Angela's for our Christmas January's meeting will be January at 7pm in Adpar. Rhône wines on that

Hazel

WALKING GROUP

Novembers walk was based around Drefach Felindre, using footpaths walked by the workers going to and from the Mills in Drefach Felindre. The walk itself was just under 9km though it felt like a lot further due to the muddy terrain we had to traver. When I did it over the summer it was much drier of course. The group of 6 intrepid walkers managed to go the course without one fall which was a pleasant surprise albeit boots



and leg coverings required a fair amount of cleaning. The walk started in the village itself outside the snooker hall and then over the bridge past the John y Gwas pub before turning left down an unmarked alleyway onto the start of the footpaths. I had dug out some information to provide a break to catch our breaths from a fairly steep climb; John Adams was the second US president and originated from Drefach Felindre and was one of the group who

drew up the Declaration of Independence, even more surprising was that 5 of the first 6 US presidents had family links to Wales. The Welsh influence in America was such that originally Pennsylvania was to be called New Wales.

We stopped to have our sandwiches and drink in the Lychgate entrance to St Llawddog Church in Penboyr, I hadn't realised that the original use of the Lychgate was the place



to rest the coffin prior to being taken into the church. The church originates from the medieval period and was originally rebuilt in 1809 and was restored to its current form in 1887. We then went to check out Tomenlawddog just south of the church which was



described as a medieval motte and bailey castle originating from ~1066; sadly, there was not much to be seen other than a raised mound of earth. I should have guessed as the welsh

word Tomen means mound of earth. We carried on our way to Cwmpengraig where we picked up another old footpath that was originally used as the route to take coffins from the chapel in Cwmpengraig to the cemetery some distance up a very steep hill, not surprisingly the footpath is commonly called cemetery walk. We finished the walk back in Drefach Felindre where we carefully removed our muddy clothing before heading home for a well-earned shower and cup of tea.

Nigel



Here are a few seasonal jokes to try out over the Xmas dinner

What goes Oh Oh Oh - Santa walking backwards

Did Rudolf go to school - No he was Elf taught

What do you get when you cross a snowman with a vampire – Frostbite

How did Scrooge win the football Game – The ghost of Xmas passed

Why did Santa’s helper see the doctors – Because he had low Elf esteem

What’s the most popular Xmas wine? – “I don’t like Brussels sprouts”

Why did Santa have to go to hospital? - Because of his poor Elf

Did you hear about the man who stole an advent calendar? – He got 25 days

What do u call a Penguin in the Sahara desert? - Lost

Here be a few questions to struggle with after Xmas.

Q1) Entitled ‘The Bear and the Hare’ Whose Christmas advert of 2013 had Lily Allens ‘Somewhere only we know’ as its soundtrack?

Q2) In 2014 Sainsbury’s released their Christmas advert depicting what event from a hundred years earlier

Q3) In 2015 Age UK said that almost 1 million older people experienced loneliness over the festive period in the UK. Which advert from John Lewis depicting a young girl and a telescope highlighted this concern?

Q4) Which company has for many years used ‘The Holidays are coming’ to advertise it’s drinks brand?

Q5) In which year did the John Lewis advert feature Buster the boxer dog enjoying a trampoline? a) 2012 b) 2014 c) 2016

Q6) The most viewed Christmas advert, according to the views on Youtube, was ‘Mog’s Christmas Calamity’ from 2015 which advertised which company?

Q7) In which Pacific Ocean island nation is Father Christmas known as santa-san (Mr Santa)?

Q8) St. Stephen’s Day is also known as?

Q9) On Christmas Day 1950, what did four Scottish students steal from Westminster Abbey?

Q10) What was Mr. Bean searching for when he got his head stuck in the turkey?

Q11) From which country does the Christmas drink Eggnog originate?

Q12) The first documented use of figure-shaped gingerbread biscuits was at the court of which monarch?

Answers

Q1) John Lewis, Q2) Truce on the western front where the soldiers socialised, Q3)The Man in the Moon, Q4)

Coca Cola, Q5)2016, Q6) Sainsburys, Q7) Japan, Q8) Boxing Day, Q9) Stone of Destiny, Q10) Turkey, Q11)

England, Q12) Elizabeth 1

Thursday	1	Art- Penboyr Village Hall	10-00am
Thursday	1	Gardens – Flower Meadow Penrhiwpal	2-00pm
Monday	5	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	6	Welsh- meeting at Vicky's in Capel Iwan	10-30am
Wednesday	7	Main Meeting - NCE Rugby Club	10-30am
Thursday	8	Art - Penboyr Village Hall	10-00am
Thursday	8	Creative Writing - at Rhydlewls Village Hall	11-00am
Friday	9	Patchwork and Quilting - Penboyr Village Hall	11-00am
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 – NCE Holy Trinity Church Hall	10-30am
Thursday	15	Art- Penboyr Village Hall	10-00am
Thursday	15	Philosophy am – Penrhiwlan Village Hall	11-00am
Thursday	15	Wine Appreciation – Capel Iwan Angela + Trevor's	7-00pm
Tuesday	20	Games - Penboyr Village Hall	10-30am
Tuesday	20	ICT Support Session- as required contact Hazel	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 NCE	2-30pm
Wednesday	28	Lunch Club - Various venues	12-00am
Thursday	29	Art- Penboyr Village Hall	10-00am
Friday	30	Strollers - TBA	10-30am
January 2023			
Monday	2	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	3	Welsh- meeting at Vicky's in Capel Iwan	10-30am
Wednesday	4	Main Meeting - NCE Rugby Club	10-30am
Thursday	4	Art - Penboyr Village Hall	10-00am
Thursday	5	Garden Group	2-00pm