



# Newcastle Emlyn u3a Newsletter February 2023

<http://u3asites.org.uk/newcastle-emlyn>



## Chairs Ramble

The January meeting was a very good one when we learned about John Fletcher's Gentle Giants. There is a possibility of a visit to see the horses later in the year when it is a bit warmer. It will be linked to the Lunch group so watch out for news of this if you fancy a visit.

February's meeting will be on Wednesday 1st February when Vicky Weston of Weston's Salvias will be telling us all about her salvia plants. Vicky has a local nursery. This is a bit of a change and should be really interesting. Again we will hope to follow it up with a visit to her nursery later in the year.

We have made the decision to support Veganishmum, Jayne Holland and her husband Rob, with their bid to take 20 generators out to Ukraine in late February. This will be their 4th trip out there and they will also be taking a 4x4 ambulance at the same time. Each generator costs £300 plus VAT (£360 total) and it would be lovely if our u3a could raise enough money to fund one. There will be a collection box on the Welcome table at the next meeting in February. If you wish to donate but are not able to get to the meeting then please give your money to your group leader or a friend who will be there. If you prefer then cheques can be made out to 'R Holland'.

We have a new group up and running with Badminton on offer at Llandysul Leisure Centre on the second and fourth wednesday of each month between 12 and 2; half time refreshments will be available

Our Facebook group is growing and now has about 60 members. It is a private group and is only for members. If you are on Facebook and wish to join please search for Newcastle Emlyn u3a and ask to become a member. It is a space where we can have discussions, photos, have reminders about what is going on and share events and group leaders can promote their groups. Out of 150 actual members there must be more of you on Facebook! Lets see if we can grow this online community.

There is a committee meeting on 6 February so if anyone has anything that they want to be discussed then please let me or a committee member know.

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.

**BADMINTON**

2nd and 4th wednesday from 12 - 2 at Llandysul Leisure Centre

**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.

**FAMILY HISTORY**

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.

**ICT SUPPORT SESSIONS**

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

**KAYAK PADDLERS**

Suspended for the winter

**LUNCH**

Last Wednesday - venue varies.

**PATCHWORK AND QUILTING**

2nd Friday from 11.00am at Penboyr Village Hall.

**PETANQUE**

Suspended for the winter

**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**

4th Monday from 2-00pm at Coracle Hall  
Lechryd

**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 Rhydlewish Village Hall.

**THEOLOGY**

1st Monday from 2pm at Ffostrasol Village Hall

**WALKERS**

2nd Monday from 10.30am venues varies.

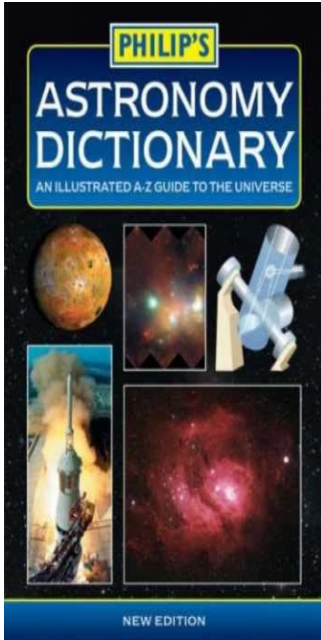
**WELSH**

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.

## ASTRONOMY



The Cardigan and Newcastle Emlyn joint u3a Astronomy group started its 2023 season on 18 Jan - as usual, the 3rd Wednesday afternoon of the month. As a number of us were unable to make the last meeting when we had a quiz, and we only used around half of the questions set by Adrian, we rattled through November's answers again, and then had a go at the next groups of questions. These related to astronomical terms like syzygy, terminator, asterisms, corona and Lagrangian points, etc.

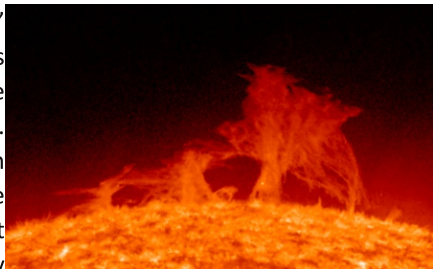
Syzygies, from a Greek word meaning yoke or union, are where 3 celestial bodies line up – as in solar or lunar eclipses where the Sun, Earth and Moon are all on a straight line. Transits of Venus or Mercury are also syzygies as these are when we see Venus or Mercury crossing in front of the Sun – as are “occultations” when we see, for example, the

Moon passing in front of Jupiter.

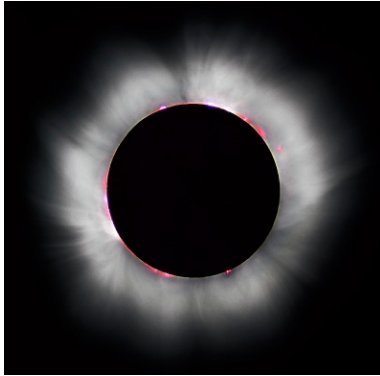
The terminator is the moving line which separates the daylight side from the dark side of a planetary body. The most obvious one is the Lunar terminator (as shown) and this moves across the Moon at about 15kph (at its equator) – and as the sunlight catches the lunar surface tangentially there, the shadows cast by craters make the surface details very apparent.



Coronas are, of course, the plasma in the diffuse, outermost layers of stars' atmospheres. They extend millions of miles out into space and for our own Sun are best seen (as shown) at total Solar Eclipses. The plasma temperature is over a million degrees – which is a bit surprising as the main “surface” of the Sun, the area that emits almost all the radiation, is only



under the Sun's surface and they pass up and down along magnetic force lines (as shown). These are called "prominences" (which was another quiz question) – and though tens of thousands of kilometres in length to scale them against the corona look at the picture of the Total Eclipse where they appear as the red areas near the Sun's surface. We also covered questions about the Solar System's Sun, planets and moons – before using the Stellarium planetarium-type program to have a look at what planets and stars are easy to see this month.



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Our next meeting will be on Wed, 15 Feb at 2pm in Llechryd. Please come and join us if you are interested, or ring 01239-891549 if you want more information.

## BADMINTON



After numerous expressions of interest and an impromptu survey our first badminton session was held at Llandysul leisure centre on Wednesday 25 January with an intrepid 7 players braving a pretty cold sports hall and playing on two courts;

most managed to refresh the parts that long ago had used a badminton racket. We managed a short interlude to ease the weary limbs in a warm meeting room before returning to the courts for a final flourish before the children from the local primary school came onto the sports hall to save us. Our next session will be on Wednesday 8 February 12 – 2pm all welcome to give it a go.



*Nigel*

## BASIC BALLROOM

Our first session of 2023 went well, building on our steps for Cha Cha Cha, Rumba and Waltz. We are also introducing rhythms of Jive and Salsa. Well done everyone.

*Julia*

**BOOK CLUB**

Kate Atkinson is a widely acclaimed, award winning, contemporary novelist having published more than a dozen novels and collections of short stories. Started Early, Took My Dog, is the fourth book of five involving part-time private eye Jackson Brodie.

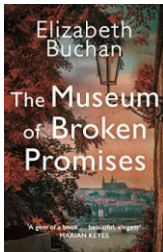
The plot centres around Tracy, a retired detective in Leeds, who, on impulse, takes custody of an offender’s child. Jackson Brodie is in Leeds looking for the birth parents of his client. Meanwhile an elderly,

confused actress, Tilly, who

witnessed the events with Tracy taking the child, eventually and unknowingly intervenes preventing Tracy from being apprehended.

There was a wide variety of opinions within the group. Some of us really enjoyed the style of writing and the way that threads finally came together. Others found it very disjointed and could not finish it.

Our next meeting will be on Tuesday 28th February, on zoom, and we will be discussing The Museum of Broken Promises by Elizabeth Buchan.



*Vicky*

**CRAFTY CRAFTERS**

Having had to cancel December’s meeting because of icy roads up to the hall, members



had the option in January to work on their own projects or to make the fabric snowflakes we were going to make in December. Five members decided to make the stars Although made from fabric, these snowflakes involve no sewing and can be suitable for any time of the year, depending on the fabric used. The snowflakes could also be made from paper, or thin card.



Our next meeting will be 8th February when we will be doing kantha embroidery, a simple style of embroidery using mainly running stitch.

*Ruth*

**CREATIVE WRITING**

We welcomed a new member to our group, Eric , and I hope he enjoyed our relaxed and fun session. Hilary asked us to write a short story from a number of pictures that she had brought along. I had a picture of wine glasses, there were flowers, boxes, a

rabbit and others that I can't remember. We were also given some homework that I will have to ask again about! It was a really good session full of imagination.

*Ali*

## DIGITAL PHOTOGRAPHY

The 'focus' for December's session was of course the festive season, so we hope you all enjoy a selection of the photos taken.



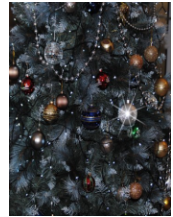
Adrian Milner



Colin Luker



Margaret Taylor



Malcolm Brown



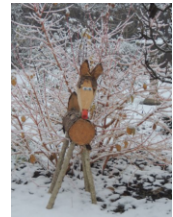
Pauline Brown



Howard Jenkins



Ron Hill



Teresa O'Ryan

The tutorials shown in January were '4 Ideas For Shadow Photography' and '50 Awesome Shadow Photography Ideas', which gave us all lots of ideas for the homework, which is 'shadows'. Everyone can contribute a maximum of 6 photos to view and discuss in group in February, which is emailed to me prior to the meeting or brought along on the day on a USB stick.

Are you feeling inspired enough to join us now? Well don't be afraid, because our group welcomes anyone wishing to learn. So whether you are a beginner, an intermediate or an advanced digital photographer, come along and join us. Every day is a school day, so we are all learning something new at each session.

If you are going to join us for the first time, please email me with your name and contact numbers prior to the next meeting. You are also welcome to bring your camera equipment along with you for discussion/tips, and take part in the 'shadow' homework if you want to!

I (Dave) am collating a list of all photography tutorials, tip sheets and books for members and email an updated copy out after each meeting. Members can then rewatch any of the tutorials we have watched over the past months and can have copies of any of the tip sheets and books by bringing a USB stick along to group. Currently I have, 19 tutorial videos, 43 tip sheets and 321 e-books for members to choose from and the list keeps growing.

Our next meeting is Tuesday 14th February and we meet around 10.15am for a 10.30am start in Coracle Hall, Llechryd. For further information, please contact Dave via email at [digitalphotography@cardiganu3a.org.uk](mailto:digitalphotography@cardiganu3a.org.uk) or [thomasdavej@hotmail.com](mailto: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.)

*Dave*

## **FAMILY HISTORY**

Last month, we met on the day after Boxing Day, with 9 of us turning up for a general session with no particular subject planned. We took the opportunity to look up records for ourselves on our own laptops and using the Family History Centre's computers.

This month, we broke all records with 16 members attending. The topic for this month's meeting was to bring any item to do with our ancestors and to tell us something about it or the story behind it. We had a fascinating assortment of items, as expected, including family heirlooms, stories, documents, photographs. There wasn't time for them all, so we will be continuing with this theme next month.

If you would like to join the group, please contact me for more info about what we do as a group.

*Margaret*

## **FRENCH**

Sue kindly hosted us again with delicious cake! Laura led the group with a game that tested our artistic skills as well as our French! We each had a card that we had to describe well enough....in French.... that the other members could do a drawing of it.....we had some interesting interpretations!.....it was a lot of fun..... notwithstanding that I'm no better with my left and right in French than I am in English!

*Ali*



## GAMES GROUP

We welcomed two new members this month, Eric and Irene, who soon got going learning how to play Sequence. If you enjoy playing card or board games of any sort then come along and join us on the third Tuesday of the month in Penboyr village hall. You will be very welcome.

We have a great variety of games and some members have been working out how to play Carcassonne and are now ready to teach the other members.

*Hazel*

## GARDENING GROUP

The group had a mid winter break in January but we will resume in February with a visit to the Llandysul Gardening Weekend run by the Farmyard Nursery in Tysul Hall on New Road.

There will be a range of plants and garden accessories for sale and a schedule of expert speakers throughout the day

The event runs for 4 days and we are planning to meet on the first of these, which is Thursday February 16th.

With speakers giving talks covering Hellebores, Winter stems and Catkins and the no dig method of growing vegetables . For further information on the day go to the following link

<https://www.farmyardnurseries.co.uk/llandysul-gardening-weekend-feb-16th-19th/>

There should be a tea shop in the hall, admission is free and parking available in the Village car park. Everyone is welcome see you there.

*Mike*

## ICT SUPPORT

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 21st February at 2pm in Bryngwyn.

*Hazel*

## **PATCHWORK & QUILTING**

Two of our members sat and hand quilted another quilt destined for a care home during January's meeting and one more was layered and stitched together ready to be quilted. We will soon have quite a collection waiting to be donated to either a care home or to the Linus Project.

We had a member join us who had recently bought herself a sewing machine. Never having used one before, she spent the meeting getting to know the machine and running through the various different stitches and feet. There'll be no stopping her as she next learns the basics of patchwork and then becomes addicted to fabric like so many others.

*Ruth*

## **PHILOSOPHY**

Gwyn led the group on an interesting discussion on Imagination and Creativity.....how do we imagine? what do we imagine? Do you need imagination to be creative?.....He introduced us to what a number of Philosophers thought about imagination. We discussed the ways that we use imagination and creativity. Thank you Gwyn.

*Ali*

## **SCIENCE AND TECHNOLOGY**

The Group started the year with a well attended meeting on the 23rd January. It was pleasing to see the support by members of the Cardigan U3A who we hope will join us.

After looking at some videos on the subject a lively discussion took place around 'Robotics & AI (artificial intelligence)- the impact on our future'.

The next meeting is a zoom talk on 'Microbiome'\* by Leigh Edwards, science adviser from the U3A. It will be at 2pm on 27th February at the Coracle Hall in Llechryd.

\*The strength of your immune system is dependent on the good bacteria in your microbiome. The microbiome plays a vital role in digesting the food you eat and absorbing nutrients.

If you want to receive more details about the Group then contact Colin Luker (colinluker@yahoo.co.uk

Colin

## STROLLERS

This month's strollers met in Newcastle Emllyn. We did a 2+ mile walk around the edge of the town and around the castle grounds where we hoped to see an otter but sadly drew a blank.

Afterwards we went to a café and planned a schedule.

Draft details as follows :-

24 February Cilgerran Wildlife Centre

31 March Pengelli Woods

28 April Henllan

26 May Hafod estate

30 June Ffynnone Waterfalls

*Cindy*

## TABLE TENNIS



deserved victor....Well done Paul!

With a very good year for the group that has seen it grow in numbers.....and skills!.....we rounded the year off with our Christmas Tournament. We were rather down on numbers because of various illnesses and weather postponements but it was a very entertaining tournament. Everyone was festively dressed and Paul Davis ended up the



*Ali*

**WALKING GROUP**

January's walk was based around New Quay a group of 9 humans and 3 dogs set off from the car park on a somewhat eroded and wet footpath up a proverbial hill before arriving at Maen y Groes Chapel. After a short walk along quiet road we re-joined the footpath heading in the direction of the coastal path which we joined at Pen y Graig where the strength of the wind became somewhat evident and the occasional gust made for a somewhat challenging walk back to New Quay and lunch at the Penrhiwllan Inn. The walk of just under 9km took just under three hours. Next walk on 13 February is not confirmed but may well be in and around the Hafod estate; here be a link to the web site that gives some more information about the estate <https://hafod.org/>

**WELSH GROUP**

The January meeting of the group was cancelled due to illness, so the planned topic is carried forward to our February session. We will continue to investigate what we like and don't like to wear, revealing our favourite styles and colours and when we might wear special outfits.



We will be meeting on Tuesday 7th February at Liz's in Cenarth.

*Vicky*

**WINE APRECIATION**

We met at Capel Iwan for our January meeting and we tasted Cote Du Rhône wines. The Rhône region covers 125 miles along the Rhone Valley from Saint-Cyr-sur-le-Rhone in the north to Avignon. The classic Cotes Du Rhône wine is a fruity, middleweight red blend based on Grenache, Syrah and Mourvèdre grapes. We tasted six different red wines including two Côtes du Rhône Villages. Our favourite was Calvet Prestige bought at Tesco but they were all well liked.

So much so that we are continuing with Cotes Du Rhône's next month when we are going to do a blind tasting of three Côtes du Rhône wines priced at 3 different levels to see if price makes a difference! We are also going to track down a Côtes du Rhône Blanc to try.

The next meeting will be on Thursday 16th February at Blaenwenllan Farmhouse starting at 7pm.

*Hazel*

Wednesday	1	February main meeting - Rugby Club	10.30am
Thursday	2	Art - Penboyr Village Hall	10-00am
Monday	6	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	7	Welsh- meeting at Liz's Cenarth	10-30am
Wednesday	8	Badminton Llandysul Leisure Centre	12-00am
Wednesday	8	Crafty Crafters – Penboyr Village Hall	10-30am
Wednesday	8	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	10-30am
Thursday	9	Art - Penboyr Village Hall	10-00am
Thursday	9	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	10	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	13	Walkers - TBA	10-30am
Monday	13	Philosophy pm – at Sue's in Pontgarreg	2-00pm
Tuesday	14	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	14	Table Tennis – Rhydlewys Village Hall	2-00pm
Wednesday	15	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	16	Art- Penboyr Village Hall	10-00am
Thursday	16	Gardening Llandysul Gardening Weekend	
Thursday	16	Philosophy am – Penrhiwllan Village Hall	11-00am
Thursday	16	Wine Appreciation - Blaenwenllan Farmhouse	7-00pm
Tuesday	21	Games – Penboyr Village Hall	10-30am
Tuesday	21	ICT Support Session - as required contact Hazel	2-00pm
Wednesday	22	Badminton Llandysul Leisure Centre	12-00am
Wednesday	22	Lunch Club - Various venues	12-00am
Thursday	23	Art- Penboyr Village Hall	10-00am
Thursday	23	Table Tennis – Rhydlewys Village Hall	10-30am
Friday	24	Strollers - Cilgerran Wildlife Centre	10-30am
Monday	27	French – at various private locations	11-00am
Monday	27	Science and Technology - Coracle Hall Llechryd	2-00pm
Tuesday	28	Book Club – Zoom meeting	10-30am
Tuesday	28	Family History – Church of Latter Day Saints NCE	2-30pm
<b>March</b>			
Wednesday	1	March main meeting - Rugby Club	10-30am
Thursday	2	Art - Penboyr Village Hall	10-00am
Thursday	2	Garden Group	2-00pm

To add events to this monthly calendar please contact Nigel [neu3anewsletter@hotmail.com](mailto: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.