



# Newcastle Emlyn u3a Newsletter April 2023

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



## Chairs Ramble

Well the clocks sprung forward last weekend the nights will be lighter but after all the rain we have had in March our garden is rather soggy!

Martin Fowler gave us a very interesting talk in March about their life before they came to Cenarth. Hopefully we can book him again next year for the next instalment as he was very interesting to listen to. Well done to our two programme secretaries in finding us some really interesting speakers.

Our next speaker for Wednesday 5th April will be Colin Lewis. He will be telling us how and why the 50p coin got its shape 54 years ago and how it has developed since.

One of the aspects of the u3a is taking part in shared learning projects with universities and other groups and I have just had some information about a new one starting soon which some of our members may be interested in. It is all about sharing family memories of WW2 called 'Their Finest Hour'. There is more information in the magazine and I will send it out on email as well.

One of our committee members, Colin Luker, is standing for the job of the Welsh Regional Trustee and we would like to wish him all the best. If he is successful he would be involved in working with all of the Welsh u3a's and the Third Age Trust. Each u3a is allocated votes depending on their size and the voting closed on the 24th March.

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.

**DON'T GET ME STARTED**

2nd Monday from 2.00pm at Susan's in Pontgarreg

**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**

1st Monday and 3rd Tuesday from 2.00pm  
George VI playing fields Newcastle Emlyn

**PHILOSOPHY**

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

**SCIENCE AND TECHNOLOGY**

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

**SKETCHERS**

1st Tuesday from 10-30am venue to be  
confirmed

**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 Rhydlewys Village Hall.

**THEOLOGY**

1st Monday from 2pm at Ffostrasol Village Hall

**WALKERS**

2nd Monday from 10.30am venues varies.

**WELSH**

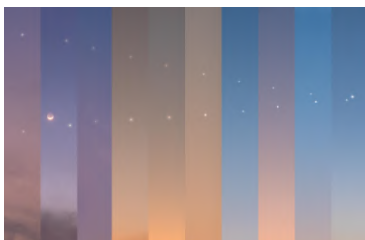
1st Tuesday from 10.30am at Vicky's in Capel Iwan or Liz's in Cenarth.

**WINE APPRECIATION**

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

## ASTRONOMY

The Cardigan and Newcastle Emlyn joint u3a Astronomy group met on March 15th, i.e. the regular 3rd Wednesday afternoon of the month – and, as usual, we had a look at which planets and stars are easily visible in the coming weeks. Venus and Jupiter have been very prominent after dusk for some time, and have been getting closer to each other. On March 1st and 2nd, they were about the width of a full-Moon apart and changed places, with Jupiter, having been higher in the sky hitherto, moving progressively lower.



We had a look at a number of web photos for this event – and the two here are from India, where the observer photographed the two planets getting closer every day for 10 days (20 Feb to 1 Mar), and from the Czech Republic on 1 March.

As we approach the end of March and later sunsets, Jupiter will probably have moved too low in the west to be seen at dusk – so only Venus will remain as a really bright “star” in the west, until it too sets at about 8pm GMT (9pm BST).

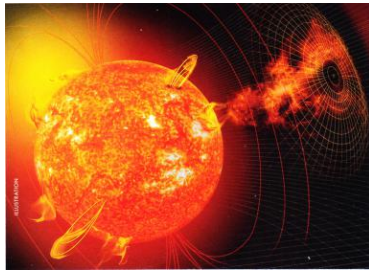
We spent much of the time talking about aurora, as they had been seen at lower latitudes than usual on Feb 26th and 27th- and this first pic is from the Brecon Beacons.



We learnt that aurora are formed when very energetic electrically-charged particles in the Solar Wind (principally negatively-charged electrons and positively-charged hydrogen ions) are drawn down the Earth’s magnetic field lines towards the magnetic poles (which are close to the geographic North and South poles). In the upper atmosphere, when these plasma particles reach 250km above the Earth’s surface (and down to around 80km above), they collide with oxygen and nitrogen molecules and – if the energies of the particles are in the right range, not too low or too high – they energise electrons in the oxygen or nitrogen molecules. These molecules then lose that energy by emitting light photons of the colours we see (a bit like fluorescent lights do).

The density of our atmosphere decreases with altitude and this affects the colours in the aurorae – as shown in the second picture. At the highest altitude (200-250km) we usually get red emissions and these come from oxygen – but further down at 150km the oxygen emission is green – the most common aurora colour seen. Down at 100km, nitrogen is the main player and its colours are blue, violet and pink.

Unfortunately (maybe fortunately as they can be associated with havoc amongst our electrical systems(?)), we don't get aurorae every time electrically-charged plasma are magnetically drawn down to Earth at the Poles. This actually happens to some extent with our Solar Wind for much of the time - but it generally takes much denser and faster-moving, more energetic flows of plasma from the Sun to give us extensive visual aurorae or ones which extend beyond the arctic regions.



Fantastic aurorae usually follow enormous ejections from the Sun of hydrogen plasma in the direction of Earth, typically billions of tonnes travelling at a million miles per hour – as shown in the graphic. (This is what happened 2 days before the Feb 26th aurora.) Being electrically-charged particles, their flow generates its own magnetic field and when that reaches the Earth's magnetic field, the field lines of the two magnetic fields interact. Some of Earth's field lines are broken and they reconnect with the magnetic field lines of the Solar Wind – which allows (and accelerates) more plasma particles into the atmosphere above our Poles, and a bigger chance of creating extensive aurorae. When it does, we get displays like this one seen from the International Space Station.



These Coronal Mass Ejections from the Sun are not predictable, but they are more likely to occur when there are more visible sunspots on the Sun's surface – and this number tends to rise and fall over a 11-year cycle. The next maximum for sunspots should be in 2025, so we could be in for a period of more frequent aurorae – like this one over Loch Glascarnoch in the middle of the Highlands, or the next one further north at Durness on Scotland's North coast.



Our next meeting will be on Wed, 19 Apr at 2pm in Llechryd. Please come and join us if you are interested, or ring 01239-891549 if you want more information.

- Galileo

## BADMINTON

The snow and ice predicted resulted in one of our sessions being rescheduled later in the month; our earlier session was quite well attended as it coincided with the school holidays which enabled me to bring along my Ukrainian children to have a go along with their mum. Our next session will be on Wednesday 12 April 12 – 2pm all welcome to give it a go.

*Nigel*

## BUCKET LIST GROUP

Here is the current list of up and coming events organised by the group

26th APRIL. 11am

### **GUIDED TOUR of the TEIFI MARSHES & WETLANDS, HIDES and HABITATS.**

The Welsh Wildlife centre is a reserve covering 264 acres of Teifi marshes. It is one of the richest and most diverse wetland sites in Wales.

We have arranged a 1.5 hour guided tour of the area, lunch or coffee can be had at The Great Glasshouse after if you wish.

There is a minimum number of 12 people needed for this tour and the cost will be £ 3.50 each

24th MAY

### **SOUTH WEST POLICE, MOUNTED and DOG DIVISION, BRIDGEND.**

This is an amazing chance to see and learn what goes into training Police dogs and horses with a 2 hour guided tour of this Division of the Dog and Mounted Police.

The only cost of this trip is for the coach, as we can take up to 30 people we will be opening this event up to the rest of the U3A after the Bucket list members have had a chance to book their place.

The plan is to leave NCE car park at aprox 8.30am. We will be making a lunch stop at somewhere like a Harvester after our visit and plan to be home around 4pm.

We are unable to give a price for the coach at the moment as it depends on how many want to go but as a guide if 25 people go it will be about £16.00 each.

TO BOOK YOUR PLACE for any or all of these events please email Helen Nolan  
helencoedmor@gmail.com

*Helen*

### CRAFTY CRAFTERS

Unfortunately, Crafty Crafters had to be cancelled in March due to the predicted weather. April's meeting will be Wednesday, 12th April. Hopefully, all threat of snow and bad frost will be distant memories by then.

*Ruth*

### CREATIVE WRITING

We have missed the last two meetings because of weather and illness, but we have some homework to do! To write some prose or poetry with the first line, "I shouldn't be telling you this, but....". We'll look forward to hearing the results.

*Ali*

### DIGITAL PHOTOGRAPHY

The aim for March's homework was 'using your camera in the manual setting' with any choice of subject. Once again, we had a brilliant session, lots of discussion about using the cameras in 'manual mode' and it was very pleasing to hear that lessons have been learnt and 'manual mode' will be used more often.

Tutorials are shown in group each month to assist everyone with the homework set. The homework for April is 'attention to detail' with any choice of subject. The group were asked to consider; the positioning of the primary subject; ensuring the camera is straight, both side-to-side and front-to-back; staging the photo and moving clutter, trailing cables or removing unnecessary items the shot; grouping items in 3's; filling the frame with colour; using just 2 colours; using a plain background; using patterns, circles, stripes or diagonals; using texture; etc.



**Colin Luker**



**Michele Courtney**





**Adrian Milner**



**Janice Hollick**



**John Leigh**



**Teresa O'Ryan**



**Ron Hill**

The photography tutorial videos, tip and books that I am collating are growing and I now have, 27 tutorial videos, 44 tip sheets and 343 e-books for members to choose from.

New and existing members are welcome to bring their camera equipment to group for discussion/tips, etc.

Beginners, intermediates and advanced digital photographers are welcome to join us. There is a £3.00 per person fee to cover the cost of the hall, tea/coffee and a biscuit or two, but please email me (Dave) at [digitalphotography@cardiganu3a.org.uk](mailto:digitalphotography@cardiganu3a.org.uk) or [davejthomas66@gmail.com](mailto:davejthomas66@gmail.com) with your name and contact numbers prior to the next meeting. I will then send you a welcome email and links to the tutorial videos to aid you with the months homework.

Our next meeting is 10.30am to 12.30pm on Tuesday 11th April 2023 in Coracle Hall, Llechryd. (Please arrive around 10.15am ready for a 10.30 start.)

*Dave*

## **FAMILY HISTORY**

As we have several new group members, there was no particular subject for our March meeting, and we were concentrating on getting everyone who wants to connect to the Church of Latter Day Saints portal able to do this on their own laptops. This enables us to access the subscription genealogy websites on our own devices during our meetings. We can also make use of the Family History Centre's two computers.

Next month, we will be covering World War One, which was the subject of a Zoom meeting during lockdown, but this time we will be able to bring items along to show to the rest of the Group. Also we have several members who have joined the group since that Zoom meeting.

New members are always welcome – whether you are an experienced researcher or just beginning. It is helpful if you contact me first.

*Margaret*

## FRENCH

Sue has kindly hosted our recent French meetings with delicious cake! Laura had prepared some cards to help us with the past, present and future tenses.....alot of brain strain. Then we discussed "French days out", maybe to Swansea or Cardiff, or more locally. Also to watch a French film together.

Next session we will be doing some more reading of our short stories and will have prepared a piece on what we are hoping to do in May.

*Ali*

## GAMES GROUP

There were 14 members at the games group at Penboyr Hall in March and we enjoyed a variety of games including Sequence, Backgammon, Rummikub and Dominoes. More members have now worked out how to enjoy Carcassonne and there was a new game there called Qwirkle.



We enjoy the games and the company and hopefully keep our minds active. The group will meet next on Tuesday 18th April at 10.30 at Penboyr Hall near Drefach Felindre.



*Hazel*

## GARDENING GROUP

Back by popular demand the group met once again at the Bunch of Grapes, NCE, for another round of lively quizzing with a plant based theme. This time however the questions were fiendishly difficult and much time was spent head scratching and discussion within the teams.

We used a snakes and ladders board once again and with a combination of expert gardening knowledge and luck at avoiding the nasty snakes it turned out to be a very closely fought competition, with all 3 teams ending up near the top of the board. The winning team were rewarded with some primroses.

Our next meeting will be at 2pm on the 6th April at the Norwood Garden and Tearoom in Llanllwni SA39 9DU, where the owner will give us a talk about the garden and a give us a guided tour. Please contact me for details.

The plant of the month is a Star Magnolia Stellata, an early bloomer in Tony's garden.



*Mike*

## ICT SUPPORT

In March we were able to help two members with questions about their laptops. One was wondering how to archive emails that they didn't want to get rid of but were cluttering up their inbox. The other wanted to know how to file photos and put some onto a memory stick.

If you have a problem that we may be able to help with please give us a ring and book in as we understandably limit the numbers.



We cater for Apple, Android and Windows machines. We don't profess to be experts but will have a good go!

*Hazel*

## PATCHWORK GROUP

Both Hazel and myself were, unfortunately, away for the March meeting so we arranged for the hall to be opened for those members who were able to attend. I hope to hear how well everyone got on with their various projects when we meet in April.

The next meeting will be 14th April at Penboyr Village Hall 11-00am

*Ruth*

## PETANQUE GROUP

Unfortunately the weather was against us in March and we did not manage to meet so we will try again in April. The dates for April are Monday 3rd and Tuesday 18th both at 2pm.

Petanque is French boules played with metal balls on a hard gravel surface. If you are interested in finding out more and having a bit of fresh air and company please join us in the King George V playing fields in Newcastle Emlyn. (By the main car park)



If you would like any further details please contact John on 01559 371842.

*Hazel & John*

## SKETCH GROUP

The Sketch Group met on the 7th March at the National Wool Museum in Drefach Felindre.



We were very pleased to find that the venue was beautifully warm in all the rooms . The staff were happy to see us and offered chairs and tables at various locations if we needed them. They couldn't have been more welcoming.

The Museum offers all kinds of opportunities for sketched studies and six of us wandered off after coffee to seek inspiration.

We returned to the cafe and those who wanted to shared their work, which was in various media.

The venue was so interesting that it has been agreed to meet again at the National Wool Museum on 4th April at 10.30-12.30

Everyone is welcome to join us.

Contact Millie Thomas for further information.

milliethomas946@gmail.com

*Millie*

## STROLLERS

**Future schedule as follows :-**

31 March Pengelli Woods

28 April Henllan

26 May Hafod estate

30 June Ffynnonne Waterfalls

*Cyndy*

## TABLE TENNIS

We are enjoying our twice monthly table tennis sessions. Plenty of exercise and fun.

If you would like to give it a try just pop along to one of the sessions at Rhydlewys Village Hall.

*Ali*

## WALKING GROUP

This month's walk started and finished at Poppit Car park which was both handy but also slightly restrictive as I had allocated 3 hours to the walk when it probably would have been better to have been 4, as a consequence we had to curtail the walk slightly to



avoid a prospective parking fine. The walk itself on probably one of the finest days of the month had been rescheduled from earlier in the month due to bad weather which was definitely not the case as can be seen from the pictures where the order of the day required clothes to be removed.

The walk started on the road leading up towards the youth hostel at Poppit before veering off through fields and farm

tracks plus a small conifer plantation where we came across a field mouse that was somewhat

drowsy as he

walked around in front of us before finally realising that we were there. The first picture is of the mouse though its a bit like the spot the ball game in amongst all the dead leaves. We had a look inside a very remote chapel that had fallen into a state of disrepair, it was sat at the crossroads of



pathways traversing the countryside. The layout of the chapel was somewhat unusual in that the congregation were set up on platforms

at various levels. Having done the country element of the walk we then joined the coastal path to head back in the direction of Poppit. The glorious views looking south enabled us to see the Ferry at Fishguard Harbour and the lighthouse at Strumble Head. Pembrokeshire







Our walk along the coastal path was frequently accompanied by singing skylarks complete with their unusual flight patterns. Looking down at the sea and the beaches we saw a number of seals both basking in the glorious sunshine and I assume hunting their dinners in the sea. Having arrived back at Poppit car park ,before incurring any extra parking charges we adjourned to the Crwst café for a well-deserved drink and a variety of cakes though sadly they had run out of my favorite a lemon meringue doughnut.

Well done to Dave Evans a new member of the walking group on completing the walk despite struggling with walking shoes that were a bit too small.

Our next walk on Monday 10 April will be in the Nevern area near to Newport Pembrokeshire

*Nigel*

## WELSH GROUP

We concentrated on pronunciation in this session and started to learn how to say things in Welsh. This is essential for new learners and was useful revision for us all. Good progress was made and we will continue on this theme next time, looking at how to navigate tongue twisters:

Rowliodd lori Lowri lawr y lôn

Ydy dy dad di yn dy dŷ du di?

and how to say the names of local places like Mwnt, Crymymch, Gwberty, and Plwmp.



We will be meeting on Tuesday 4th April at Vicky's in Capel Iwan.

*Vicky*

## WINE APPRECIATION GROUP

March was the month to try Beaujolais wines at our monthly wine appreciation group. There were nine members present and we actually had 4 different Beaujolais wines. There was a Beaujolais, a Beaujolais Villages and two Beaujolais Cru which are classed as the best examples of the type. The main grape in Beaujolais is Gamay and we were all quite impressed with the wines. The favourite was a Beaujolais Cru Coeur de Granit from Laithwaites.

Our April meeting will be on Thursday 20th April at John and Janet Piggott's house when we will be tasting wines from one of the last regions of France on our tour, Alsace.

*Hazel*

### Share your family memories of WW2

You are invited to take part in 'Their Finest Hour', a Heritage Lottery-funded nationwide campaign organised by the University of Oxford to collect and preserve the everyday stories and objects of the Second World War. As these personal stories are fast fading from living memory, it is vital to preserve them and the wartime objects that often accompany them. As well as artefacts from the front, there are the experiences of those at home, including women and children.

How can you help?

- Subscribe to a national email group where u3a members can share views, air your Q&As with 'Their Finest Hour', and generally keep in the loop at <https://forms.office.com/e/ctt2eu6v2c>
- Attend the u3a Online Learning Event, date tbc.
- Share this message in your u3a, on Facebook, and in your newsletters.
- Go to a 'Digital Collection Day' to bring your stories or volunteer at it.
- Run a collection in your activity group over several meetings.
- Go online and upload your war-related stories and materials at

<https://theirfinesthour.english.ox.ac.uk/>

'Digital Collection Days' are being run at a host of museums, libraries, services charities, and schools across the country, from Belfast, Cumbria, and Edinburgh down to Essex, London, Oxfordshire, and South Wales. u3a members volunteered at one of the first 'Days' in Oxford. "It's like 'Flog It!' or 'Antiques Roadshow' without the valuation! There's so much you can do, from meet-and-greet to what I enjoyed the most, showing someone their husband's war record online - he flew Lancasters - helping them understand more about their family story."

Ally Edwards, u3a Evesham and District, 10 March

There are connections between 'Their Finest Hour' and u3a groups, for example, genealogy, local history, creative writing, photography, storytelling, getting our members confident in using technology, and combating loneliness. Find out more at <https://theirfinesthour.english.ox.ac.uk/>

Monday	3	Petanque - George VI playing fields NCE	2-00pm
Monday	3	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	4	Sketchers - National Wool Museum Drefach Felindre	10-30am
Tuesday	4	Welsh- Vicky's Capel Iwan	10-30am
Wednesday	5	March main meeting talk from Colin Lewis - NCE Rugby Club	10-30am
Thursday	6	Art - Penboyr Village Hall	10-00am
Thursday	6	Gardening - Norwood Garden Llanllwni	2-00pm
Monday	10	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	10	Walkers - TBA	10-30am
Tuesday	11	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	11	Table Tennis – Rhydlewis Village Hall	2-00pm
Wednesday	12	Badminton Llandysul Leisure Centre	12-15am
Wednesday	12	Crafty Crafters – Penboyr Village Hall	10-30am
Wednesday	12	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	10-30am
Thursday	13	Art - Penboyr Village Hall	10-00am
Thursday	13	Creative Writing - at Rhydlewis Village Hall	11-00am
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 - George VI playing fields NCE	2-00pm
Wednesday	19	Astronomy – Coracle Hall Llechryd	2-00pm
Thursday	20	Art- Penboyr Village Hall	10-00am
Thursday	20	Philosophy am – Penrhiwllan Village Hall	11-00am
Thursday	20	Wine Appreciation - John + Janet Piggott's	7-00pm
Monday	24	French – at various private locations	11-00am
Monday	24	Science and Technology - Coracle Hall Llechryd	02-00pm
Tuesday	25	Book Club – Zoom meeting	10-30am
Tuesday	25	Family History – Church of Latter Day Saints NCE	2-30pm
Wednesday	26	Badminton Llandysul Leisure Centre	12-15am
Wednesday	26	Lunch Club - Various venues	12-00am
Thursday	27	Art- Penboyr Village Hall	10-00am
Thursday	27	Table Tennis – Rhydlewis Village Hall	10-30am
Friday	28	Strollers - Henllan	10-30am

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.