



Chairs Ramble

Well July has been a bit of a disappointment weather wise but the AGM was definitely not a disappointment! There were 76 members there and thanks must go to all of the group leaders for their wonderful efforts with the group displays. It was a bit of a squash but we got there and I hope the members enjoyed seeing something of what is available to them. I understand the archery group is now getting going and the kayaking group will be out paddling again soon. Thank you to everyone who attended and showed their support. Also, Ruth tells me we have had a record number of membership fees paid by this date! Thanks again.

Please remember that there is no meeting at the Rugby Club on Wednesday 2nd August as we will be going on our annual outing. This year it will be to Tredegar House, near Newport. The coach is about full which is great and I look forward to seeing many of you on that date.

We will restart our usual main meetings on Wednesday 6th September when our speaker will be Gretchen Taylor from Cardigan Wildlife Trust and Teifi Marshes Reserve. The main meeting will be followed by a short meeting for all of our new members since April 2022. I will be sending out an email but please put the date in your diary if you think that might be you! It will be a chance to meet the committee, find out a bit more about us and enjoy tea/coffee and cake together!

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
BADMINTON 2nd and 4th Wednesday from 12 - 2 at Llandysul Leisure Centre	Nigel
BOOK CLUB 4th Tuesday from 10.30am at venue to be advised (currently Zoom meetings).	Vicky
BOWLS 1st Tuesday 3rd Monday 2.00pm at NCE Bowling Club	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 Every Friday from 2-30pm at Sue's garden in Penrhiwllan	Sue
DIGITAL PHOTOGRAPHY 2nd Tuesday from 10.30am at Coracle Hall, Llechryd - Joint with Cardigan U3A.	Dave
DON'T GET ME STARTED 2nd Monday from 2.00pm at Susan's in Pontgarreg	Sue
FAMILY HISTORY 4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn.	Margaret
FRENCH 4rd Monday - at 11.00am at Sue's in Penrhiwllan	Ali
GAMES 3rd Tuesday from 10.30am at Penboyr Village Hall.	Paul Linda
GARDEN 1st Thursday at 2pm venue varies.	Tony Mike

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

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

Trevor

PHILOSOPHY

3rd Thursday from 11.00am at Penrhiwllan
Village Hall.

Ali

SCIENCE AND TECHNOLOGY

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

Colin

SKETCHERS

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

Millie

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.

Cyndy

TABLE TENNIS

2nd Tuesday from 2.00pm and 4th Thursday from
10.30am at Rhydlewis 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 Capel Iwan Village Hall

Vicky

WINE APPRECIATION

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

Hazel

ASTRONOMY

At the July meeting of the Cardigan and Newcastle Emlyn joint u3a Astronomy group, Jon Gall gave a talk on star-parties. These take place at a number of dark-sky locations in the UK; in Scotland, Kielder Forest, the Brecon Beacon and other places but, as a frequent attendee over the years, the one Jon is most familiar with is at Kelling Heath near Sheringham in North Norfolk - so this was the main source for his presentation.



The Kelling Heath star-parties are at the camping site of the same name, run for a whole week and are probably the largest star-parties in Britain with 400-500 dedicated attendees (who are, probably no surprise, overwhelmingly male). Everyone shares their telescopes and their star-gazing experience with each other – so the week is as much about being sociable and making like-minded friends as spending hours peering through your own telescope in the dark. But, of course, as Jon showed us, some amazing pictures of star clusters, galaxies, nebulae, etc, do emerge and are shared around enthusiastically.



We also updated ourselves on the current positions of our brightest planets and stars. Venus has been brilliant in the evening sky after dusk for many weeks - but not any longer. Venus is about to pass between Earth and the Sun ("inferior conjunction", when it is absolutely in line, is Aug 13th) so we will not easily see it again until early September – when it will be visible in the East for a short period before sunrise.

Mars is also close in angle to the Sun (and well away on the far side) so it is also pretty invisible – and will remain so for some months. So that leaves us with Jupiter and Saturn as the planets to see – and both are progressing from being "morning stars, visible only just before sunrise, to being among the brightest objects visible at bedtime or soon after.

Jupiter is currently rising in the East at about 1am, and is the brightest object in the sky (Moon excepted) from then until sunrise when it is about 30 degrees above the SE horizon. Saturn currently rises in the SE at about 11.30pm and progresses across the sky so that it is well past South (and also at about 30 degrees altitude) when the Sun comes up. Though not as bright as Jupiter, Saturn is as bright as most of the brightest stars that we can currently see, so after midnight it is fairly easy to spot – and both planets will become visible earlier in the evening and easier to see as we move into autumn.

We also noted that we are approaching the Perseid meteor shower season. The peak frequency (20+ per hour) for these shooting stars will be on Aug 12/13th, probably best seen just after midnight when the Perseus constellation (from where they appear to originate) is higher in the sky. On this date, the Earth runs into the maximum dust debris left near the orbit of comet Swift-Tuttle, and our gravity accelerates the dust grains into the atmosphere where they heat up and burn up as meteors/shooting stars. These meteor showers are amongst the most reliable and easiest to see - so, if it is a nice night and clear and dark, get your sun-lounger out between Aug 10th and 15th and look up at the sky almost anywhere above 60 degrees but particularly towards the 5-star W of Cassiopeia (which is near Perseus but easier to find).



The sky cleared up pretty well yesterday afternoon and evening - but not over the rising ground from the sea at Newport to the West end of the Preselis, which is where the sighting of the Moon and Venus would be. Low clouds blanketed that smallish area, both before sundown and then after. No problem seeing higher up in the sky, the Winter Triangle, reddish Arcturus and even more orangy-red Antares in the southerly or south-westerly parts of the sky after dusk - but no Moon or Venus down low in the cloud. I will try again tonight at sundown - but it will probably be the last time as Venus is getting less visible as it moves more in line with the Sun and it is going down below the horizon sooner. Also the Moon is getting bigger and moving further away from Venus!

The next meeting will be on Wed, 16 Aug at 2pm in Llechryd's Coracle Hall. Please come and join us if you are interested, or ring 01239-891549 if you want more information.

BADMINTON

With the arrival of summer, well that's what the calendar says, participants are now having to take clothes off as games are being far more competitive with much longer rallies requiring some desperate efforts to retrieve shuttlecocks which weeks ago would have been a lost cause. Numbers remain consistent it would be good to see one or two more coming along to allow players to have a rest to recover from their efforts.

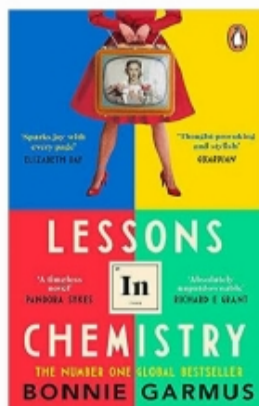
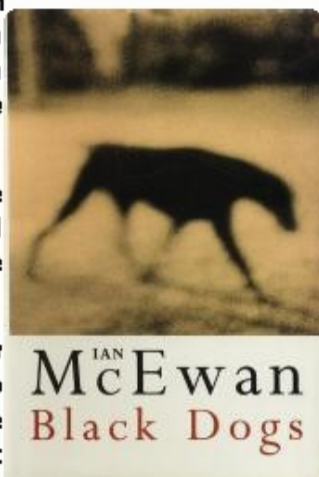
Nigel

BOOK CLUB

Our book for July was *Black Dogs*, by Ian McEwan. Ian McEwan is a well-known current British author, who won the 1998 Booker prize with *Amsterdam* and has been nominated on another five occasions.

Black Dogs, published in 1992, concerns the aftermath of the Nazi era in Europe, and how the fall of the Berlin Wall in the late 1980s affected those who once saw Communism as a way forward.

It is a fictional memoir, told by the son-in-law Jeremy, of June and Bernard Tremaine, a couple who are in love, but who have lived apart, ever since the pivotal events of their honeymoon in France, just after the second world war. After a terrifying encounter with two black dogs, June converted to believe in God and turned away from her communist ideals, causing the rift with Bernard.



The book provoked an enjoyable, wide ranging discussion. None of us thought it was an easy book to read. Almost all of us felt that it was worth the effort. We enjoyed the writing style and the author's observations. Our debate centred around the differences between fact-based and spiritually based lives, the aftermath of war, the ideals of communism and the motives of the fictional memoir writer.

Our next meeting will be on Tuesday 22nd August, on zoom, and we will be discussing *Lessons in Chemistry* by Bonnie Garmus.

Vicky

BOWLS GROUP

Again the weather was kind for both our bowling sessions this month. A good number of ends were played each time giving us all a good workout for the two hour sessions.



Next months sessions are on Tuesday 1st August and Monday 21st August 2023.

Julia

CRAFTY CRAFTERS

Crafty Crafters was held a week later than usual in July but we still had a good turnout and welcomed another new member. Welcome Sue, I hope you enjoy the group.



Hard at work with irons to create the fabric strips to weave into baskets

The task this time was making a start on creating a basket woven from fabric. We needed strips of fusible interfacing and strips of fusible web. Because of the quantity needed, I had cut these beforehand. These were then ironed onto fabric strips taken from jelly rolls so everyone ended up with 20 narrow, folded strips of fabric. We will use these at August's meeting to weave our baskets. For those who don't do patchwork, a jelly roll is a set of 40 – 44 2½" wide strips of coordinating fabric which are rolled together for selling. 4 of these baskets can be made from 1 jelly.

The next Crafty Crafters meeting will be 9th August.

Ruth

CREATIVE WRITING

This month we welcomed a new member to our group, June, who enjoyed our session. We started off with our homework and delivered our sentence of words only beginning with T. The longest sentence was 45 words long created by Sheila, which was fantastic, and made perfect sense. Many thanks to Eric for the delicious cake that kept us energised.

Ali

DIGITAL PHOTOGRAPHY

July's homework was 'Pets and/or Wildlife' and to aid members with their homework we watched various video tutorials in group. Following the meeting everyone was emailed a tip sheet and 2 e-books to assist them too. (We now have 38 tutorial videos, 46 tip sheets and 3746 e-books for members to choose from.)

We discussed a field trip and have provisionally agreed that our 12th December meeting will take place at the Welsh Wildlife Centre in Cardigan, with lunch there too. The Wildlife Centre have confirmed they are normally closed on Monday's and Tuesday's, but if we have sufficient numbers they will open



Alan Cooper



Adrian Milner



Dave Thomas



Colin Luker



John Leigh



Teresa O'Ryan



Margaret Taylor



Howard Jenkins

The Digital Photography group welcomes beginners, intermediates and advanced digital photographers. Everyone is very welcome, so whatever camera equipment and level of experience you have, come and join us!

To join – Please email Dave at digitalphotography@cardiganu3a.org.uk or davejthomas66@gmail.com with your name and contact number. Dave will then send you a welcome email, and just in case you want to get started straight away, information to aid you with the months homework!

Our next meeting is 10.30am to 12.30pm on Tuesday 8th August 2023 in Coracle Hall, Llechryd, but please arrive around 10.15am ready for a 10.30 start.

Dave

FAMILY HISTORY

This month we did not have a particular subject to discuss, but it was interesting to hear how everyone started their Family History research. Some wanted to find out more about the stories they had been told, others needed to find out who the people were that they had found certificates or other documents about. Our experience ranges from very little to going back to the days before the internet. We all agreed that once you get started you have to continue.

During the meeting we also had the opportunity to look up records for ourselves and a couple of the group members were able to make a breakthrough on what had been a stumbling block – thanks to assistance from Ken and Hazel.

At this time of the year, there are always people who are away or have visitors so our August meeting will also have no special subject, but will be another opportunity to look up things for ourselves or to ask for help from the rest of the Group.

As always, new members are always welcome.

Margaret

FRENCH

Laura gave us a sheet on the conditional tense and homework to create sentences using it. We had a little French conversation with the delicious cake made by our lovely host, Sue.

Thank you Laura for all your work and Sue for your hospitality.

Ali

GAMES GROUP

Another good session was held in July with 13 members present. Four people played Carcassonne and Qwirkle while others played Rummikub and, always a favourite, spider dominoes.

I am delighted to say that two of our members, Linda and Paul, will be taking on the leadership of this group as I am stepping down after many years. I am sure it will go from strength to strength and members will continue to enjoy many hours of fun and laughter.

Hazel

GARDENING GROUP

Unfortunately the planned visit to the garden at Dyffryn Fernant didn't really happen as everybody, apart from three of us, had other things to do.

Our next planned visit is to Cae Bach, Hermon, Crymych SA36 0DS on Thursday 3rd August which is a 2 acre garden with trees, flowers, fruit and vegetables all designed to attract bees and butterflies. We will be meeting at 2pm at Tony's free car park in Cenarth at 13.30 to car share.

Following a very pleasant visit to Aberglasney gardens I decided to feature day lilies as plant of the month as they were out in abundance.



Mike

ICT SUPPORT

Pleased to report that there were no calls for ICT support this month . To book a place, as numbers are restricted so we can give personal support, please get in touch if you have any problems with laptops, tablets or mobile phones

Hazel

PATCHWORK GROUP

July's meeting was a very quiet affair with just 3 of us getting together to work on our own projects.



Julia was finishing putting together a quilt top. She'd made it from a kit but hadn't been happy with some of the colours so had replaced them with her own choices.

Something Denise finished, although not patchwork, was some dungarees for her grandson. I worked on a picture of the Rialto bridge done in a stained window style.



The next Quilting & Patchwork meeting will be 11th August.

Ruth

PETANQUE GROUP

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)



All welcome, if you would like any further details please contact Trevor .

Trevor

PHILOSOPHY

In this session we looked into the issues brought up in the TV drama "Best Interests" and voluntary euthanasia. Many thanks to Gwyn for his preparation and analysis, and keeping us on track. Carol kept us all going with yummy biscuits, many thanks.

Ali

STRICTLY BASIC BALLROOM

Well done everyone. A great session adding more to the cha cha cha, Rhumba and Waltz.

Our next session is on Wednesday 9th August 2023. Come and join us for a lot of fun and a bit of a workout

Julia and Jenny

WALKING GROUP

Sorry no report this month due to various pressure on my time, who thought that once retired you would have plenty of spare time on your hands? hopefully normal service will be resumed in August with our next walk on Monday 14 August venue to be decided but weather permitting it will be along the coast.

In the meantime here are some pictures I have taken recently in and around the area.



WINE APPRECIATION

This month the wine appreciation group was hosted by Julia and Brian. It was decided that we would sample wines from the Champagne region of France. Julia and Brian sourced five non vintage champagnes and presented us with a blind tasting challenge. Before the tasting began Julia gave a brief history of how it all started. Starting in or before the 5th century with the Romans planting the first vines, into how Champagne has now evolved, over the centuries, into a leading brand of sparkling wine. There are now a large number of champagne houses producing a product linked to opulence and celebration whose brand name 'champagne' is fiercely defended by the Champenois. We also viewed a short video on how champagne is made. Very informative and a lot to be thinking about when tasting the champagne. There was a great deal of humorous discussion that followed each of the five bottles and it did help us place our preference - Charles Clement Brut Cuvee des Vignerons 12% - but everything else was sheer guesswork.



All in all an eventful evening with a great deal of laughter.

Our next meeting will be on Thursday 17th August and we will be visiting Da Mhille distillery for a talk and tasting.

Julia

WELSH GROUP

We have been continuing to practise short sentences involving greetings, partings and general chat about everyday things. This has gone quite well and so next time we will be extending that to include more elements. We'll be talking about events in relation to timing: this week, next Tuesday, months and seasons etc.

Our group has gradually expanded in recent months and we have decided to move to a larger venue. Our next meeting will be at Capel Iwan Village Hall on Tuesday 1st August, starting at 10.30.

Vicky

Tuesday	1	Sketchers	10-30am
Tuesday	1	Welsh - Capel Iwan Village Hall	10-30am
Tuesday	1	Bowls - NCE Bowls Club	2-00pm
Wednesday	2	Tredegarr House and Gardens outing	10-00am
Thursday	3	Art - Penboyr Village Hall	10-00am
Thursday	3	Gardening - Cae Bach Hermon Crymych	2-00pm
Friday	4	Kayaking- Patch Beach	9-30am
Friday	4	Croquet in Sue's garden in Penrhiwll	2-30pm
Monday	7	Petanque - George VI fields NCE	2-00pm
Monday	7	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	8	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	8	Table Tennis - Rhydlewys Village Hall	2-00pm
Wednesday	9	Badminton - Llandysul Leisure Centre	12-15am
Wednesday	9	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30am
Wednesday	9	Crafty Crafters - Penboyr Village Hall	10-30am
Thursday	10	Art - Penboyr Village Hall	10-00am
Thursday	10	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	11	Patchwork and Quilting - Penboyr Village Hall	11-00am
Friday	11	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	14	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	14	Walkers	10-30am
Tuesday	15	Games - Penboyr Village Hall	10-30am
Tuesday	15	ICT Support Session - as required contact Hazel	2-00pm
Tuesday	15	Petanque - George VI playing fields NCE	2-00pm
Wednesday	16	Astronomy - Coracle Hall Llechryd	2-00pm
Thursday	17	Art- Penboyr Village Hall	10-00am
Thursday	17	Wine Appreciation - Da Mhile distillery	5-00pm
Thursday	17	Philosophy am - Penrhiwllan Village Hall	11-00am
Friday	18	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	21	Bowls - NCE Bowls Club	2-00pm
Tuesday	22	Book Club - Zoom meeting	10-30am
Tuesday	22	Family History - Church of Latter Day Saints NCE	2-30pm
Wednesday	23	Badminton - Llandysul Leisure Centre	12-15am
Thursday	24	Art- Penboyr Village Hall	10-00am
Thursday	24	Table Tennis - Rhydlewys Village Hall	10-30am
Friday	25	Strollers	10-30am
Friday	25	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	28	French - Sue's in Penrhiwllan	11-00am
Monday	28	Science and Technology - Coracle Hall Llechryd	02-00pm
Wednesday	30	Lunch Club - Various venues	12-00am
Thursday	31	Art- Penboyr Village Hall	10-00am

To add events to this monthly calendar please contact Nigel neu3newsletter@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.