



Chairs Ramble

In spite of the forecast and a few heavy downpours we all had a lovely time at Tredegar House at the beginning of August. Many thanks to Julia for organising the trip. We managed to gather as many as we could for a photo before we left. Sorry if you are not on it!



Our next main meeting will be on Wednesday 6th September when our speaker will be Gretchen Taylor from Cardigan Wildlife Trust and Teifi Marsh Reserve.

The main meeting will be followed by a short meeting for all of our new members since April 2022. This is quite a large number and we are very grateful that our numbers continue to rise! Please remember that we need everyone's help to keep going and organise the varied programme and groups that we do. It is not just the committee that is important, but we rely on you, the members, to do your bit as well in whatever way you can. If you feel you could support our u3a in any way please speak to us. There are all sorts of roles that need filling!

There is a committee meeting on Monday 18th September. If anyone has anything they would like us to discuss please let a member of the committee 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

1st Tuesday 3rd Monday 2.00pm at NCE Bowling Club

BUCKET LIST

Currently suspended

CRAFTY CRAFTERS

2nd Wednesday from 10.30am at Penboyr Village Hall.

CREATIVE WRITING

2nd Thursday from 11.00am at Ali's - venue varies.

CROQUET

Every Friday from 2-30pm at Sue's garden in Penrhiwllan

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

4rd Monday - at 11.00am at Sue's in Penrhiwllan

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

Various dates and venues

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

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 Capel Iwan Village Hall

WINE APPRECIATION

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

ART

We meet every Thursday from 10 to 12, in the hall in Penboyr. Everyone welcome; we do a range of art styles between us, bringing our own materials. There is no tuition.



If you are interested in joining the group do contact me. Amanda Edwards
01559 372273

Amanda

BADMINTON

With the arrival of summer, well thats what the calendar says, participants are now having to take clothes off as games are being far more competative 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

Lessons in Chemistry is Bonnie Garmus' first novel, published in 2022 when it became an instant best seller. The book is set in the 1950s and 1960s and describes the prejudice applied to all women and in this case to a female scientist, especially a beautiful one. It tells the story of Elizabeth Zott, a brilliant chemist who was unable to complete her PhD after her supervisor sexually assaulted her and she stabbed him with a pencil. Later, working at a scientific research institute, her head of department claims her results were obtained by a Mr Zott in order to gain finance. Later still, he publishes her work without her knowledge under his own name. Meanwhile, she has fallen in love with a renowned chemist, Calvin Evans, and the two live together. After Calvin dies in a traffic accident, Elizabeth discovers she is pregnant and is dismissed from her job because she will be an unmarried mother. When her daughter is able to attend school, she takes a job running a daily TV cooking show called Supper at Six, where she refuses to compromise her principles and teaches the largely female audience to cook healthy real food and to believe in themselves and their dreams. Eventually Elizabeth quits the show and goes back to the research institute, to become the Head of Chemistry.



We all felt the novel was hard hitting and reflected accurately the attitudes of the day. But it is also funny and full of interesting snippets of information and with a wide list of characters, including Elizabeth's dog. Despite the melancholy saga, this is a comic and shrewdly observant novel. All of us really enjoyed the book and would be happy to recommend it to others.



Our next meeting will be on Tuesday 26th September, on zoom, and we will be discussing The Labyrinth by Kate Mosse.

Vicky

BOWLS GROUP

August has been a month of wet and windy weather but we did manage to hold both our bowling sessions. Lets hope the sunshine will favour us in September for our last two sessions of the season.

The dates are as follows

Tuesday 5th and Monday 18th September starting at 2pm.

Julia

CRAFTY CRAFTERS

At Crafty Crafters in August, we continued making the baskets started in July. The next stage was to start weaving the strips together. The strips were split into two piles of ten and the piles were woven together. A thread was woven around this to hold the weave together. Each side was then split in half and the weave continued to start creating the sides. Once these sides were completed the weaving continued, joining the sides together. To finish, the ends of the strips were folded over and pushed into the weave on the inside before trimming.



The morning was full of laughter as members tried not to get muddled with the weaving. Not everyone finished their basket but those who didn't are welcome to bring them back in September.

September's meeting will be Wednesday 13th. Bring anything you are currently working on and ideas for Christmas projects.

Ruth

DIGITAL PHOTOGRAPHY

I'd like to start by formally congratulating our former group leader Denis True on his recent wedding – CONGRATULATIONS TO YOU BOTH! Photograph courtesy of Pete Mears.

August's homework was 'Guilty Pleasures'. We all have guilty pleasures, such as foods and activities we love... Perhaps yours is cream-filled donuts or binge watching reruns of your favourite sitcom. This challenge was set to help us get to know one another a little better and possibly bring some humour to the meeting, which I think was achieved.

As a group, we have agreed to do something a little different this year and our meeting on 12th December will take place at the Welsh Wildlife Centre in Cardigan with lunch. The Wildlife Centre are usually closed on Monday's and Tuesday's, but have kindly agreed to open especially for us!

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 12th September 2023 in Coracle Hall, Llechryd, but please arrive around 10.15am ready for a 10.30 start.



Pete Mears



**Colin Luker
Podcasts**



**Alan Cooper
Wood Turning**



Margaret Taylor
Garden Photo



Ron Hill
Growing Veg



Howard Jenkins
Cider



Dave Thomas
Coffee and Cake

Dave

FAMILY HISTORY

We did not have a particular topic to discuss this month, but there was plenty of lively discussion among the 7 of us who were there. One member had written an amusing poem about the frustrations of finding the records for a particular ancestor – well done Irene. We were also able to try to find records for ourselves or each other – with mixed results.

Next month we will be talking about photographs and perhaps trying to put a date to some of them using the MyHeritage website's new AI tool. I have tried this with a certain degree of success though it is not always spot-on. You have to register for an account with this site, but the photo tools (colorize, animate, enhance and date) are free to use.

New group members are always welcome, whatever your level of experience.

Margaret

GAMES GROUP

We had a record number of 16 attend this month, making it even more convivial than usual. Hopefully even more can make it after the holiday season. Penboyr is a lovely little hall inside. Don't be put off by the outside picture on Streetview, it's been nicely refurbished inside since getting a community grant a few years back, and is home to several U3A activities

Linda and Paul

GARDENING GROUP

This month the group visited Cae Bach in Hermon. Liz and Will North have been developing their 2 acre garden for the past 4 years and a measure of their success is that it has been included in the NGS catalogue for the first time this year. They have designed their garden to be attractive as possible to wildlife and their work was evidenced by an army (or colony if you prefer) of tiny frogs jumping around everywhere. Features include 3 ponds and a bog area fed by a natural stream, raised vegetable beds, a fruit cage, greenhouse and various areas of planting amidst trees and shrubs. The visit was nicely rounded off by tea and lovely homemade cakes. For a bit of fun see if you can spot the U3A chairperson cunningly camouflaged in the garden.



Our next visit will be to Vicki Weston, known as the Salvia Lady, who gave a presentation to a U3A meeting not long ago about her work in running Weston Salvias. This is her highly specialist nursery that was featured in the BBC's Gardening World about a year ago. For details please contact Tony.

For plant of the month I am staying with the Lily theme, this time with an African Lily, *Agapanthus Praecox*.



Mike

ICT SUPPORT

Unfortunately the person booked in for the last session of ICT support could not make it at the last minute but please remember we are here to support your laptop, phone and tablet queries as best as we can.

Phone beforehand just to check we have space and let us know what you need support with. The next session will be on Tuesday 19th September at the slightly altered time of 2.15pm in Waungilwen.

Hazel

KAYAKING

The group finally got on the water after a few false starts with a trip from Patch up towards Cardigan with 4 kayaks ranging from an inflatable triple to a single sit on.

The trip was to go under the bridges at Cardigan and though the Tivi was being obliging with an incoming tide the wind blowing down river made life a lot harder than planned and it was decided to stop at the Ferry Inn for well earned refreshments. We had what was a much easier paddle back down the river to Patch with a following wind and the flooding tide having more or less reached its peak. Well done to all those that did the trip in particular Christine a new member who had not been on the water for a few years and is an example to us all in age not being a barrier.



If we ever get a summer we will have another excursion this time down the river from Patch and out towards Cardigan Island weather and tides permitting. Its open to all even if you have no kayak I will endeavour to beg or borrow so that you can enjoy a pleasant day on the high seas.

Nigel

PATCHWORK

Another quiet session with five of us getting together for a few hours of sewing. We work on our own projects which range from small wall hangings to large quilts and include quilted bags, reading pillows and table runners.

The next meeting will be Friday, 8th September.

Ruth

PETANQUE GROUP

On the 10th August ten of us went to Llanelli to play a friendly match. We had lunch at the Sandpiper then played some rounds in the afternoon. When all the scores were counted Llanelli beat us overall but a great time was had by all participants. We are in the process of trying to arrange a return match within the next couple of months on home soil.



Trevor

SCIENCE AND TECHNOLOGY

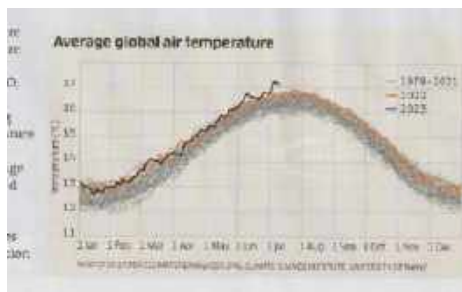
The Group met this month to discuss the subject of ‘Climate Change – another record summer?’

As people would have noticed, there have been a lot of fairly drastic climate instances around the world in the last couple of months. Fires seem to have hit the headlines in Greece, Canada & Hawaii. In other parts record average temperatures have been recorded. Yet in other areas flooding has been a major problem resulting in many deaths.

Are we looking at 3° or 5° for our great grandchildren? For a look at what can be expected by the end of the century in terms of overall temperature increases then have a look at this video which was watched by the Group. (<https://youtu.be/uynhvHZUOOo>)

Mass migration and food production being the main concerns to be planned for. How will humans survive once bulb temperatures go over 40°C ?

Of course, you may be someone who does not think this will happen and all we are seeing is the normal way the earth has been changing over time. What do you think?



The Groups next meeting is on 25th September at 2pm at the Coracle Hall, Llechryd. We plan to build some rockets and see how high we can go. Practical fun!

Note: We have about 40 people who are listed as being interested in this Group but some we do not hear from!! If you want to continue receiving meeting notifications, then please let Colin know on colinlucker@yahoo.co.uk.

Colin

SKETCHERS

The group was kindly hosted at the home of Jo and Lee near Llandysul and a new member was welcomed.

Following coffee in the garden we separated and drew different aspects of the



beautiful garden which has been visited by the U3A garden group in the past. People use a variety of media from watercolour to graphite. Images show one sketch in ink and another in coloured pencils



The next meeting will be hosted by Pauline and Malcolm at their home in Penparc.

Millie

STROLLERS

In August the strollers tried out a new venue that had been recommended by



Jim Sibley a few years ago but that we had never managed to get to! We went to Pengelli Forest near Felindre Farchog on the way to Newport. There was a very select number of four, but the walks in the forest are lovely and well signposted and waymarked.



Babbling brooks and old oak woodland with the dappled sunlight filtering through made for a very pleasant walk.

Strollers always meet on the last Friday of the month so the next walk will be Friday 29th September.

Hazel

WALKING GROUP

Having postponed our previous month walk I was determined that this months walk would go ahead and despite the predicted yellow weather warning creating some doubts for fellow walkers, the actual weather was good other than one sharp shower followed by a sea mist. With just the two of us we set off from the car park at St Michaels church Penbryn which was first built in in 12th C with a number of enhancements over the centuries with a final renovation in 1957. I have been told that



the grounds of the church are circular so that theres no corner for the devil to hide in; looking at various web sites I think this version is unlikely; the design being more established by the early christians. Our walk then took us down past the Plump Tart Cafe and onto the coastal footpath. The path went past

Carreg Y Nodwydd (stone needle) beach where in the past I have seen it being used as a nudist beach however I don't think it is a designated as such! Though somewhat inaccessible its a great place to be on a warm sunny day, sadly this is about where we were hit by a heavy shower. The picture being from a previous sunnier day .



We carried on and were subjected to a strong winds which helped somewhat to dry us off from what was the last rain of the day. We made Llangranog in good time



and enjoyed a warming cup of coffee before heading back to Penbryn albeit via a country route. The sun decided to join us



for the return leg of the walk which made for a far more pleasant walk following old farm tracks through forests and farm fields with several herds of very obliging young cows.

We came to the chapel at Penmorfa which is up for sale complete with a 4 bedroom Chapel House and school room and former stables. The chapel was originally built in 1796 with several revisions and additions until it had its final restoration in 1939. I remember during covid lockdown cycling past the chapel as a funeral was being held and the graveyard was full of mourners enjoying copious amounts of beer, all very strange at the time.



From the chapel we rejoined the footpath just below the chapel and past Troedyrhiw mansion complete with a vast overgrown walled garden which in its day would no doubt have been very impressive, I was intrigued about the house and I found that it was up for sale and sold in 2022 for £1,500,000. Sadly the place looked somewhat uncared for with a number of derelict buildings. From there we rejoined the coastal path back to Penbryn where we had a nice cake and coffee at the Plump Tart to conclude our walk of just over 8 miles.



Nigel

WINE APPRECIATION

In August, 16 of us visited Dà Mhile organic distillery near Ffostrasol.

Dà Mhile (pronounced Da-Vee-Lay) is an organic distillery based on a family farm in Ceredigion. They make a range of spirits that are inspired by their surroundings & environmental ethos and are testament to Welsh craftsmanship that puts passion for quality and flavour at the heart of every bottle. The farm and the surrounding land is at the centre of everything they do. It is where they get the wood from to heat the still and is the source of spring water that creates their unique spirits. Next door is their other business, Teifi cheese, and as well as sampling their gins we tasted some of their lovely cheese. The distillery also produces whisky and we toasted Chris Phillips, one of our past members, who invested very early on in their business but unfortunately he never got to taste the results. We were shown one of the bottles from his barrels.



Our next meeting will be at Hazel and John's at Waungilwen on Thursday 21 September at 7pm

Iechyd Da!

Hazel

WELSH GROUP

We held our first meeting in the village hall at Capel Iwan in August, with eleven members attending. We worked through some vocabulary for days, weeks, months and seasons, then talked about events in relation to timing. This was all done using the present tense, so next time we'll be including a little of the past (perfect) tense. We also looked at colours and some more complicated sentences.

Our next meeting will be at Capel Iwan village hall on Tuesday 5th September, starting at 10.30.

Vicky

Friday	1	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	4	Petanque - George VI playing fields NCE	2-00pm
Monday	4	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	5	Sketchers - Pauline and Malcolm Penparc	10-30am
Tuesday	5	Welsh - Capel Iwan Village Hall	10-30am
Tuesday	5	Bowls - NCE Bowls Club	2-00pm
Wednesday	6	Main Meeting - Newcastle Emlyn Rugby Club	10-30am
Thursday	7	Art - Penboyr Village Hall	10-00am
Thursday	7	Gardening - Weston Salvias	2-00pm
Friday	8	Patchwork and Quilting - Penboyr Village Hall	11-00am
Friday	8	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	11	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	11	Walkers	10-30am
Tuesday	12	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	12	Table Tennis - Rhydlewys Village Hall	2-00pm
Wednesday	13	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30am
Wednesday	13	Badminton - Llandysul Leisure Centre	12-15pm
Wednesday	13	Crafty Crafters - Penboyr Village Hall	10-30am
Thursday	14	Art - Penboyr Village Hall	10-00am
Thursday	14	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	15	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	18	Bowls - NCE Bowls Club	2-00pm
Tuesday	19	Games - Penboyr Village Hall	10-30am
Tuesday	19	ICT Support Session - as required contact Hazel	2-15pm
Tuesday	19	Petanque - George VI playing fields NCE	2-00pm
Wednesday	20	Astronomy - Coracle Hall Llechryd	2-00pm
Thursday	21	Art - Penboyr Village Hall	10-00am
Thursday	21	Wine Appreciation - Hazel + John's Waungilwen	7-00pm
Thursday	21	Philosophy am - Penrhiwllan Village Hall	11-00am
Friday	22	Croquet in Sue's garden in Penrhiwllan	2-30pm
Monday	25	French - Sue's in Penrhiwllan	11-00am
Monday	25	Science and Technology - Coracle Hall Llechryd	02-00pm
Tuesday	26	Book Club - Zoom meeting	10-30am
Tuesday	26	Family History - Church of Latter Day Saints NCE	2-30pm
Wednesday	27	Badminton - Llandysul Leisure Centre	12-15pm
Wednesday	27	Lunch Club - Various venues	12-00am
Thursday	28	Art - Penboyr Village Hall	10-00am
Thursday	28	Table Tennis - Rhydlewys Village Hall	10-30am
Friday	29	Strollers	10-30am
Friday	29	Croquet in Sue's garden in Penrhiwllan	2-30pm

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.