



Chairs Ramble

It was lovely to welcome so many people back to our main meetings in September when we had a lovely talk about the Teifi marshes reserve and the Wildlife Trust. It was interesting to discover just how many different environments there are within one park. The main meeting was followed by a meeting to welcome all of our new members who have joined us during the last year. Thanks to Helen Nolan for the lovely cakes!

One of our new members would be willing to run a singing group for our u3a but we would need to find someone who could accompany the group on a piano or keyboard. If you or someone you know plays perhaps you could get in touch with us.

Our next main meeting will be on Wednesday 4th October starting with coffee at 10.30. The speaker will be Jeff Kedward our local Police Community Support Officer and Shannon Sinnott PCSO who will be giving us some hints and tips on recognising scams and nuisance calls and staying safe online. A very useful talk which they apparently make amusing and interesting as well as informative.



We had a very successful group leaders meeting in September to introduce the group leaders to Tracy, the new group coordinator. She was very well organised with new books and folders for each group and the committee paid for coffee and cake as a thank you to the group leaders for all of their hard work. Thanks to Tracy for taking over this role. If you have any ideas for new groups please speak to her and she will talk you through what to do.

Plans are already being made for our Christmas meeting which will be on Wednesday 6th December. The committee will be 'performing' again and there will be a buffet lunch after the meeting. More details to follow but put the date in your diary! If you have not been to one of our Christmas meetings before you have missed a treat!

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

Winter recess

Julia

BUCKET LIST

Currently suspended

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

Winter recess

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

4th Tuesday at 11.00am at Sue's in Penrhiwllan

Ali

GAMES

3rd Tuesday from 10.30am at Penboyr Village Hall.

Paul

GARDEN

1st Thursday at 2pm venue varies.

Linda

Tony

ICT SUPPORT SESSIONS

3rd Tuesday from 2.15 pm at Hazel's in Waungilwen.

Mike

KAYAK PADDLERS

Various dates and venues

Hazel

LUNCH

Last Wednesday - venue varies.

Nigel

PATCHWORK AND QUILTING

2nd Friday from 11.00am at Penboyr Village Hall.

Tracy

PETANQUE

Winter recess

Ruth

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

2nd Wednesday from 10.30am to 12.00noon.

Julia

STROLLERS

Last Friday of the month from 10.30am, venues vary

Cyndy

TABLE TENNIS

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

Margaret

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

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

Amanda

ARCHERY

If anyone wants to attend a 'have a go' session or take the 5 week beginners course then please contact colinluker@yahoo.co.uk. Next month the archery moves indoors to Newcastle Emlyn Leisure Centre so it will be easier than the last few weeks when some sessions have had to be cancelled due to adverse weather.

These sessions are run in conjunction with The Castle Archers of Newcastle Emlyn their web site can be found at

<https://www.castlearchers.com/>



So far 3 people have attended the 'have a go' sessions and one has signed up for the course. Several others are waiting for the weather to be better.

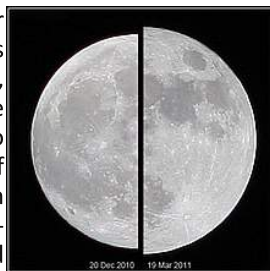
Colin

ASTRONOMY

Since Galileo last put quill to parchment, the Cardigan and Newcastle Emlyn u3a Astronomy group has met twice. At both gatherings we caught up with the planets and stars that are currently easy to see with the naked eye, but we also covered comets, the Perseid meteors, Blue Moons and Supermoons, and were given instructions by Jon on how to find a number of objects within the Solar System using binoculars or a small telescope.

Taking Blue Moons first, we established that the Moon, full or otherwise, is rarely bluish. There are a few reports of bluish moons after some volcanic eruptions like Krakatoa and Mount St Helens (and also major bush-fires) so they do occur occasionally but they are more likely to be of atmospheric meteorological cause than anything to do with the Moon. The name seems to have come from ancient ecclesiastical calendars – and become synonymous with “rare events”. But in astronomical circles Blue Moons are defined as the second or extra occurrence of a full-moon in a given season – but, most commonly, we just consider months rather than seasons, and see Blue Moons as the second full Moon in a calendar month. This happened in August, with full-moons on the 1st and the 30th – and with more than 29½ days between full-moons, Blue Moons can only happen in 31 day months so we only get them about once in every 2 years and 9 months, (or once in a Blue Moon!).

Both the August full-moons met all the definitions of a “super-moon” i.e. nearer to Earth than 230,000 miles or nearer than the less demanding 360,000 km (and other even easier definitions). The next full-moon on 29th September is also described as a “super-moon” by some, as was July’s, giving four in a row by some criteria – but Sept’s will be further away than 230,000 miles, and July’s was also further than 360,000 km so it wouldn’t meet either of these criteria. We are sticking with the 360,000 km criterion and consider that there are/were 3x supermoons this year – and the next ones will be in Sept and Oct next year, neither of which will be as near as 230,000 miles, the most stringent criterion.



The picture above shows a supermoon from March 2011 (on the right) vs a more- average full-moon from Dec 2010 on the left. It is about 7½ % bigger in diameter, and about 15% brighter. That’s the fact, rather than hyperbole, about “supermoons”!

We talked in August about the annual August Perseid meteor showers, usually the easiest and most convenient meteors to see. They arise from Earth orbiting through the debris left by the Swift-Tuttle comet. This comet was spotted independently in 1862 by Swift and Tuttle, both American astronomers, and a subsequent “re-discovery” in 1992 by a Japanese astronomer has led to our understanding that Smith-Tuttle was the comet reported in 1737 - and from the time-periods, probably also the one reported in 188 AD in China, and even earlier in 69 BC and 322 BC!

September we discussed another comet first spotted on Aug 12th by amateur Japanese astronomer, Hideo Nishimura, using a fairly ordinary camera with a 200mm telephoto lens. We looked at more recent photos taken by amateurs at dusk in Arizona and Slovakia on the 9th Sept, when Comet Nishimura was fairly close to its nearest to Earth (78M miles on 12 Sep) and to the Sun – just 20M miles on 17 Sep, and well inside Mercury’s orbit. Unfortunately the comet is pretty faint in the dusk shots so, although OK on the big screen, I haven’t included the pics here – but there is a night shot from New Mexico on 6 Sept.

After Mr Nishimura’s announcement of his discovery in August, output from some big telescopes was re-analysed - and PanSTARRS in Hawaii found it on 19th, 24th and 25th of January (though hundreds of thousands times less bright). With 7 months of time and positional data, NASA now believes the comet came from the Oort Cloud more than twice as far away as Neptune, on a very eccentric elliptical orbit which will take it back to the Oort Cloud and then return again to the Sun in 430 years time.

In It is now also thought possible that Comet Nishimura’s debris is responsible for the Sigma Hybrids meteor shower around 30 Nov each year. If so, maybe this year we will see many more meteors then, following replenishment of the debris trail by the recent comet orbit.



Finally, just a quick update on the brighter objects in the current night sky. Venus is now visible again having passed between us and the Sun in August. It is the really bright “star” in the east about 20 degrees above the horizon just before dawn, say 5.30-6.30am. Nothing else (apart from the Moon) is anywhere near as bright.

At the more hospitable hours of late evening to post-midnight, Jupiter is the “star”, shining noticeably brighter than anything else (other than Venus later on) as it moves across the sky at about 45 degrees above the horizon from the SE towards the SW by sunrise. If the sky is not totally cloudy at bedtime you will not miss Jupiter in the southern sky.

Our next meeting will be on Wed, 18 Oct at 2pm in Llechryd’s Coracle Hall. Please come and join us if you are interested.

Galileo

BADMINTON

Good to see a new member to the group showing a lot of promise; we could still do with another few players so if you would like to revisit your badminton skills then please pop along we would love to see you at Llandysul leisure centre 12-15 2 + 4 Tuesday of each month.

The picture shows a blurred shuttle, not down to my lack of camera skills, but reflects the much improved skills of the players following a great overhead smash from Laura

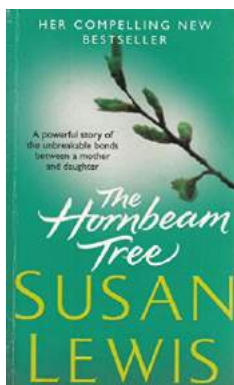
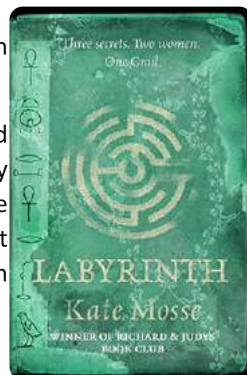


Nigel

BOOK CLUB

Kate Mosse is an international bestselling author with sales of more than five million books in 37 languages.

Labyrinth is an archaeological mystery novel, published in 2005, set both in the Middle Ages and present-day France. It divides into two main storylines that follow the lives of two women, Alais and Alice, born centuries apart but linked by a common destiny. Their two stories occur in southern France and intertwine.



Our next session will be on Tuesday 24th October, on zoom, and we will be discussing The Hornbeam Tree by Susan Lewis.

Vicky

BOWLS GROUP

We have now come to the end of the bowling season for 2023. I hope all participants enjoyed the sessions. We were very fortunate with the weather except for our final session which had to be cancelled. 2024 sessions will commence with a taster session in April and the main season from May. I will let you know when we start.

Thank you all for your continuing support.

Julia.

CRAFTY CRAFTERS

At September's Crafty Crafters meeting, everyone took projects they were already working on. A couple of these were the woven baskets we had been working on at the previous meetings.

We also discussed what Christmas projects we could do. Pam had kindly brought examples of several things and a couple of other members had ideas, too. It was decided that we would make a fabric wreath in October, a Christmas tree in November and an Angel in December.



FOLDED FABRIC WREATH ORNAMENT



Information for the first two has already been sent to members but if you would like to join us, please let me know.

The next meeting will be Wednesday, 11th October.

Ruth

CREATIVE WRITING

This month our very creative and happy group brought forward our homework which had been an exercise in "conciseness". We had to write a short story of 500 words, then reduce it to 100, then down to 50, then 25. This was a tricky exercise, particularly getting from 500 to 100.

Then our class exercise was to write a poem using the letters of SEPTEMBER as the first letter of each line. It's so interesting the variety that comes out of these instantaneous exercises. Our homework is to write a Mystery Story containing the items; A grandfather clock, a whistle and a stolen wheelbarrow.

Ali

FRENCH

Our friendly French group met on Tuesday and enjoyed Sue's lovely hospitality. We worked on the conditional tense, would, should, could.... and each read out a piece we had written about something we had done recently. Then read a chapter from our French stories book.

For next month we will bring another short piece about something we have done during the month and Susie suggested that we have a game of "consequences", just like the good old days! Our next meeting will be a change to the 4th Tuesday, October 24th.

Ali

DIGITAL PHOTOGRAPHY

The homework for September was action shots/something that moves and could have been a sporting event, animals/insects, moving objects/vehicles or anything else that moves. Everyone had the opportunity to consider if they want to achieve background blur or foreground blur or no blur at all.

Our next meeting is 10.30am on Tuesday 10th October 2023 in Coracle Hall, Llechryd, but then we are moving to 2.30pm on the LAST WEDNESDAY of each month in Coracle Hall, Llechryd, except for December when there is no meeting. So the meeting schedule is 2.30pm to 4.30pm on Wednesday 29th November 2023, then 31st January 2024, 28th February 2024, 27th March 2024, etc.

So what happens in December? Well we are doing something a little different this year and are meeting on 12th December at the Welsh Wildlife Centre in Cardigan for a casual get together with lunch being served around 12.30pm.

The Digital Photography group welcomes beginners, intermediates and advanced digital photographers, so everyone is very welcome. Whatever camera equipment and level of experience you have, come and join us! If you would like to join the group, 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, which will include information to aid you with the months homework, just in case you want to get started straight away!

Finally, if anyone is interested in listening to a professional photographer speak, the Drefach-Felindre gardening club are having an event on Wednesday 1st November at 7.30pm in the Red Dragon Hall, Drefach-Felindre. Entry is only £2.00 and there is no need to book.



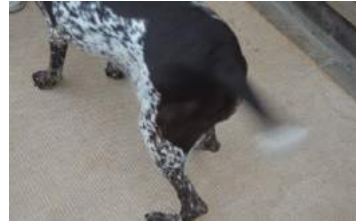
Adrian Milner



Howard Jenkins



Colin Luker

**Margaret Evans****Dave Thomas****Ron Hill**

Dave

FAMILY HISTORY

Our September meeting had as its main subject 'Photographs' and many of the group brought in old photographs of their ancestors to pass around. I had a couple of examples of photographs on glass – 'Glass/Collodion positives' which, I believe, date from 1860-65. Unfortunately I have no idea who the people in the pictures are.

Our October meeting will have the subject 'Newspapers' and the group are asked to bring along any articles from newspapers that they have in their possession or have found since starting their research. Local newspaper articles can be found on the website -<https://www.britishnewspaperarchive.co.uk/>, which is also available on FindMyPast with a Premium subscription. You can search the British Newspaper Archive website for free, but have to pay to view an article or newspaper page.

'The Gazette' is another source of information about our ancestors. It is a free website -<https://www.thegazette.co.uk/> and has notices about official public records. Some deaths are recorded there, public appointments, honours, insolvencies and much much more. It is usually referred to as the London Gazette, but covers the whole country.

New members are always very welcome. If you are interested in joining the Group, please contact me first, as this month there was an unexpected change of venue.

Margaret

GAMES GROUP

We had another convivial session with a dozen of us taking part at Penboyer village hall on 3rd Tuesday of the month. If you're wondering what we play, as well as traditional games like Playing Cards, Cribbage, Scrabble, Dominoes, Draughts, and Backgammon, we have a number you may not have heard of: Upwords, Mancala, Connect 4, Qwirkle, Tri-Ominos, Sequence, Mahjong, Carcassonne, Ordleg, Continuo, Uno, Skip-Bo, and Rummikub. Pretty much all of them only take a few minutes to learn and they really do keep the mind active. We're always happy to welcome new members and give training to anyone who might feel a bit nervous about taking the plunge with a game they're never heard of!

Linda and Paul

GARDEN GROUP

On a really hot September day the group visited Weston Salvias in Bryngwenith. This is a specialist nursery run by Vicky Weston almost single handedly. She had made a presentation to the U3A main meeting earlier in the year telling us of her move from Yorkshire to West Wales via the Isle of Wight complete with over a thousand of salvia plants in pots!



It took her a while to get established here as the land was in poor condition with lots of rubbish left by the previous owner. Now with the help of a couple of poly tunnels her business of supplying plants, mainly online, is thriving.

Vicky takes about 100 cuttings a day and grows them on for sale, the plants looked well with a multitude of colours from pale pinks, yellow and white to bright reds and blues



The group was impressed with the amount of work Vicky has to do and her work was featured in the BBC's Gardener's World programme about a year ago. She is currently developing a 4_5 acre wild flower meadow.



Our next visit will be on Thursday 5th October to an NGS garden at Ffynnon Las, Flos-y-Ffin. This is a very interesting 2 acre garden set in a 5 acre site with large lawns, herbaceous borders, mature shrubs and trees, a wildflower meadow with native orchids, a large lake with water lillies, smaller ponds, a Monet bridge and grass paths on level ground. Ruth Smith has kindly agreed to lead this visit. Lets hope Storm Agnes does not do too much damage

My plant of the month is the dahlia and I encountered a particularly large example of this plant in Aberglasney.

Mike

ICT SUPPORT

In September Ruth and I were able to help two ladies. One with her laptop and a photograph issue and another with her mobile phone. She seemed to go away very pleased having sorted a few issues and learned about some apps! This was her comment. 'Have been using some of the apps and feel much more in charge of my phone!'

It is so satisfying having helped people to sort their IT problems. If you have something you want help with please get in touch to book a slot as we do restrict the numbers at each session. The next session will be a change to the normal day and will be Wednesday 18th October at 2.15pm at the usual venue in Waungilwen.

KAYAKING*Hazel*

The promised good weather is yet to materialise but I keep hoping that post storm Agnes and Hurricane Nigel will give us a period of calm and possible temperate Indian summer which will give us the opportunity to get out again before the winter weather arrives, we shall see.

*Nigel***PATCHWORK**

September's Patchwork & Quilting session was another quiet meeting. We usually work on our own projects but we also occasionally work on quilts for the Linus Project. This is what Denise was doing this time and another quilt has been handed over.

The next meeting will be Friday, 13th October.

*Ruth***PETANQUE GROUP**

September was a mixed month of our group, the first meeting was so hot we could only manage one game that was unexpected in September. However the second meeting was cancelled due to rain as was our planned match against Llanelli on the 27th this time due to storm Agnes. We did have a lunch social meeting despite this cancellation.

Trevor

PHILOSOPHY

Gwyn posed the question, How do we make a moral decision? As always he had done a lot of work presenting us with Philosophers views. He then gave us an exercise on suggestions for making a moral decision. Which brought much discussion. At our next meeting we are discussing Friedrich Nietzsche.

Ali

SCIENCE AND TECHNOLOGY

On a sunny afternoon the Group ventured out to attempt an experiment with rockets to explain Newton's Third Law of Motion (for every action, there is an equal & opposite reaction).



The rockets were of different types. One was using compressed air on water in a bottle; others used a mixture of water; white vinegar and bicarbonate of soda; and another used a catapult launcher.



Of interest was that one of the members bought along a photograph from when he worked on the Thor missile programme in the late 1950's. Slightly more impressive than our attempts with plastic bottles.

Next meeting is 23rd October – 'Predictions for medical technology & impact on our lives'. Contact Colin Luker on colinluker@yahoo.co.uk for more information.

Colin

SKETCHERS

The Sketch Group met at the home of Malcolm and Pauline in Penparc.



They have completely landscaped the garden, carrying it out by themselves and offered many opportunities for sketching trees, shrubs, benches and sculptures. The sun shone throughout, throwing up challenging shadows to include.

Our next meeting is on the 3rd October 10 - 12. For details of the venue please contact me.

Millie

STRICTLY BASIC BALLROOM

Thank you to Jenny for taking the SBB session for September. Our next session is on Wednesday 11th October 2023 starting at 10.30am. Come and join us for a gentle workout and lots of laughs

Julia and Jenny

STROLLERS

Strollers always meet on the last Friday of the month so the next walk will be Friday 27th October.

Cyndy

THEOLOGY

Having explored in theory the idea of pilgrimage, our theological hitch-hikers were keen to take our group's title a little more literally in August, and so, assisted by the Pilgrimage Centre at St Davids Cathedral, on August 22 we walked in the footsteps of St David (and his mother, St Non) along the clifftops from the Oriel Centre to the Cathedral, followed by a fascinating behind-the-scenes, pilgrimage-themed guided tour of key parts of the Cathedral itself.



A rocky outcrop, now the site of a ruined chapel close to the present-day St Non's retreat house and adjacent to a holy well, is reputedly the birthplace of Dewi Sant. Early biographers, eager to draw parallels between the unconventional births of the saint and of Jesus, set Dewi's his nativity out of doors and in a thunderstorm; but our mini-pilgrimage, in the midst of a dismal summer, took place under blissfully blue skies, sunshine, and fabulous



panoramas across the islands where some of Dewi's fellow-saints made their homes. We admired from a distance the viewpoint which inspired St Patrick to set out to evangelise Ireland, and reflected on the thoughts, hopes and ideas we wanted to take away with us. Along the byway of Pigsfoot Lane, leading to the Cathedral, we learned that the name has no connection with porkers, but derives from the 'pyx' (tiny silver box) in which priests carried the consecrated wafers on their way to deliver home communion to the sick of the parish.

Our guide Jane from the Pilgrimage Centre lit a candle on our behalf at Dewi's Shrine, before Mari the Cathedral Guide showed us some fascinating corners of the ancient building. We imagined how it might have looked when its walls were bright with picture-strip depictions of Bible stories, and the geometric carvings on the pillars behind the High Altar sported technicolour stripes, whilst the

ambulatory behind it – now home to a modern altar built from a medley of ancient stones – was open to the skies. One of the earliest sites recognised as an official pilgrimage destination – only Santiago de Compostela comes close to its provenance – much of today's Seat of St David retains its medieval features, including the medieval Shrine itself. Five modern icons in traditional style, resplendent on gold-leaf backgrounds,



were commissioned for the Shrine's restoration in 2012, showing Saints David and Patrick – sporting historically-correct Celtic tonsures (heads shaved from ear to ear, not in a circle on top) – alongside St Andrew, as well as a delightful image of Dewi as a baby, in the arms of his young mother Non.



There was time to walk the labyrinth (printed on cloth and set out especially for us), weaving in and out of its maze-like patterns to the accompaniment of the visiting organist practising for the evening's recital. We crammed so much into the time that we wondered if we should have started earlier in the day – so we've put down a marker for Newcastle Emlyn U3A to make a return visit especially to see the historic library before long.

It was a joy to welcome a couple of newcomers to the group, although we were sorry that some stalwarts couldn't make it; but all were in our thoughts. Thanks to the Cathedral, the Pilgrimage Centre, and Dewi Sant himself, for an inspirational day out!

WALKING GROUP

This month's walk was a case of déjà vu as I had walked the route last month albeit with no U3a members, this time with a few u3a members in tow we walked the route from Penbryn to Llangranog and then back to Penbryn. To test my navigational skills we did the walk somewhat in reverse in that as the weather was a bit damp and windy at the outset but with sunshine promised later in the day we did the inland forest and fields route first with the return leg being on the exposed coastal path.

It proved to be a wise decision as the rain that did fall was on the forest route which protected us somewhat from the damp stuff and by the time we arrived in Llangranog we were able to sit outside to enjoy our toasted baguettes and coffee albeit on a somewhat breezy but sunny terrace.



The walk started at St Michael church, Penbryn; we had a look around the inside of what is described as one of the oldest churches in Wales. The first thing that caught the eye was the "Bier" which was stored above the main entrance to the church. According to the



comprehensive guide to the church it dates back to 1855. For those not in the know a "bier" is used to rest coffins or corpses (I suspect that these days



they are all coffins) prior to burial and is used to carry the coffin/corps to the grave. It crossed my mind that it would have taken 100's to their final resting place. The church itself is well worth a visit especially to admire the wooden rafters all hand carved. Having arrived slightly earlier than the agreed meeting time I had a quick look around the graveyard and was surprised at how many of the graves only had headstones. The view of Penbryn bay from the graveyard being I would assume being one of the reasons for siting the church there.

Having had a good tour of the church we picked up the coastal path at Penbryn and then headed inland past Troedyrhiw mansion which still seemed to be totally deserted. One or two of the walkers had a sneak look through the windows which enabled them to see the kitchen in what would be in the basement of the house. Our walk then took us past Penmorfa chapel which has now finally been sold and the chapel house is now occupied with security cameras mounted on exterior walls for good measure.



The walk then took us through a number of fields which were full of cows ranging from very inquisitive youngsters to older and somewhat more disinterested milkers. Having safely navigated one or two muddy areas we picked up the path down into Llangranog for a coffee and lunch break. Our return walk to Penbryn along the coastal path proved to be much more enjoyable with very little wind in the main but more importantly it was dry.



We took a slight detour on the way back in the hope of seeing a seal pup or



two on Traeth Bach but sadly there was none to be seen, possibly slightly too early in the pupping season. We retraced our steps back onto the coastal path and wended our way back to Penbryn for a well deserved and delicious ice cream at the Plwmp Tart cafe having first stopped to have a look at the Penbryn waterfall on the river Hoffnant in full flow



WELSH GROUP

We met again in Capel Iwan village hall, with twelve group members attending.

We worked at building up repetitive sentences to get practise using the vocabulary we have learnt. These included the use of colours and times and seasons. We also used the past (perfect) tense for the first time. This worked well and we will continue on this theme next time.

At the U3A new members meeting on 6th September several people expressed an interest in joining our group. So we hope to welcome them soon. Please email me if you want to be included. vkthomas2008@gmail.com

Our next meeting will be at Capel Iwan village hall on Tuesday 3rd October, starting at 10.30.

Vicky

WINE APPRECIATION

Twelve of us met in Waungilwen for the September meeting. We all brought a bottle of our favourite wine to share and give the group some information about it. We also had two bottles of no or low alcohol wine to see if they are improving. The consensus was that they were drinkable but lacked some body. The Eisberg rosé was better than the red!

We also discussed what the group was going to do over the next few months. We have decided to look at the Americas and study some of their wine regions. . The next meeting will be on Thursday 19th October at Julia and Brian's in Adpar 7pm.

Hazel

Monday	2	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	3	Sketchers - Contact Millie for details of venue	10-30am
Tuesday	3	Welsh - Capel Iwan Village Hall	10-30am
Wednesday	4	Main Meeting - Newcastle Emlyn Rugby Club	10-30am
Thursday	5	Art - Penboyr Village Hall	10-00am
Thursday	5	Garden - NGS Garden Ffynnon Las, Flos y Ffin	2-00pm
Monday	9	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	9	Walkers - Devils Bridge (date to be confirmed)	10-30am
Tuesday	10	Digital Photography - Coracle Hall Llechryd	10-30am
Tuesday	10	Table Tennis - Rhydlewys Village Hall	2-00pm
Wednesday	11	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30am
Wednesday	11	Badminton - Llandysul Leisure Centre	12-15am
Wednesday	11	Crafty Crafters - Penboyr Village Hall	10-30am
Thursday	12	Art - Penboyr Village Hall	10-00am
Thursday	12	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	13	Patchwork and Quilting - Penboyr Village Hall	11-00am
Tuesday	17	Games - Penboyr Village Hall	10-30am
Tuesday	17	ICT Support Session - as required contact Hazel	2-15pm
Wednesday	18	Astronomy - Coracle Hall Llechryd	2-00pm
Thursday	19	Art - Penboyr Village Hall	10-00am
Thursday	19	Wine Appreciation - Julia and Brian's Adpar	7-00pm
Thursday	19	Philosophy am - Penrhiwllan Village Hall	11-00am
Monday	23	Science and Technology - Coracle Hall Llechryd	02-00pm
Tuesday	24	French - Sue's in Penrhiwllan	11-00am
Tuesday	24	Book Club - Zoom meeting	10-30am
Tuesday	24	Family History - Church of Latter Day Saints NCE	2-30pm
Wednesday	25	Badminton - Llandysul Leisure Centre	12-15am
Wednesday	25	Lunch Club - Various venues	12-00am
Thursday	26	Art - Penboyr Village Hall	10-00am
Thursday	26	Table Tennis - Rhydlewys Village Hall	10-30am
Friday	27	Strollers	10-30am

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.