



Newcastle Emlyn u3a Newsletter November 2023

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



Chairs Ramble

I was sorry to miss the talk in October from our Police Community Support Officers but throughly enjoyed our stay in Norfolk celebrating our eldest sons 40th and playing with two lovely grandchildren! I understand all went well.

Our next main meeting will be on Wednesday 1st November starting with coffee at 10.30. We will be having a visit from another of our emergency services this month! We will welcome Cam Pearson and friends from Newcastle Emlyn Fire Station. He will talk about the history of the fire service in Newcastle Emlyn. How a call comes in and what special skills they have. There will be 5 or 6 firefighters coming to help with some demonstrations. They are hoping to bring a fire engine for us to see and also, the Community Safety Officer will join them to talk about home safety and take details of anyone who wants a home fire safety check. It sounds like a fun packed morning!

Many of our summer only activity groups have now paused for the winter but there are still plenty of groups to choose from and you can still keep physically active with our strollers, walkers, table tennis, badminton and Strictly Basic Ballroom groups. Why not look at our list of groups again and see what you can fill the winter days with.

The Committee had their first rehearsal of this year's Christmas Shenanigans "Festive Feat!" in October. Much laughter as usual! Get the date in your diary, Wednesday 6th December. I will be asking soon for numbers for the buffet which will follow the meeting. There will also be details of cost etc which we hope to keep at a reasonable price.

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

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

Last Wednesday from 2.30pm 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
Linda

GARDEN

1st Thursday at 2pm venue varies.

Tony
Mike

ICT SUPPORT SESSIONS

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

Hazel

KAYAK PADDLERS

Various dates and venues

Nigel

LUNCH

Last Wednesday - venue varies.

Tracy

PATCHWORK AND QUILTING

2nd Friday from 11.00am at Penboyr Village Hall.

Ruth

PETANQUE

Winter recess

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 Rhydlewys Village Hall.

Margaret

THEOLOGY

1st Monday from 2pm at Ffostrasol Village Hall

Carol

WALKERS

2nd Monday from 10.30am, venues vary

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

The Cardigan and Newcastle Emlyn u3a Astronomy group met last week, and will meet again for the last time this year on Nov 15th, the 2nd Wed of the month, as usual.

We had our normal review of what is easy to see in the current skies; Jupiter, the Summer Triangle of Altair, Vega and Deneb (still), Orion and the Winter Hexagon, and Venus. Jupiter is up from about 8pm BST in the east, at about 45o above the horizon in the south by midnight and still quite high and visible in the west at 7am before daylight swamps it. Until Venus puts in an appearance at the opposite side in the east between about 5am BST and sunrise, Jupiter is the brightest (and sometimes the only!) thing visible in the sky.

Of the other planets we can sometimes see, Saturn is still around, about as bright as most of our brighter stars. It is about 90o to the right of Jupiter and only about a half as high above the horizon – and it sets below the SW horizon at about 2am BST. Mars, will remain out of sight until next Spring when it is well on its way back towards us. It is almost at its furthest away and behind the Sun now – and from Nov 11th to the 25th, to ensure the integrity of data, NASA and ESA will cease communications with the satellites and rovers at Mars as Mars will be within 2o of the Sun. During this period, even if line-of-sight communications are still technically possible, information (in both directions) might be lost through interference from the many charged solar particles streaming along at these near straight-on angles.

Helen G. then told us about the connection between the Subaru car company and its logo of six stars. Subaru is the Japanese name for the Pleiades star cluster – otherwise known as the Seven Sisters. Apparently Japanese tradition says one star is invisible! – but, in fact, the cluster has more than 7 stars anyway, as can be seen with good binoculars or a small telescope on a clear night (currently above Jupiter, and always a bit to the right of Aldebaran and further to the right of Betelgeuse). To the naked eye, the Pleiades cluster appears as a fuzzy, diffuse star.

Adrian gave a presentation on Hubble; the man, Edwin Hubble, who's death was exactly 70 years ago, the Space Telescope named after him, and the 400th anniversary of the publication of the 1st Folio of Shakespeare's plays – containing Macbeth and the witches' "hubble, bubble, toil and trouble..., etc". A recent visit to the Queen's College, Oxford where Hubble was a Rhodes Scholar, and where the Library contains one of the few remaining 1st Folios, coincided with Adrian's reading of a biography in an astronomy magazine commemorating Edwin Hubble's achievements on the 70th anniversary of his death. A rare set of coincidences which pointed to the subject of his slide presentation for this month - with the parts about Edwin Hubble's contributions being as follows.



Edwin Hubble gained a degree in Maths and Astronomy at the Univ. of Chicago but, at his father's bidding, he applied to read Law at Oxford – which he did. But within a year of returning to the States, his father died and Hubble was able to return to his first love – astronomy. He wrote his 1917 PhD thesis “Photographic Investigations of Faint Nebulae”, following the use of the Univ of Chicago's good 24-inch reflector telescope – but then the USA entered WW1, Hubble volunteered and went to France but, fortunately, never saw action.

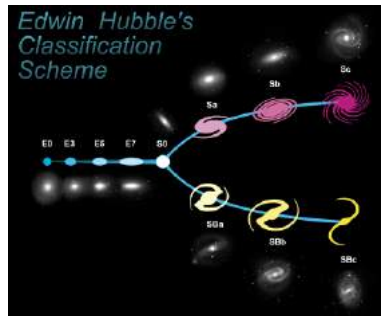
After a brief spell at Cambridge, Hubble went to the Mount Wilson Observatory in Los Angeles County in 1919 – and used their 100-inch telescope to study in detail what was then known as the Andromeda Nebula.

Cutting the story short, he realised that what he originally thought was a supernova in the Nebula was in fact a pulsating variable star of the Cepheid-type - and the relationship between Cepheids' pulsation frequency and brightness was already quite well established. Comparison of the theoretical brightness with the actual brightness he could see, convinced Hubble that this star was a very long way away, further than anything else we had measured in the Galaxy – so it must be in a separate galaxy of its own; the Andromeda Nebula must be another galaxy. In 1925, Hubble was the first to publish results showing there were more galaxies in the Universe than just the Milky Way galaxy.

He and his colleagues were already finding more galaxies, via measurable Cepheid stars within them and in 1929 he published a paper about 24 of them showing almost all their spectra showed a shift towards longer wavelengths, a Doppler effect that showed the galaxies were moving away from us. Hubble was the first to use the term “red-shift” – and in 1929 he published his paper showing the greater the red-shift the faster the separation from us, and also the greater the red-shift and separation, the further away that galaxy is. In other words, the Universe is expanding – the proposition we now call Hubble's Law.

Through observing all these galaxies, Hubble devised a classification scheme which we still partially use today – though it doesn't quite cover all the types of galaxy we are now familiar with, such as irregular or dwarf galaxies, or massive

Hubble's "tuning fork" classification has two main types: elliptical galaxies on the left and spirals on the right which are sub-divided into regular spirals and barred spiral galaxies.



He carried on working at Mount Wilson Observatory right up to his death in 1953, and few modern astronomers have made a more profound contribution to our understanding of the cosmos than Edwin Hubble. Even Einstein himself visited Mount Wilson in 1931 to thank Hubble personally for showing that his original theory that space was curved by gravity and must be capable of expansion and contraction, was correct after all. He had been persuaded by others some years earlier to change his model and his equations to ones for a more stable universe – a decision he told Hubble was “the greatest blunder of my life”.

When Hubble reported on the expansion of the Universe in 1929, he calculated a number for the rate at which the universe is expanding. This number is known as the Hubble Constant but, though we now know through more accurate modern techniques that his 1929 number was about ten times too high, we still don't have a definitive figure for the Hubble Constant. We have 3 figures obtained by different modern techniques and measurements, and each thought to be pretty accurate, but differing by about 10% - with the latest technique producing an answer bang in the middle of the first two. Unfortunately, even with our current theories involving Dark Energy, we don't currently have the cosmological physics to explain which, if any of the three, is correct – so the work continues to determine how fast the Universe is expanding.

Our next meeting will be on Wed, 15 Nov 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

Having missed a session I was keen to get back into the swing of things and along with a full compliment of 7 fellow players there ensued nigh on a solid two hours of badminton with the courts fully occupied which was good to see and enjoy with much hilarity and whoops of joy and the odd curse as a certain winner was missed.

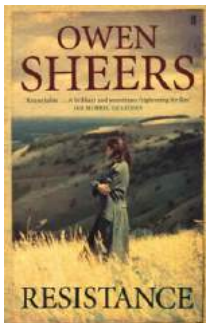
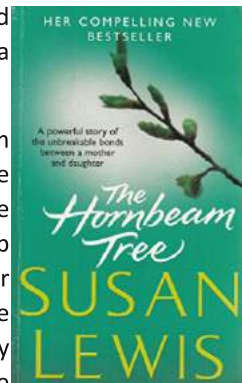
If you would like to come along and join in the fun we would love to see you

Nigel

BOOK CLUB

Susan Lewis is a bestselling author of many books across the genres of family drama, thriller, suspense and crime. *The Hornbeam Tree* is described as a fast-moving, funny, passionate and heart-breaking story that travels the dizzying highs and lows of love, the scandalous manoeuvrings of greed and power and ultimately the unbreakable bond between a single mother and her teenage daughter.

We had very mixed views about this book, ranging from 'I really enjoyed it' to I couldn't get more than a third of the way through it'. Most of us thought that the basis of the story was a good one, covering the difficult relationship between a single mother who is dying of cancer and her teenage daughter. But there are many other strands to the plot, which some found difficult or distracting. We generally agreed that there was too much detailed description of the sex scenes, which we could have done without, and we wished that the characters were not all either handsome and clever or beautiful and clever.



Our next session will be on Tuesday 28th November, on zoom, and we will be discussing *Resistance* by Owen Sheers.

Vicky

CRAFTY CRAFTERS

During October's meeting, the members made small Christmas wreaths using 6" polystyrene rings, fabric squares and sequin pins. No sewing involved. In order to make good progress at the group meeting, we had each cut the 80 2½" squares of fabric beforehand. The squares were folded into triangles and pinned to the ring in circles, starting at the outer edge. The pins became harder to push in as the inner circles were reached.



At the next meeting on 8th November, we will be making small patchwork Christmas trees. Again, in order to make the best use of our time during the group meeting, we are doing preparation work at home beforehand.

Ruth

CREATIVE WRITING

This month's homework was to write a short mystery story involving a stolen wheelbarrow, a grandfather clock and a whistle. We all had lots of fun with this, which resulted in a variety of scenarios, although Sheila and Ali came up with similar themes. Our class exercise was to write a dialogue between 2 people at a wedding. This resulted in some rather caustic conversations, as probably happens at some weddings!

We were well sustained by another lovely cake from Eric..... delicious!

Ali

DONT GET ME STARTED

Our group is now coming together well. We had a lively discussion on Misogyny in our October meeting.

The definition of the noun is "dislike of, contempt for, or ingrained prejudice against women". Opinions were that it does exist with many disturbing examples, such as the murder of Sarah Everard, the influence of Andrew Tate etc. Why it is not a hate crime? Many women experience this day to day in their jobs/professions.....teachers, nurses, doctors, bus drivers, athletes and so on. Opinions as to how much influence social media plays in both negative and positive ways were also expressed.

We're a lively bunch with a tendency to go "off piste" sometimes, but all very friendly and enjoyable.

Our next DGMS might be "speed limits"! but watch this space.

Susan

DIGITAL PHOTOGRAPHY

The homework for October was Perspective, which can be the spatial relationship between subjects in the frame, or the way images are composed to help the viewer see the world from a new perspective - the photographers'.

**Adrian Milner****Pete Mears****Margaret Evans****Colin Luker****Ron Hill****Margaret Taylor**

Our meetings have now changed to 2.30pm on the LAST WEDNESDAY of each month, so our next meeting is 2.30pm on Wednesday 29th November 2023 in Coracle Hall, Llechryd.

We are taking a month off in December from our normal meetings and are having a social get together on 12th December at the Welsh Wildlife Centre in Cardigan with lunch being served around 12.30pm.

If you would like to join us, we welcome beginners, intermediates and advanced digital photographers, so it doesn't matter what camera equipment or level of experience you have!

For more information, please email Dave at davejthomas66@gmail.com with your name and contact number. You will then receive a welcome email with information to aid you with the months homework to help you get started straight away.

Finally, on Wednesday 1st November at 7.30pm in the Red Dragon Hall, Drefach-Felindre, the gardening club are having an event with a guest speaker who is a photographer. Entry is only £2.00 and there is no need to book.

Dave

FAMILY HISTORY

This month's meeting was all about newspaper reports. Most of us had various cuttings and downloaded articles on an array of subjects ranging from minor appointments to a murder with everything in between. We had a very lively session with 13 people attending.

Several of the articles that were brought to the meeting concerned crimes of some kind and that is the subject of next month's meeting. Members are asked to bring details of any crime or misdemeanour involving our ancestors, whether they were the culprit, victim or witness.

At our meetings, we also have time to look up records for ourselves from the Family History Centre's vast resources. I was able to find two original documents from New York that I could not access myself at home even though I had found transcripts.

We welcome new members to the Group, whether you have lots of experience or none at all, and we all try to learn from and help each other. If you would like to join us, please contact me first in case there is a last minute change of time or venue.

Margaret

FRENCH GROUP

We started our French session with a short piece of something we had done through the month, a nice interesting exercise. Then we read a chapter of our short stories book, which is fair to say, for various reasons, we all struggled with. Next we had a really enjoyable game of that old school favourite "consequences".

Many thanks to Sue for hosting us again and providing the most delicious cake.

Ali

GAMES GROUP

With summer now well behind us, we had a good crowd this month but always room for some new friends. Two of our regulars brought in a new game – Qwirkle cubes! This certainly gave our brains quite a workout along with all the old favourites.

Linda and Paul

ICT SUPPORT

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 Tuesday 21st November at 2.15pm at the usual venue in Waungilwen.

Hazel

PATCHWORK

Another good meeting in October. Some of us are also members of the Crafty Crafters group and decided to do the preparation work for November's meeting. When, we will be making patchwork Christmas trees. We also did work on our usual patchwork projects so a busy session was enjoyed.

Our next meeting will be 10th November.

Ruth

PHILOSOPHY

We had a change of topic to the original plan and Gwyn produced a very interesting and thorough resume of Existentialism. This produced a very lively discussion as he went through various Philosophers interpretations of Existentialism and we gave Gwyn quite a challenge to get through the subject, but we all learnt much more about this branch of Philosophy..... I think I almost understand it!

Ali

SKETCHERS

We met at the Riverside Cafe today. What a great venue, lovely staff, food and coffee.

It was chilly but we sat up in their balcony space and sketched various views across and down the river. It's getting tricky to find venues where it's not too cold or wet but together we have drawn up a list, it's going to be exciting.

A warm welcome to anyone who'd like to come and see what we do - we just like being together and scribbling , hence the name Sketch and not Art.

Next month we will be at the Nags Head in Abercych.

Millie

STROLLERS

This month's strollers met at Newport Sands, we walked the footpath through the golf club and then over the bridge at the estuary and continued down to Parrog, we stopped there for a coffee and then made our way back to the carpark. After a wet start to the day the weather was kind to us and we stayed dry but I had a very muddy dog to wash when I got home thanks to all the puddles.



Cyndy

WELSH GROUP

At our meeting in October we continued to work at building up repetitive sentences to get practise using the vocabulary we have learnt. Amongst other things, we created sentences about days, months, seasons and colours, using the present and past tenses.

We are going to extend this in November to also talk a little about food and maybe ordering food in a café.

Our next meeting will be at Capel Iwan village hall on Tuesday 7th November, starting at 10.30.

Vicky

WINE APPRECIATION

We were a select but enthusiastic group in October at Adpar. We have decided to study wines from the Americas and started with Argentinian wine. Surprisingly there are only three main wine regions in South America, Chile, Argentina and Brazil/Uruguay. So we started with Argentina and all three wines were from the Mendoza region of Argentina and were all Malbec. This gave us the opportunity to compare the three wines. Over 70% of Argentina's vineyards are in the Mendoza region and it has more land under vines than the whole of Australia!

The wines were all very similar and were all liked. They were called Beefsteak Club, 4 Winemakers and Jack Rabbit. The most popular was the Jack Rabbit and the least was the 4 Winemakers but that was a 2023 wine where as the other two were 2022 and seemed smoother.

In November we will be meeting on Thursday 16th at our winter time of 2pm. We will be at Les and Lesley's near Henllan. The wines being tasted will be Californian as we try a North American region.

Hazel

Wednesday	1	Main Meeting - Newcastle Emlyn Rugby Club	10-30am
Thursday	2	Art - Penboyr Village Hall	10-00am
Thursday	2	Garden	2-00pm
Monday	6	Theology - Ffostrasol Village Hall	2-00pm
Tuesday	7	Welsh - Capel Iwan Village Hall	10-30am
Tuesday	7	Sketchers - Nags Head Abercych	10-30am
Wednesday	8	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30am
Wednesday	8	Crafty Crafters - Penboyr Village Hall	10-30am
Wednesday	8	Badminton - Llandysul Leisure Centre	12-15am
Thursday	9	Art - Penboyr Village Hall	10-00am
Thursday	9	Creative Writing - at Rhydlewys Village Hall	11-00am
Friday	10	Patchwork and Quilting - Penboyr Village Hall	11-00am
Monday	13	Don't get me started - Sue's in Pontgarreg	2-00pm
Monday	13	Walkers	10-30am
Tuesday	14	Table Tennis - Rhydlewys Village Hall	2-00pm
Wednesday	15	Astronomy - Coracle Hall Llechryd	2-00pm
Thursday	16	Art - Penboyr Village Hall	10-00am
Thursday	16	Philosophy am - Penrhiwllan Village Hall	11-00am
Thursday	16	Wine Appreciation - Les + Lesley's Nr Henllan	2-00pm
Tuesday	21	Games - Penboyr Village Hall	10-30am
Tuesday	21	ICT Support Session - as required contact Hazel	2-15pm
Wednesday	22	Badminton - Llandysul Leisure Centre	12-15am
Thursday	23	Art - Penboyr Village Hall	10-00am
Thursday	23	Table Tennis - Rhydlewys Village Hall	10-30am
Friday	24	Strollers	10-30am
Monday	27	Science and Technology - Coracle Hall Llechryd	02-00pm
Tuesday	28	French - Sue's in Penrhiwllan	11-00am
Tuesday	28	Book Club - Zoom meeting	10-30am
Tuesday	28	Family History - Church of Latter Day Saints NCE	2-30pm
Wednesday	29	Lunch Club - Various venues	12-00am
Wednesday	29	Digital Photography - Coracle Hall Llechryd	2-30pm
Thursday	30	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.