



## Chairs Ramble

Our March speakers were brilliant with their anecdotes and stories about life as Prison wardens. A father and son duo who I am sure will be invited back to give us more!

Our next main meeting is on Wednesday 3rd April when our speaker will be Emyr Phillips who will be talking about the Cilgerran Quarries which were a very important industrial feature in the area. Please try and attend if you can. We will start as usual at 10.30 with coffee and chat time. Emyr will speak at 11am.

You may be aware that since early 2022, the Third Age Trust Board has been considering changes that would give u3a's more of a voice and would let them spend more time on issues that directly affect u3a's and networks. As there is now much more regulation around charities, they also want to make sure that the Board can deal with such matters more effectively.

Presentations were made about this at the AGMs in 2022 and 2023.

To meet these needs, they sought advice from other charities, and have developed a new structure that complies with Charity Commission rules.

This new structure consists of a smaller Board, focused on governance and finance, and a new "u3a Council" where elected representatives highlight and resolve issues that u3a's want to be addressed. For the past few months, they've run a Pilot Council to try out how this may work in practice. One of our own members, Colin Luker, has been attending these Pilot Council meetings. Please speak to him if you want to know more about it. He can be found setting up the screen and projector at the monthly meetings!

The trust are asking for thoughts and questions from the members. The presentations about the changes can be found here. <https://mailchi.mp/u3a/update-fit-for-the-future>

Our seasonal groups will hopefully be starting again soon. Petanque starts on the 8th April. Watch out for updates on the other seasonal groups. Let's hope for some decent summer weather so they can meet frequently this year. If you are one of our newer members check these groups out for a bit of summer fun!

**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/PICKLEBALL**

2nd and 4th Wednesday from 12.15pm 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

**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**

2nd 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**

2nd Monday 2pm + 3rd Tuesday 10-00am  
King George V playing field 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

**SINGING**

2nd and 4th Tuesday from 2 - 4pm at Catholic Church  
Hall, Newcastle Emlyn

Gareth

**SKETCHERS**

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

Millie

**SNOOKER**

3rd Tuesday from 1pm at Beulah Snooker Hall

Mike

**STRICTLY BASIC BALLROOM**

2nd Wednesday from 10.30am to 12.00noon.

Julia

**STROLLERS**

Last Friday of the month from 10.30am, venues vary

Pam

**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

## BADMINTON/PICKLEBALL

Our regular badminton and pickleball sessions are proving interesting with the contrast in the games proving to be more enjoyable for some players with a bigger object to hit or some players preferring the finesse of badminton whilst others seem to enjoy playing both games.

*Nigel*

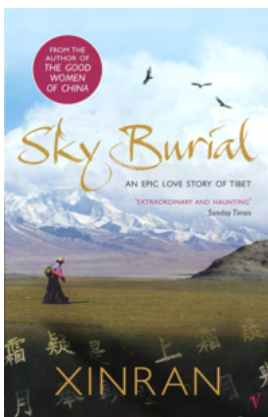
## BOOK CLUB

Simon Mawer is a British author, living in Italy, who has written more than a dozen books, mostly fiction. *The Glass Room* was short-listed for the Booker prize in 2009.

The Landauer House is the constant character in this book. Built on a Czechoslovak hill, it shines as a wonder of steel, glass and onyx built specially for newlyweds Viktor and Liesel Landauer, a Jew married to a gentile. The book tells the story of the rise of fascism and the flight of the family abroad, accompanied by Viktor's lover and her child. The house is confiscated and used by the Nazis and later by the Soviet bloc, with the story mostly focusing on the characters using and associated with the building.



We all liked the book, some with reservations. We felt it was very well written and portrayed the characters and events well, in difficult times, without being overstated. Some of us thought that the ending was a bit rushed.



Our next meeting will be on Tuesday April 23rd, on zoom, and our book for April will be *Sky Burial* by Xinran.

*Vicky*

**CRAFTY CRAFTERS**

We each took something of our own to work on at our March meeting. For most of us that is some sort of needlework project. We also discussed the plans for the next few meetings , with various members agreeing to lead the group for each one. At April's meeting Pam will be helping us to create spring flower arrangements .

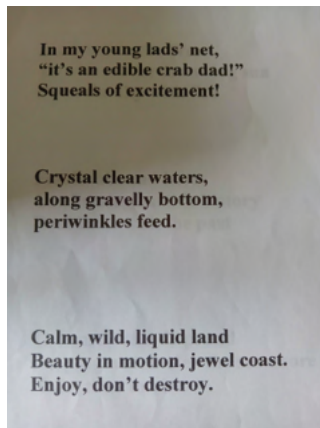
The next meeting will be 10th April.

*Ruth*

**CREATIVE WRITING**

The homework for the group was to write a 500 word story with Grandma as the central character. We had a very wide range of interpretations, ranging from a variation of Hansel & Gretel to a very modern relationship that Grandma couldn't quite get her head around, and everything in between! A very entertaining exercise.

Our class exercise was to write one or a number of Haiku on the subject of Spring, these are lovely Japanese poems made up of 3 lines, first line made up of 7 syllables, second 5 syllables and third 7 syllables; these brought a lot of hilarity.



For various reasons! Eric brought us another delicious cake. A lovely session. Our homework is a 500 word story on "Childhood ".

*Ali*

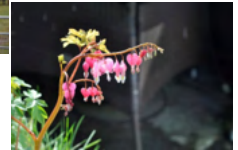
## DIGITAL PHOTOGRAPHY

The Group had a bit of a catch up this month as unfortunately last month's meeting had to be cancelled.

The Group caught up with the February task of taking Street Photos. Some examples are:



The March activities were 'From Blurry to Brilliant' & Landscape or Portrait'. Examples below.



Next month's meeting on 24th April (2.30pm at Coracle Hall, Llechryd) involves 'Story Telling' – ½ dozen or so photos that tell a story.

*Colin*

## DONT GET ME STARTED

At our meeting on 11th March we debated the topic of Food and Nutrition based on a report published in the BMJ in showing ultra-processed foods are linked to 32 diseases.

How regulated can or should this be ? Nanny State!

The consensus was to be that being ruled by the nanny state was not welcomed but there should be more positive and practical education in this area from schools (teaching cookery), supermarkets not promoting ultra processed foods, the advertising aimed at children on TV and many other areas of influence.

This topic did not cause a heated debate!! Hoping to find something really controversial nexttime.

*Sue*

## FAMILY HISTORY

There were 14 of us at this month's lively meeting. We were discussing and passing round the many and assorted MAPS that we had accumulated during our research.



Next month we shall be discussing OCCUPATIONS. Many of our ancestors did jobs that do not exist today and we often have to 'Google' the occupation to find out what it involved. Sometimes there is a lot of information to be found. I have been able to download a whole book on the Hat Industry in Bedfordshire.

The censuses are usually where you find occupations listed and some can be quite unusual by today's standards. I'm sure we will have quite a list between us.

If you may be interested in joining the group, please contact me and you will be very welcome.

*Margaret*

## FRENCH

We had another lovely morning at Sue's, son gateaux sont manifique! We read another chapter from our story book. And read out our French pieces about something we had done that month, and finished off with a bit of conversation.

*Ali*



## GARDEN GROUP

For our first meeting this year the group visited the Flower Meadow in Penrhiw-pal. This is where Sara Redman runs her small flower farming business providing freshly cut flowers under the tag line "grown not flown".

Sara gave us a talk about her business including the challenges faced in setting up in 2017 and running her smallholding and the enjoyment it gives her. All her flowers are delivered locally within a 20 mile radius and she specialises in supplying weddings with bouquets, buttonholes, flower crowns etc plus Christmas decorations like wreaths etc and Mother's Day flowers.

Sara talked about her favourite flowers for cutting including zinnias, ranunculus, calendula, anemones, dahlias, lilies, sunflowers, cornflower and sweetpeas but surprisingly roses are not favourites.

The Flower Meadow is now represented on a national website called Flowers from the Farm which is a network of artisan flower farmers in the UK which has grown rapidly in the last few years and which Sara hopes will boost her sales.

Also she runs various courses like garden planning, flower arranging and wreath making. Upcoming events you might be interested in are a Spring Fayre on the 27th April and an Open Day on the 10th August.

For our April meeting we will be revisiting the Penrallt Garden Centre, Moylegrove on the 11th April. We will be given a talk and guided tour of the facilities. The meeting will start at 2pm but you would be welcome to join us for a

## PATCHWORK AND QUILTING

Patchwork meetings are always full of lots of chatter as well as the inevitable sewing and March was no exception. We had two finished items to show to everyone.



Pam, one of our beginner patchworkers, had finished a bag since our last meeting and Julia showed us a wonderful quilt she has been working on for a few months.

Our next meeting is 12th April.



*Ruth*



## PETANQUE

Petanque is starting again on Monday 8th April at 2pm King George V playing field Newcastle Emlyn and then on the third Tuesday of each month same venue at 10am. Anyone is welcome to come along and see what we do and join us.

Let us hope the weather improves by then

*Trevor*

## PHILOSOPHY

This session Gwyn had asked us to think about what we thought consciousness was. We had a very interesting and in depth discussion on all aspects of consciousness. A very enjoyable and informative session.

Next time Angela is going to lead the session on "Happiness".

*Ali*

## SCIENCE AND TECHNOLOGY

Our monthly meeting looked at two TED talks relating to the Covid pandemic and what the future could look like based on what may have been learned. The video links for anyone who is interested are below. They certainly generated a fair amount of discussion, What do you think?

Talk by Bill Gates – We can make Covid the last pandemic.  
<https://youtu.be/B5smctuV7-Q>

Talk by Melissa Moore – mRNA medicine will change the world.

<https://youtu.be/B5smctuV7-Q>

Our meeting on 22nd April is a visit to Welsh Water facilities at Llanina near New Quay. There maybe some spare spaces for members who are not in the Science Group. If you are interested, then let me know. colinlucker45@gmail.com.

*Colin*

## SKETCHERS

The March meeting was held in Llandysul Library. Regrettably only three members were able to come.

No sketching was accomplished but we had coffee and a good grumble about politics , so time was not wasted.

*Millie*

## SNOOKER

A number of the snooker section have now joined Beulah snooker club which is great news for the club and enables them to gain access at any time to play snooker. Our regular monthly session had 5 players including a guest player (Hazel Towle's Brother) who displayed his skills on the table

Our next gathering will be on 16 April 1pm at Beulah snooker hall just behind the old school in Beulah

Any other members wishing to join us please contact me or Nigel.

*Mike*

## STROLLERS

The Strollers walk in March was at Cwm-Cou nr Newcastle Emlyn. 14 members and Scamp Timmy and Mitzi, met up for 10.30 and Helen led us off along the lane, turning quickly along farm tracks and across the fields. Some of the



tracks were quite steep and there was a lot of mud and puddles! We had excellent views across to Newcastle Emlyn, of the river and countryside.

We then followed a downhill lane before turning off again and back down and then up the path through woodland and back to our starting point. The walk was a 2.4 miles circular walk, with beautiful views at every turn. 8 Of us then went to the Cwtch



café in Newcastle Emlyn where Hazel met us for lunch and to discuss future walks. Thanks for everyone's input,

I am now preparing the list for April to November that will be distributed shortly. Anyone who wishes to join the Strollers group please get in touch

*Pam*

## TABLE TENNIS

We meet in Rhydlewis Village Hall twice a month. It's always a lot of fun – and good exercise. All equipment is supplied, though you're welcome to bring your own bat if you have one.

New members will be very welcome.

*Margaret*

## WALKING

Our walk this month was based around the Ffynone Woods near to Boncath .

The following is taken from the Woodland Trust web sites description of the woodlands.



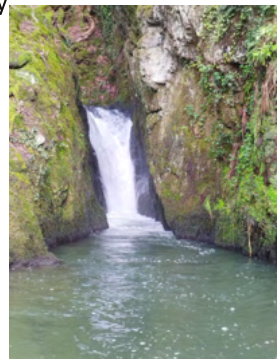
Ffynone and Cilgwyn Woodlands are situated in West Wales, about 7 miles south of Cardigan, in North Pembrokeshire. Located in a secluded valley, the woodlands extend to 325 acres 10% ancient woodland. Ranging from fairly flat valley bottom to steep valley sides, the woods have four rivers and a waterfall, with the remnants of the ancient woodland - including veteran oaks - mainly located around the river system.

We met in the car park next to St Colman's church which sadly was not open to visitors on the day of our walk. A church has been on the site since at least the 14th C and the name is in recognition of an Irish saint from the 6th C . The present church dates from 1720 though it was abandoned and rebuilt in 1837. If your in the area it is well worth a visit as can be seen if you follow this link [https://www.youtube.com/watch?v=hiSqsrfW\\_mw](https://www.youtube.com/watch?v=hiSqsrfW_mw) .



From there we took one of the footpaths leading down to Ffynonne Woods. Those that join me on the walks, know that I occasionally take a wrong turn but this walk proved to be even more challenging to plot out than previous walks. I tend to rely on the Ordnance survey app on my phone to both find the routes and to then map the route in advance of the group walk. I had to carry out two reckie walks and even then when we did the group walk things were not obvious. In my defence the kind people at Ordnance Survey had recently updated the software and like all good software updates it's not working properly. I raised this with them and they have acknowledged that they are addressing some of my issues and will be releasing an updated hopefully less buggy version in due course.

Meantime back to the walk, the day itself proved to be dry and mild; thats two successive monthly walks where the weather gods have smiled on us. Our walk took us through and on a variety of tracks and footpaths many were not shown on my map but we managed to find our way to the waterfalls in Ffynone woods where your correspondent took off his shoes and socks and waded into the river to get a picture of the waterfall itself. The things you have to do when you manage a group, the water was freezing.



From there we found ourselves at Cilwendeg Manor which dates from the 1780's and is a John Nash designed Georgian mansion house with a variety of farm building in various states of repair



My intention was to visit the Cilwendeg shell house but sadly its no longer free entry and requires a bit of a convoluted process to gain entry but we had a good look around the outside of the building.

The Cilwendeg shell house in the grounds of Cilwendeg Mansion is a stunning example of a Picturesque style garden building which was popular at the end of the 18th century. It is the only shell house to survive in Pembrokeshire, although there are the remains of one at Butterhill, near St Ishmaels.

According to shell artist, Blott Kerr-Wilson, "This 1826 shell house, recently derelict, has been restored along with its woodland setting and flanking rockeries by The Temple Trust, after extensive scholarly research. A full archaeological survey by Cambria Archaeology



was undertaken to inform the restoration. Much original material was buried and this has been carefully recovered through excavation. Local sparkling white quartz has been placed on the front, beneath a new crow-step gable. The shells, sourced originally from Welsh beaches instead of from the Caribbean, as was common in the 1820s, have been painstakingly reinstated. The floor, patterned with the knuckle bones of sheep and oxen and the vertebrae of horses, has also been fully restored.

We then resumed our walk back to our cars at St Colman church and then went for a well deserved coffee and cake at the Phat Forks restaurant at the Cenarth falls resort and spa; again for those that might not have been its well worth a visit,

Our walk in total was around 9km on what was in the main fairly easy going route not too many steep hills or slippery slopes, despite all the rain we have had so far this year.

## WELSH GROUP

We had a good time talking about the weather at our session in March. There's always plenty to be said. We discussed all kinds of weather, from sunshine to storms and snow, in the past, present and future. Good revision for us all. Next time we are planning on learning about houses. This will include the various types of houses together with the names of the rooms inside. And outside the house we'll talk about our garages and gardens. So we will each be able to describe where we live.

Our next meeting will be at Capel Iwan village hall on Tuesday 2nd April, starting at 10.30.

*Vicky*

## WINE APPRECIATION

Twelve of us met for the afternoon at Vicky and Brian's in Capel Iwan. Our task was to blind taste a range of five wines all made from the Pinot Gris/ Pinot Grigio grape. The wines came from Fance, Germany, Italy and New Zealand and ranged in price from £5.50 to £19.00.

We were impressed with most of the wines, but the clear favorite turned out to be the Villa Maria Pinot Grigio from New Zealand, which had cost £8.50 in Tesco. The most expensive wine at £19, from the Alsace region of France, came fourth in our ranking. This might prove that we know what we like but we are not very skilled at liking the top wines. However, we did guess the cheapest bottle, a Pinot Grigio from Italy, which came bottom in our scoring.



This month was our last session starting at 2pm as we will be switching to our summer time of 7pm from April. Our next meeting will held be at Janet and John's in Horeb and we will be sampling wines from Eastern Europe.

*Vicky*

Monday	1	Theology - Llechryd Village Hall	14-00
Tuesday	2	Sketchers	10-00
Tuesday	2	Welsh- Capel Iwan Village Hall	10-30
Wednesday	3	Main Meeting - NCE Rugby Club	10-30
Thursday	4	Art - Penboyr Village Hall	10-00
Monday	8	Walkers - Spring Walk	10-30
Monday	8	Don't get me started - at Sue's In Pontgarreg	14-00
Monday	8	Petanque - King George V playing field Newcastle Emlyn	14-00
Tuesday	9	Table Tennis – Rhydlewis Village Hall	14-00
Tuesday	9	Singing - Our Lady of the Taper, NCE	14-00
Wednesday	10	Crafty Crafters – Penboyr Village Hall	10-30
Wednesday	10	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	10-30
Wednesday	10	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Thursday	11	Art - Penboyr Village Hall	10-00
Thursday	11	Creative Writing - at Rhydlewis Village Hall	11-00
Thursday	11	Garden - Penrallt Garden Centre Moylegrove	14-00
Friday	12	Patchwork and Quilting - Penboyr Village Hall	11-00
Tuesday	16	Petanque- King George V playing field Newcastle Emlyn	10-00
Tuesday	16	Games – Penboyr Village Hall	10-30
Tuesday	16	Snooker - Beulah Snooker Hall	13-00
Tuesday	16	ICT Support Session - as required contact Hazel	14-15
Wednesday	17	Astronomy – Coracle Hall Llechryd	14-00
Thursday	18	Art - Penboyr Village Hall	10-00
Thursday	18	Philosophy – Penrhiwlan Village Hall	11-00
Thursday	18	Wine Appreciation - Janet + John's Horeb	19-00
Monday	22	Science and Technology - Coracle Hall Llechryd	14-00
Tuesday	23	Book Club – Zoom meeting	10-30
Tuesday	23	French – at Sue's in Penrhiwllan	11-00
Tuesday	23	Singing - Our Lady of the Taper, NCE	14-00
Tuesday	23	Family History – Church of Latter Day Saints NCE	14-30
Wednesday	24	Lunch Club - Various venues	12-00
Wednesday	24	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Wednesday	24	Digital Photography - Coracle Hall Llechryd	14-30
Thursday	25	Art - Penboyr Village Hall	10-00
Thursday	25	Table Tennis – Rhydlewis Village Hall	10-30
Friday	26	Strollers - TBA	10-30

To add events to this monthly calendar please contact Nigel [neu3newsletter@hotmail.com](mailto: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.