

**U3A Preseli Newsletter No. 155 April2024****Calendar of Forthcoming Events**

<b>Date</b>	<b>Time</b>	<b>Group</b>	<b>Where/Notes</b>
<b>Wed 27th Mar</b>	<b>10.30</b>	<b>Long Walk</b>	Meet at National Trust Lodge CP 976964, Peter
<b>Wed 27th Mar</b>	<b>10.30</b>	<b>Strolers</b>	Meet at Pwllgwaelod CP
<b>Thu 28th Mar</b>	<b>10.00</b>	<b>Exercise to music</b>	Phoenix Centre, Wern Rd, Goodwick.
<b>Fri 29th Mar</b>	<b>10.30</b>	<b>Welsh</b>	Janes wool shop
<b>Tue 2nd Apr</b>	<b>10.00</b>	<b>Camera group</b>	Wolfscastle Hall
<b>Wed 3rd Apr</b>	<b>10.30</b>	<b>Short walk</b>	Meet at CP in Letterston
<b>Thu 4th Apr</b>	<b>10.30</b>	<b>Social</b>	Phoenix Centre
<b>Fri 5th Apr</b>	<b>10.30</b>	<b>Discussion group</b>	Is honesty the best policy? Parc y Felin
<b>Mon 8th Apr</b>	<b>1.30</b>	<b>Bridge</b>	Ocean lab cafe upstairs area
<b>Tue 9th Apr</b>	<b>10.00</b>	<b>Art</b>	Wolfscastle Vestry Hall
<b>Tue 9th Apr</b>	<b>2.00</b>	<b>Writing group</b>	Jane's woolshop cafe
<b>Wed 10th Apr</b>	<b>10.30</b>	<b>Long walk</b>	Meet at Middle Mill CP, Bob and Carole
<b>Wed 10th Apr</b>	<b>10.30</b>	<b>Strollers</b>	Meet at CP behind Tesco
<b>Thu 11th Apr</b>	<b>10.00</b>	<b>Exercise to music</b>	Phoenix Centre, Wern Rd, Goodwick.
<b>Fri 12th Apr</b>	<b>10.00</b>	<b>Bird watching</b>	Meet at St Nons car park
<b>Mon 15th Apr</b>	<b>1.30</b>	<b>Canasta</b>	Ocean lab cafe upstairs area
<b>Tue 16th Apr</b>	<b>10.00</b>	<b>Camera group</b>	Porthgain
<b>Wed 17th Apr</b>	<b>11.00</b>	<b>Book group</b>	Royal Oak. Book for April is Earthly Remains by Donna Leon
<b>Wed 17th Apr</b>	<b>10.30</b>	<b>Short Walk</b>	Meet at Garn Fawr car park SM 898.388 Roger and Jenny
<b>Wed 17th Apr</b>	<b>7.30</b>	<b>Music appreciation</b>	Clive and Margaret's
<b>Thu 18th Apr</b>	<b>10.00</b>	<b>Exercise to music</b>	Phoenix Centre, Wern Rd, Goodwick.
<b>Fri 19th Apr</b>	<b>12.30</b>	<b>Lunch</b>	Aberguan Hotel Margaret Wills
<b>Mon 22nd Apr</b>	<b>1.30</b>	<b>Bridge</b>	Ocean lab cafe upstairs area
<b>Tue 23rd Apr</b>	<b>10.00</b>	<b>Art</b>	Wolfscastle Vestry Hall
<b>Tue 23rd Apr</b>	<b>2.00</b>	<b>Writing group</b>	At a members house
<b>Wed 24th Apr</b>	<b>10.30</b>	<b>Long walk</b>	Meet at Strumble Head SM 894412 7 miles Dave and Sue
<b>Wed 24th Apr</b>	<b>10.30</b>	<b>Strollers</b>	Meet at Tregwynt Mill
<b>Thu 25th Apr</b>	<b>10.00</b>	<b>Exercise to music</b>	Phoenix Centre, Wern Rd, Goodwick.
<b>Fri 26th Apr</b>	<b>10.30</b>	<b>Welsh group</b>	Jane's cafe

Welcome to new members **Robert and Jenny Cox and Richard Parsons** who have joined recently.

### **From the Chair:**

Welcome to the April newsletter, Meteorological spring is here and days are getting longer and when the weather is kind it's a pleasure to get out walking.

We have a Social this month on Thursday 4th April at the Phoenix Centre. Start time is 10:30 for tea, coffee and biscuits followed by a speaker.

The speaker is Emma Withers from West Wales Rivers Trust. She is the Adopt a Tributary Engagement Officer. The WWRT is a charity dedicated to restoring and safeguarding the rivers of West Wales for people and wildlife. I do hope that you can attend.

And finally, a recent discussion amongst some members highlighted the issue of the abandoned Local History Group. This group ceased meeting quite a few years ago as it was felt that most local history stories, issues and locations had been explored. Since then there has been quite an increase in membership and it maybe that, with 'new blood' in u3a Preseli, the reintroduction of a Local History Group will be appreciated. Of course it will need someone to 'lead' it and the previous organisers have many contacts and can supply these and further ideas to a willing 'leader'!

If you are interested in participating in a Local History Group please let Gill Taylor, Groups co-ordinator, or any member of the committee know.

**Dave Mercer**

[davidmercer1@sky.com](mailto:davidmercer1@sky.com)

+44 7950032448

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### **From the Secretary:**

**Hope to see you at the Social - 10.30 at the Phoenix Centre, Goodwick - April 4th**

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### **Membership Renewal**

**The current membership year ends on the 31st March which means it will soon be time to renew your membership for 2024/2025. If your membership is due for renewal you will receive an email at the beginning of April with all the details of how to renew. Please do not try to renew before receiving the email.**

### **Details for April 4 Social Talk**

Emma Withers will give a talk on the West Wales Rivers Trust. West Wales and Pembrokeshire rivers are not in the best of health so this is an interesting talk on how the WWRT and local volunteers are working towards improving the water quality of our rivers.

*West Wales Rivers Trust have a vision to enhance living landscapes, where communities value their local rivers and where productive land use and clean rivers with flourishing wildlife populations exist in harmony in catchments that are resilient to changing climates, so that rivers may continue to provide benefits for both people and wildlife.*

*But we are only a small team and we can't do this on our own. To achieve sustainable water environments, we need an efficient regulator and companies and land managers that are accountable for minimising their impacts on our rivers. We also rely on our growing network of volunteers who act as our eyes and ears on the ground, as guardians for their local rivers.*

## **SOCIAL LUNCH**

The next lunch will be on **Friday 19<sup>th</sup> April** at the Aberguan Hotel, Fishguard, time 12-30 for 1 p.m. The menu is below, so could you please let me have your choices by Sunday 14<sup>th</sup> April at the latest. Margaret Wills 01348 891319 or [wills789@btinternet.com](mailto:wills789@btinternet.com)

## **JT Abergwaun Hotel - Social Lunch Menu**

**Friday 19th April 12-30 for 1 p.m.**

### **Starters**

**JT famous pork fries**, spiced mayonnaise

**Wild Garlic roasted mushrooms**, truffled Sourdough toast

**Warm goats cheese salad**, beetroot, walnut & honey dressing

**Roast scallops**, cauliflower, citrus butter cream sauce (supplement £3)

**Crispy teriyaki duck salad**, Asian style salad and dressing

### **Mains**

**Sea Bass fillet**, green vegetables, herb mashed potatoes, white wine sauce

**Chicken Milanese**, rocket and parmesan salad, truffle parmesan fries

**Pork belly**, pickled red cabbage, apple, dauphinoise potatoes, cider gravy

**Welsh Sirloin steak**, peppercorn sauce, truffled house fries (supplement £8)

**Mushroom, leek and cheese pithivier**, broccoli, Dauphinoise potatoes.

### **Desserts**

**Chocolate fondant**, caramel sauce, passionfruit, ice cream

**Pistachio baked custard**, warm white chocolate cookies

**Caramel apple terrine**, "Sticky toffee pudding crumble," caramel ice cream

**sorbets and ice cream selection**

**\*\*Affogato**- Abergwaun hotel blend espresso with vanilla ice cream

**\*\*\*Please notify a member of JT staff if you have any Food allergies or intolerances\*\*\***

**LUNCH -**

**2 COURSE £25**

**3 COURSE £30**

## GROUPS / ACTIVITIES

All members participate in activities at their own risk.

Will members please remember to buy a drink when attending meetings at hospitality venues who allow groups to meet free of charge.

### POTENTIAL CIRCLE DANCING GROUP

Faith who is joining the u3a would like to set up a Circle dancing Group which will be held at The Phoenix Centre - times and dates yet to be agreed. If you are interested or would like more details please contact me on 01348 840038/07900274011 or gillandtonyt@aol.com. Gill Taylor

### Art Group:

This friendly group will meet on Tuesday 9th and 23rd April - 10am - 1pm in the Vestry Hall Wolfscastle. If you like to get creative with Oils, Watercolour, pencils, etc: come along and give us a try.

Contact: trishadumont@gmail.com/01348 841292 or Helene Hazelgrove on 01348 840163

### Birdwatching Group

The first birdwatching group at Strumble Head went well with Dave Gardner and we were blessed with dry weather !! The date for the next meeting with John Dow is Friday 12 April at 10.00am meet at St Non's car park. It will be a coastal walk and the area is wonderful

contact Kate Edge [kateedge@btinternet.com](mailto:kateedge@btinternet.com)

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### Bridge Group

Bridge will be on **Monday 8th April & Monday 22nd April** at **13:30** in Ocean Lab Cafe, upstairs seating area.

Everyone is welcome including newcomers even if you've never played before and are just interested in learning.

Contact: Judith Maddison on 07791692491 or [judith.maddison1@btinternet.com](mailto:judith.maddison1@btinternet.com) or John Butler at [3feidrcastell@gmail.com](mailto:3feidrcastell@gmail.com)

### Book Group:

The meeting is at **11:00** on **Wednesday 17th April** at The Royal Oak, Fishguard. The book for discussion is Earthly Remains by Donna Leon.

Contact: **Judith Edwards** 01348 872143 or email: [thidedwards@yahoo.co.uk](mailto:thidedwards@yahoo.co.uk)

### **Camera Group:**

The camera group meeting held on 25<sup>th</sup> March was a photo shoot at Llanychaer, which was fairly well attended considering it looked as if it was going to rain at any moment.

We went to see the waterfalls, or to be more precise, a lot of rushing water over some large rocks which was an opportunity for some members to practise long exposure shooting.

We held our first meeting of March on the 5<sup>th</sup> at Wolfscastle hall where we were able to view some of the images taken at Llanychaer.

We gave a warm welcome to our latest member Mr Rob Cox & to a guest visitor, Richard Parsons, who is also thinking of joining us.

We also viewed the images for February's theme, which was "Tabletop" photography. This was a very varied & mixed selection of images with some being quite abstract & had us guessing as to how it was made.

Our next meeting is 2nd April at Wolfscastle Hall and the second meeting is 16th April at Porthgain

Contact: Francis White 07966 596025

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### **Canasta Group:**

Because the 1st is Easter Monday, unfortunately there will only be one session in April on **Monday 15th at 13:30** in the upstairs area of the Ocean Lab Café, Goodwick. This group is aimed at all levels, so even if you have never played cards, please come along to play this very 'social' card game. For further details please contact: **Paul Dumont** on 01348 841292 / 07923 991227 or email: [pauldumont99@gmail.com](mailto:pauldumont99@gmail.com)

### **Discussion Group:**

The March discussion on 'society' disagreed with Margaret Hilda's well known assertion that there is no such thing ( surprising that! ) but failed to establish where the line was between society's responsibility to the individual and where or what the individual owed society. Le Carre's question of what do you owe your country if you no longer recognise it, was troublesome.

The April topic is the question that "In life, honesty is always the best policy."

Friday, April 5, 10.30am

Parc-y-Felin

Tel. Tony Taylor 01348 840038

### **Exercise to Music Group:**

We will be meeting at **10:00 – 11.00 (Thursdays)** on April 11th, 18th and 25th at the Phoenix Centre, Goodwick. Please note that there is a waiting list. If you require any further information please contact: **Carole Butters** on 01348 840408 or email [bobncarolebutters@gmail.com](mailto:bobncarolebutters@gmail.com)

### **Music Appreciation Group:**

The theme for April 17th is - instrumentals in any musical genre. This meeting will be at Clive and Margaret's. Please bring one or two tracks on CD, or link your phone to the music system or TV.

As this group is well attended, before you come along please contact Clive. [cliveousley@outlook.com](mailto:cliveousley@outlook.com) or Tel: 01348 840928

## Walking Groups:

### Long Walks: 10th and 24th April

All long walks start at **10:30** (*unless stated otherwise*). Contact: **Gill Taylor on 01348 840038 / 07900 27401**Dates1

### Wednesday 10th April

Meet at Middle Mill CP. A Circular walk around Solva, a few inclines, approx 5.5 miles. For further information please contact Bob or Carole 01348 840408 or [bobncarolebutters@gmail.com](mailto:bobncarolebutters@gmail.com)

### Wednesday 24th April

Meet at Strumble Head Car Park (SM 894412) for 7 mile walk along coast path to Llanwnda and returning inland. Coast path has a number of ups and downs (some steep) with occasional muddy bits. Return from Llanwwnda is mainly road. A bit of a leg work out! If the weather forecast looks bad please phone the night before for possible plan B! Dave (07740 582830) and Sue (07790 528279)

### Short Walks:

Dates are **Wednesdays 3rd and 17th April** All walks start at **10:30**. Enquires: **to walk leader** or **Gill Taylor** on **01348 840038 / 07900 274011** or email: [gillandtonyt@aol.co](mailto:gillandtonyt@aol.co)

### Wednesday 3rd April

Meet at the car park in Letterston. 4 miles, to Welsh Hook. Afterwards drinks and food at the Harp, Letterston. Clive & Margaret

### Wednesday 17th April

Meet at Garn Fawr car park SM 898.388 ( near pwill derl). 3 miles. Total climb of 350 feet but nothing very steep. Walk East from Garn Fawr round Garn Folch, then return via Llandruidion and Trehilyn. Bit of uphill lane back to CP. Roger & Jenny 07891912442

## Strollers' Walking Group

**April 10th - 10.30 - Car park behind Tesco, Goodwick.**

We'll walk along the footpath past the Ivybridge and back past the Seaview Hotel to Ocean Lab for coffee. Maybe muddy in places!

**April 24th - 10.30 - Tregwynt Mill Car Park.**



We'll walk along 'Garlic Road' to Abermawr/Aberbach turning point and back to Tregwynt Mill cafe for coffee.

Just as a reminder, please can you send your email address to Sue Johnson - [s.johnson719@btinternet.com](mailto:s.johnson719@btinternet.com) - if you want to join the walks. This is just in case of walk cancellation!

Contact: **Sue Johnson - 01348 875309** or email: [s.johnson719@btinternet.com](mailto:s.johnson719@btinternet.com)

## **Welsh Group / Grwp Cymraeg:**

Dyma'r manylion am Mis Ebrill:

Byddwn yn cwrdd yng nghaffi Jane ar y dyddiad canlynol:

Dydd Gwener 26ain o Ebrill am 10.30yb

- cofiwch mae cyfarfod ym Mis Mawrth ar y 29ain o Fawrth.

Ymunwch a ni am goffi a sgwrs.

The meeting will be at Jane's at 10.30 on 26<sup>th</sup> of April.

Join us for coffee and a chat.

Cysylltwch a Eira Davies ar:

01348 872301

[liz.davies222@btinternet.com](mailto:liz.davies222@btinternet.com)

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## **Writing Group:**

The Writers' Group will meet twice a month from April to November 2024. This will be at Jane's Woolshop or the Council Room, Fishguard, on the second Tuesday of the Month (9<sup>TH</sup> April) at 1.00 pm, and at a member's house on the 4<sup>th</sup> Tuesday of the month (23 April) at 2.00 pm. We tackle two topics per month.

The Group is nearly up to maximum , however if you are interested in joining, please contact

Fran Barker, Mob 07377059265 or e-mail [fran34hb@gmail.com](mailto:fran34hb@gmail.com)

## **u3a Preseli Committee Members:**

Chair	Dave Mercer	01348 837558	<a href="mailto:davidmercer1@sky.com">davidmercer1@sky.com</a>
Treasurer	Paul Dumont	01348 841292	<a href="mailto:pauldumont99@gmail.com">pauldumont99@gmail.com</a>
Secretary	Sue Johnson	01348 875309	<a href="mailto:s.johnson719@btinternet.com">s.johnson719@btinternet.com</a>
Beacon, Website	Harry Thomas	01348 872899	<a href="mailto:aitcht@gmail.com">aitcht@gmail.com</a>
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Groups Coordinator	Gill Taylor	01348 840038	<a href="mailto:gillandtonyt@aol.com">gillandtonyt@aol.com</a>
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Committee	Tony Case	01348 831051	<a href="mailto:tony@reefimages.co.uk">tony@reefimages.co.uk</a>
Committee	John Edge		<a href="mailto:brynedge@gmail.com">brynedge@gmail.com</a>

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