



Chairs Ramble

May already and it hardly seems to have left the winter! Apparently, April was one of the wettest ever! Hopefully it will warm up and dry up soon. Unfortunately, the weather has not helped our outdoor groups to get going again.



In April we learnt some of the local history of the Cilgerran Quarries. Emyr was a very interesting and informative speaker and I hope we will be able to engage him again to find out more of our local history.

Our next main meeting is on Wednesday 1st May when our speaker will be one of our own members, Billy Adams. Billy is an excellent Petanque player, but it is not about that

that he will be speaking! His day job is as a Ceramicist and he lives and works in Cenarth and exhibits Nationally and Internationally. It should be an interesting talk so please join us at 10.30am for coffee and chat and the Billy will start talking at 11.00am.

As we are now at the start of May that means that our AGM is only 2 months away! Please start thinking seriously if you feel you could offer a bit of your time to support the running of our u3a. We are always open to willing volunteers!




By now you should have received your new look Spring issue of 'u3amatters'. Don't forget about the u3a Festival in York in July and book your tickets if you fancy a few days away in a fabulous part of the country.

Well done Nigel for putting us at the fore front of the fastest-growing sport in u3a, pickleball! (Page 11) It is great fun and well worth a try.

Checkout the u3a national newsletter, u3a Friends, and then you can access the Friends Extra website with savings and discounts for members. (Page 12)

Plans are a foot for our annual outing in August. This outing is always instead of our monthly meeting and is always well attended. This year we are planning a trip to Hay Castle in Hay on Wye. This will be on Wednesday 7th August. Put the date in your diaries and watch out for more details shortly. We are also planning activities for our 30th anniversary year in 2025. So, plenty to look forward to!

Many thanks to Olga who has produced and edited our newsletter this month as Nigel is travelling down under in New Zealand!

<p>Art Every Thursday from 10.00am at Penboyr Village Hall</p>	<p>Amanda 01559 372273 amanda.treesong@gmail.com</p>
<p>Astronomy 3rd Wednesday from 2.00pm at Coracle Hall, Llechryd. Joint with Cardigan u3a.</p>	<p>Malcolm 01239 711787</p>
<p>Badminton/pickleball 2nd and 4th Wednesday from 12.15pm at Llandysul Leisure Centre</p>	<p>Nigel 07447 440841 camb5@sky.com</p>
<p>Book Club 4th Tuesday from 10.30am at venue to be advised (currently Zoom meetings).</p>	<p>Vicky 01559 372278 vckthomas2008@gmail.com</p>
<p>Bowls 3rd Monday from 2.00pm at NCE Bowl Club</p>	<p>Julia ju1ia.pearson2013@icloud.com</p>
<p>Crafty Crafters 2nd Wednesday from 10.30am at Penboyr Village Hall.</p>	<p>Ruth 01239 711787</p>
<p>Creative Writing 2nd Thursday from 11.00am at Ali's - venue varies.</p>	<p>Ali 07716 826362, 01239 682965 a1isonkate606@gmail.com</p>
<p> Winter recess</p>	<p> 01559 370684</p>
<p>Digital Photography Last Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A.</p>	<p>Dave davethomas66@gmail.com</p>
<p>Don't get me started 2nd Monday from 2.00pm at Susan's in Pontgarreg</p>	<p>Sue 07969 590878 susanedmunds@hotmail.com</p>
<p>Family History 4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn.</p>	<p>Margaret 07866 420122 jtandmargaret@gmail.com</p>
<p>French 4th Tuesday- at 11.00am at Sue's in Penrhiwllan</p>	<p>Ali 07716 826362, 01239 682965 alisonkate606@gmail.com</p>
<p>Games 3rd Tuesday from 10.30am at Penboyr Village Hall.</p>	<p>Paul steam24x7@btinternet.com Linda lindakenworthy66@gmail.com</p>
<p>Garden 2nd Thursday at 2pm venue varies</p>	<p>Tony 01239 712931 pooletony@hotmail, Mike 07949 032308</p>
<p>ICT Support Sessions as required</p>	<p>Hazel 01559 371842</p>
<p>Kayak Paddlers Various dates and venues</p>	<p>Nigel camb5@sky.com</p>

Lunch

Last Wednesday - venue varies.

Tracy

tracyU3Alunch@gmail.com

Patchwork and Quilting

2nd Friday from 11.00am at Penboyr Village Hall.

Ruth

01239 711787

Petanque

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

Trevor 01559 370395

trevorkgunn@aol.com

Philosophy

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

Ali 07716 826362, 01239 682965

alisonkate606@gmail.com

Science and Technology

4th Monday from 2-00pm at Coracle Hall Llechryd

Colin

07866 502400

SINGING

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

Gareth 01239 682635

g.furley277@btinternet.com

Sketchers

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

Millie

milliethomas946@gmail.com

SNOOKER

3rd Tuesday from 1pm at Beulah Snooker Hall

Mike 07858168874

mikesmithies862@btinternet.com

Strictly Basic Ballroom

2nd Wednesday from 10.30am to 12.00noon.

Julia

julia.pearson2013@icloud.com

Strollers

Last Friday of the month from 10.30am, venues vary

Pam

pamelajeffrey@aol.com

Table Tennis

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

Margaret 07866 420122

jtandmargaret@gmail.com

Theology

1st Monday from 2pm at Ffostrasol Village Hall

Carol

carolwardman@outlook.com

Walkers

2nd Monday from 10.30am, venues vary

Nigel 07447 440841

camb5@sky.com

Welsh

1st Tuesday from 10.30am at Capel Iwan Village Hall

Vicky

01559 372278

Wine Appreciation

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

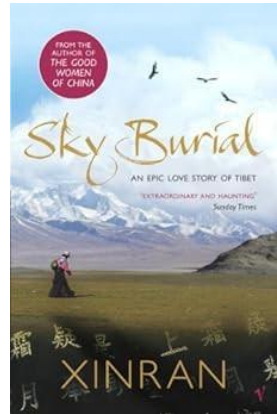
Hazel

01559 371842

BOOK CLUB

Xinran was born in Beijing in 1958 and was a successful journalist and radio presenter in China. She moved to London in 1997 and in addition to journalism began writing fiction and nonfiction books.

Sky Burial is described as an ultimately uplifting tale of love, loss, loyalty and survival. The book tells the story of Shu Wen, who spent thirty years in Tibet trying to find out what happened to her husband, who had been sent there as a doctor, with the Chinese army, and was reported killed. Shu Wen wandered alone through Tibet without knowledge of the language but was taken in, when near to starvation, by a family of nomads. She travelled with them for years in the vast mountain ranges and eventually discovered the details of her husband's death.



Our next meeting will be on Tuesday May 28th, on zoom, and we will be discussing Dissolution by CJ Sansom.

Vicky



BOWLING

We held our first introductory session of the bowling group today - Tuesday 23rd April. The weather was kind and an enjoyable session was had by all.

Our sessions are every first Tuesday and third Monday; the next session being Tuesday 7th May starting at 2pm. Come along and have a go.

Julia

CRAFTY CRAFTERS

We had a very enjoyable meeting in March, when Pam led us in doing flower arrangements. Pam started by explaining the basics of flower arranging and then demonstrated how to go about doing an all-





round arrangement i.e. one that is meant to be seen from all sides, starting with a greenery base and then filling in with flowers. Members had raided their gardens for the greenery and bought flower bouquets from the local shops. Each one was well done and very different from the others.

Our next meeting will be Wednesday, 8th May when Julia will show us how to do drop spindle spinning.

Ruth

FAMILY HISTORY

This month, we were discussing the various occupations our ancestors had. Of course, a lot of these jobs have since disappeared. We had all come across some that we had had to 'google', and some of us had researched certain old industries quite extensively.

My 2x great grandfather was a stableman/groom, but the 1851 census showed him as a HORSE CUTTER. No one at the meeting could shed light on this. If anyone can help, would you please get in touch with me. Many thanks.



Next month we shall be owning up to mistakes we have made in the past, facts that we have accepted as the truth and later found not to be correct, then explaining how we found out the truth and got back on track (if we did).

There were 10 of us at this month's meeting and, as ever, new members are welcome.

Margaret

GARDEN GROUP

For our April meeting the garden group visited the Penrallt Garden Centre at Moylegrove. The rain just about held off as Richard Fletcher told us how his Garden Centre had evolved and expanded over the last 20 years from being a small farm growing vegetables for supermarkets into a retail centre selling not only plants and garden paraphernalia but also clothing, footwear, household items and locally produced food and drink.



We then had a good look around the plants with some purchases being made and finished with a visit to the tea rooms.

Our next meeting will be a visit to Aberglasney on the 9th of May. As this is further away than normal and a large garden with plenty to see we will make a day of it and have a car share leaving NCE about 10.30am

All would be welcome to attend what promises to be a great day out.

Tony

ICTSUPPORT

Ruth and I have decided that due to personal circumstances and the fact that newer members are maybe more IT literate these days we are going to change the format of the ICT support group. So, from May there will not be a set day and time for the group but if anyone has any problems or issues with laptops, tablets or phones that they think we may be able to help with, please ask. We will then try and arrange a time to meet up with you and support and hopefully solve your problems. Our phone numbers and email addresses are on your membership cards.



We are not closing the group or stopping the support it is just a different format!

Hazel

PATCHWORK AND QUILTING

A few people couldn't make the meeting in April so we were a select few working on their own projects. We welcomed a new member to the group who continued working on some blocks she started a while ago, Jess made a good start on a new bag and Millie was using the last of the fabric donated a while ago to make some patchwork tote bags which she will give to a local food bag to be filled and handed out. Another good use of the fabric.

Our next meeting will be Friday, 10th May.

Ruth

PETANQUE

After a poor month weather wise trying to get Petanque up and running we finally managed it with an extra session on the morning of Tuesday 23rd April. There were six of us playing getting rid of the winter rustiness

Whilst a few couldn't make it due to ill health. As it turned out the weather wasn't as good as forecast but we did enjoy getting back into the swing of things.

For May the Monday date has been moved back a week to 13th due to the 6th being a Bank Holiday and some of us including me are away. The Tuesday morning sessions will now start at 10-15 so that we can take advantage of the free parking as it was noticed the parking attendant was checking on all vehicles before 10am.

Trevor

PHILOSOPHY

Angela Blakemore bravely volunteered to deal with the subject of happiness as it merged her expertise with the many views of different philosophers.

What became clear through her excellent exposition was that many of the ancient philosophers (and some more modern ones) were in some ways the founding fathers of much of what is now understood by psychologists to be happiness, and what we should do to be happy.

She asked group members to put themselves in the position of modern day philosophers and provide their ideas on what happiness is and how it can be achieved. The exercise provided some very interesting ideas.



The title for the next meeting is "THE TRUTH WILL SET YOU FREE!" - But what is truth?

Ali

SCIENCE & TECHNOLOGY GROUP

Martyn's 5 minutes of fame session - March '23

The following was missing from last month's report.

A short video on how a Raspberry Pi computer can be used to encourage children away from playing video games all day.





He then went on to demonstrate and explain how Lenz's Law and eddy currents cause a weird effect when a magnet is dropped down a copper tube.

A similar demonstration is available here:
<https://www.youtube.com/watch?v=5BeFoz3Ypo4>

April - 13 members of the Group made a visit to the Sewage Works at LLanina near New Quay. The very helpful staff of Dwr Cymru spent a couple of hours explaining the workings of sewage treatment from start to finish. The problems of what some people flush down their toilets was easily seen by the contents of the skips which have to go to landfill as it cannot be recycled.

Can you help by making sure that you are not guilty of putting anything down the loo that is not the three P's?

May meeting - this will be held at Phat Works, Penarth Falls Resort at 1pm for lunch and a discussion on 'Material World' by Ed Conway.

Plus, we will find out the answer to the question: ***Can iron spontaneously explode?***

Colin



TABLE TENNIS

We meet twice a month in Rhydlewis Village Hall, where there is plenty of parking. It's good fun and exercise. You don't have to be ultra-fit to play, though a certain amount of time is spent picking the ball up from the floor! Don't let that put you off and whether you've played recently or not, you are welcome to join us. You don't need any equipment, just £2.50 towards the hire of the hall.

Margaret

WELSH GROUP

Our topic for April was houses. We learned the words for different types of houses and for the rooms inside them. We described the size of the houses, what colour the rooms are and where the furniture is located.

In May, looking forward to some better weather, we are going to talk about all sorts of holidays. This will range from camping to staying in luxury hotels, in this country and abroad, and we'll also learn about modes of travel to get there.

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

Vicky

WINE APPRECIATION

We were a rather reduced number for our April meeting at John and Janet's but we were no less keen to try some wines from the Eastern European countries. There had been great debate about which countries this actually included but basically, we went with anything East of Germany, Austria and Italy. This included countries such as Czechia, Slovenia, Slovakia, Romania, Bulgaria, Greece and we actually had two wines from Georgia as well.

There has been wine production in these countries for at least 7,000 years and since the end of Communist rule the producers have worked hard to reclaim their fine-winemaking heritage. With affordable prices, Eastern Europe's wine regions have a bright future. However, it was not easy to get hold of their wines! M and S apparently stock a few and John and Janet kindly sourced some bottles at Majestic whilst away on tour!

We decided to taste the white wines we had and to get some red ones for May. The other problem we had was getting our tongue around some of the strange names of the wines and also the different grape varieties.

We tasted 4 white wines, one from Slovenia, one from Hungary and two from Georgia. They were called Krasnov, Royal Tokaji, Mtsvane, and Qvevris which was described as an orange wine and had a distinctly amber colour! The first 3 we would all have had again and came out very favourably. The fourth however, scored probably the lowest score we have ever given a wine! Maybe it's an acquired taste!

Our next meeting will be at the Towle's house on Thursday 16th May when we will try red wines from the Eastern European countries.



Hazel

Day	Date	Venue	Time
Wednesday	1	Main Meeting - NCE Rugby Club	10-30
Thursday	2	Art - Penboyr Village Hall	10-00
Monday	6	Theology - Llechryd Village Hall	14-00
Tuesday	7	Sketchers	10-00
Tuesday	7	Welsh- Capel Iwan Village Hall	10-30
Tuesday	7	Bowling	14-00
Wednesday	8	Crafty Crafters - Penboyr Village Hall	10-30
Wednesday	8	Strictly Basic Ballroom - NCE Holy Trinity Church Hall	10-30
Wednesday	8	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Thursday	9	Art - Penboyr Village Hall	10-00
Thursday	9	Creative Writing - at Rhydlewis Village Hall	11-00
Thursday	9	Garden - Penrallt Garden Centre Moylegrove	14-00
Friday	10	Patchwork and Quilting - Penboyr Village Hall	11-00
Monday	13	Petanque - King George V playing field Newcastle Emlyn	10-00
Monday	13	Walkers - Spring Walk	10-30
Monday	13	Don't get me started - at Sue's In Pontgarreg	14-00
Tuesday	14	Singing - Our Lady of the Taper, NCE	14-00
Tuesday	14	Table Tennis - Rhydlewis Village Hall	14-00
Wednesday	15	Astronomy- Coracle Hall Llechryd	14-00
Thursday	16	Art - Penboyr Village Hall	10-00
Thursday	16	Philosophy- Phat Works, Penarth Falls Resort	13-00
Thursday	16	Wine Appreciation - Janet+ John's Horeb	19-00
Monday	20	Bowling	14-00
Tuesday	21	Games- Penboyr Village Hall	10-30
Tuesday	21	Snooker - Beulah Snooker Hall	13-00
Wednesday	22	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Thursday	23	Table Tennis - Rhydlewis Village Hall	10-30
Thursday	23	Art - Penboyr Village Hall	10-00
Monday	27	Science and Technology - Coracle Hall Llechryd	14-00
Tuesday	28	Book Club - Zoom meeting	10-30
Tuesday	28	French - at Sue's in Penrhiwllan	11-00
Tuesday	28	Singing - Our Lady of the Taper, NCE	14-00
Tuesday	28	Family History- Church of Latter Day Saints NCE	14-30
Wednesday	29	Lunch Club - Various venues	12-00
Wednesday	29	Digital Photography - Coracle Hall Llechryd	14-30
Thursday	30	Art - Penboyr Village Hall	10-00
Friday	31	Strollers - TBA	10-30
		ICT Support Session - as required contact Hazel	