



## Chairs Ramble

I am writing this ramble still on a bit of a high after celebrating our younger son's marriage at the weekend. We miraculously managed to miss all the downpours on the Saturday for the actual wedding but our journey home from the Cotswolds on Monday was rather wet. I now need to concentrate on getting the garden sorted for the winter and catching up on the other jobs that got put on hold!

The next main meeting will be on Wednesday 2nd October and the speaker will be Dr Peter Wilson who recently spoke very well to the Science group. His subject is The Carbon Footprint of Textiles and he makes it fun and is interesting to listen to. So please come along and enjoy coffee and chat at 10.30am followed by his talk at 11.00am. This is an introduction to his talk, "The textile industry's carbon footprint (CFP) is a measure of the greenhouse gases (GHGs) that are emitted throughout the lifecycle of textile products. The textile and fashion industry is a major contributor to global warming, accounting for around 10% of annual global carbon emissions. This is more than all international flights and maritime shipping combined. This presentation is an introduction to textile manufacturing highlighting the processes, emissions and discusses possible solutions"

Our summer activity groups will soon be coming to a close for the winter but there is still lots of people who can join in with during the winter months. Why not check out our group list on the next couple of pages and try something new!

I hope that you all enjoy reading your Third Age Trust magazine 'u3a Matters'. This comes out as part of your membership of the u3a. But if you do not wish to receive it for any reason, please let Ruth know so she can cancel it. Better still why not recycle it by passing it on to a friend so they can find out about the u3a as well.

Interestingly I have just read my magazine and an article on page 27 called Plan your Digital Legacy drew my attention. Then on the tv news there was an article about a gentleman whose wife had sadly died, and he could not access his wife's photos etc. Apparently, you can leave a social media will and there is a link to a template for this in the article. Worth doing!

Make sure you keep Wednesday 4th December free so that you can join us for our Christmas celebrations with our skit followed by lunch. It is always an enjoyable occasion and well attended.

<b>Art</b> Every Thursday from 10.00am at Penboyr Village Hall	<b>Amanda</b> 01559 372273 amanda.treesong@gmail.com
<b>Astronomy</b> 3rd Wednesday from 2.00pm at Coracle Hall, Llechryd. Joint with Cardigan u3a.	<b>Malcolm</b> 01239 711787
<b>Badminton/Pickleball</b> 2nd Wednesday from 12.15pm at Llandysul Leisure Centre	<b>Nigel</b> 07447 440841 camb5@sky.com
<b>Book Club</b> 4th Tuesday from 10.30am at venue to be advised (currently Zoom meetings).	<b>Vicky</b> 01559 372278 vkthomas2008@gmail.com
<b>Bowls</b> 3rd Monday from 2.00pm at NCE Bowl Club	<b>Julia</b> julia.pearson2013@icloud.com
<b>Crafty Crafters</b> 2nd Wednesday from 10.30am at Penboyr Village Hall.	<b>Ruth</b> 01239 711787
<b>Creative Writing</b> 2nd Thursday from 11.00am at Ali's - venue varies.	<b>Ali</b> 07716 826362, 01239 682965 alisonkate606@gmail.com
<b>Croquet</b> Fridays 2.30 om at Sue's garden Penrhiwllan	<b>Sue</b> 01559 370684
<b>Digital Photography</b> Last Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A.	<b>Colin 07866502400</b> <a href="mailto:colinluker@yahoo.co.uk">colinluker@yahoo.co.uk</a>
<b>Don't get me started</b> 2nd Monday from 2.00pm at Susan's in Pontgarreg	<b>Sue</b> 07969 590878 susanedmunds@hotmail.com
<b>Family History</b> 4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn.	<b>Margaret</b> 07866 420122 jtandmargaret@gmail.com
<b>French</b> 4th Tuesday - at 11.00am at Sue's in Penrhiwllan	<b>Ali</b> 07716 826362, 01239 682965 alisonkate606@gmail.com
<b>Games</b> 3rd Tuesday from 10.30am at Penboyr Village Hall.	<b>Paul</b> steam24x7@btinternet.com <b>Linda</b> lindakenworthy66@gmail.com
<b>Garden</b> 2nd Thursday at 2pm venue varies	<b>Tony</b> 01239 712931 <a href="mailto:pooletony@hotmail.com">pooletony@hotmail.com</a> <b>Mike</b> 07949 032308
<b>ICT Support Sessions</b> as required	<b>Hazel</b> 01559 371842
<b>Kayak Paddlers</b> Various dates and venues	<b>Nigel</b> camb5@sky.com

<b>Lunch</b> Last Wednesday - venue varies.	<b>Tracy</b> <a href="mailto:tracyU3Alunch@gmail.com">tracyU3Alunch@gmail.com</a>
<b>Patchwork and Quilting</b> 2nd Friday from 11.00am at Penboyr Village Hall.	<b>Ruth</b> 01239 711787
<b>Petanque</b> 2nd Monday 2pm + 3rd Tuesday 10-00am King V playing field Newcastle Emlyn	<b>Trevor</b> 01559 370395 <a href="mailto:trevorkgunn@aol.com">trevorkgunn@aol.com</a>
<b>Philosophy</b> 3rd Thursday from 11.00am at Penrhiwllan Village Hall.	<b>Ali</b> 07716 826362, 01239 682965 <a href="mailto:alisonkate606@gmail.com">alisonkate606@gmail.com</a>
<b>Science and Technology</b> 4th Monday from 2-00pm at Ffat Forks, Cearnth Falls Resort	<b>Colin</b> 07866 502400
<b>Singing</b> 2nd and 4th Tuesday from 2 - 4pm at Catholic Church Hall, Newcastle Emlyn	<b>Gareth</b> 01239 682635 <a href="mailto:g.furley277@btinternet.com">g.furley277@btinternet.com</a>
<b>Sketchers</b> 2nd Tuesday from 10-30am at National Wool Museum	<b>Millie</b> <a href="mailto:milliethomas946@gmail.com">milliethomas946@gmail.com</a>
<b>Snooker</b> 3rd Tuesday from 1pm at Beulah Snooker Hall	<b>Mike</b> 07858 168874 <a href="mailto:mikesmithies862@btinternet.com">mikesmithies862@btinternet.com</a>
<b>Strictly Basic Ballroom</b> 2nd Wednesday from 10.30am to 12.00noon.	<b>Julia</b> <a href="mailto:julia.pearson2013@icloud.com">julia.pearson2013@icloud.com</a>
<b>Strollers</b> Last Friday of the month from 10.30am, venues vary	<b>Pam</b> <a href="mailto:pamjwalks@aol.com">pamjwalks@aol.com</a>
<b>Table Tennis</b> 2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewisl Village Hall.	<b>Margaret</b> 07866 420122 <a href="mailto:jtandmargaret@gmail.com">jtandmargaret@gmail.com</a>
<b>Theology</b> 1st Monday from 2pm at Ffostrasol Village Hall	<b>Carol</b> <a href="mailto:carolwardman@outlook.com">carolwardman@outlook.com</a>
<b>Walkers</b> 2nd Monday from 10.30am, venues vary	<b>Nigel</b> 07447 440841 <a href="mailto:camb5@sky.com">camb5@sky.com</a>
<b>Welsh</b> 1st Tuesday from 10.30am at Capel Iwan Village Hall	<b>Vicky</b> 01559 372278
<b>Wine Appreciation</b> 3rd Thursday from 7.00pm - venue varies	<b>Hazel</b> 01559 371842 group.
<b>Write Now</b> 2 <sup>nd</sup> Monday from 11 – 1.00pm Church of Latter day Saints, Newcastle Emlyn	<b>Carol</b> <a href="mailto:caroleswift806@gmail.com">caroleswift806@gmail.com</a>

## ASTRONOMY

The group has had two monthly meetings since the last newsletter - on the usual 3rd Wed afternoons in August and September. As usual, we reviewed what was easy to see in the sky at the moment – but, as for all of our Spring and Summer, few bright planets and stars have been easily seen. Bright orange Arcturus has dominated the western sky for a few hours after sunset, with white Vega high up in the south. Saturn is visible all night, but Jupiter and Mars don't appear in the SE until after midnight, where they are sitting in the middle of the Winter Hexagon stars and above Orion – but all of these are becoming visible earlier as we move into Autumn (and also it is getting dark earlier).

The August meeting was a bit special as we had a celebration. We realised we had somehow missed the 10th anniversary of the Astronomy Group. It was actually 11 years and a month since we had first got together - so we celebrated 10 years in the Coracle Hall since the all-important Broadband was installed in Aug 2014. Adrian collected a bit of information about the four 2013 meetings and presented it - including the names of the 8 original members - 3 of whom were present at this August meeting. One of the others is deceased and two have moved away, so we invited the other two but they were unable to attend. However, two nearly-original ex-members from early 2014 were able to come and help us dispatch some prosecco, strawberries and cake.

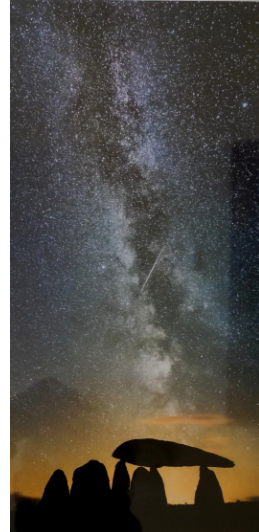
Jon also was not able to be present at this gathering, but he sent us his slides for what to look for with binoculars or small telescopes. For the Moon he picked the Mare Crisum, a 3.85 billion-year-old lava sea that is about 370 miles in diameter and easy to spot. Allegedly, it was the subject of a paper submitted by Patrick Moore to the British Astronomical Association when he was just 13 years old.



For his Constellation choice he chose Pegasus, The Winged Horse, whose "Great Square" is easy to find in the southern sky and which leads one to locate the Andromeda Galaxy, M31, and other interesting objects to its left.

For the September meeting, Ken had come across a depiction of our own galaxy, The Milky Way, and this became the main subject of our meeting.

As we are informed that the Earth and the Sun sit in a spiral arm about a half-way out from the centre of this basically flat galaxy, we wondered how the scientists have been able to draw such a detailed map of the Milky Way. It looks so different from here (as in Pentre Ifan pic taken from a Kersten Howard original) - where we are looking end-on, and at 90 degrees.



Telescopes in space, like Hubble, James Webb and Gaia, plus others operating in the far Infra-red or X-ray parts of the spectrum, have amassed enormous quantities of data on location, distance, mass and velocity of millions of objects. These include more diffuse areas like dust and hydrogen clouds – and taken spectra of the radiation emitted or absorbed by many of these items. So we presume that the Milky Way structure is the result of picking those that are not so far away that they are in different galaxies, and doing a painstaking 3D-jigsaw with those millions of nearer ones – and probably making a few guesses too.

It was thought that the Milky Way and the other stars what we could see were pretty much the complete Universe - until in the 1920s, Edwin Hubble showed that the Andromeda and Triangulum Nebulae were much further away than almost anything else that was then visible. Therefore they must be galaxies in their own right - and thus were so renamed.

Technology and research has moved us on a lot since. Those two galaxies and the Milky Way are now judged to have nearly a trillion stars within them (the Milky Way has 200-400 billion) and together with about 50 dwarf satellite galaxies like the Magellenic Clouds they comprise the Local Group of galaxies, 3-4 million light-years across.

But this is a drop in the ocean. The Local Group is part of the Local Sheet of galaxies – Milky Way, Andromeda and 12 other large galaxies (plus numerous smaller ones) spreading over 50 million light-years. And the Local Sheet is part of the Local Volume of more than 500 large galaxies, which is part of the Virgo Supercluster of another 100 groups of galaxies, etc, etc.

Our Local Supercluster has at least 100,000 nearby galaxies - and our Milky Way, with its 400 billion stars, is just one. Cosmologists believe there are around 10 million Galaxy Superclusters like this one in the currently observable Universe.

So we have gone from one galaxy pre-Edwin Hubble 100 years ago to over a billion galaxies now - and something like a billion trillion stars! Is that mind-boggling – or just simply incomprehensible?

Our next meeting will be on Wed, 16 October at 2pm in Llechryd's Coracle Hall. Please come and join us if you are interested, or ring 0777-167 4578 if you want more information.

- Galileo

## BADMINTON/PICKLEBALL

The experiment of splitting the two activities was a partial success however having the Pickleball on the same day as the Lunch club was not ideal and I will need to look at this again; looking at the calendar the 4th Monday looks an option.

Those interested in giving Pickleball a go let me know if this would be a good day. (camb5@sky.com 07447440841)

*Nigel*

## BOOK CLUB

Emylia Hall is the author of a number of novels including the Shell House Detectives series set in Cornwall. She has also written short stories and magazine articles. She is the Founder of Mothership Writers, an organisation running workshops to encourage mothers to write. She lives in Bristol with her husband and son, writing in a hut in the garden.

The action of The Shell House Detectives takes place in the remote village of Porthpella on the Cornish coast, where the unlikely duo of a retired and recently widowed Ally and a young ex policeman Jayden set about solving the mystery of a missing person. Their discovery leads on to unraveling a murder plot, with plenty of twists and turns in the narrative. This is the first in a series of five books about the duo, based in Cornwall

Our next meeting will be on Tuesday July 22nd October, on zoom, and we will be discussing The Trouble with Goats and Sheep by Joanna Cannon.



*Vicky*

## CRAFTY CRAFTERS

Pam showed us how to do teabag folding at Septembers Crafty Crafters meeting. She had kindly printed off some instructions for us and started the session by talking us through the basic folds. We then all started the first pattern with Pam demonstrating first so that we could follow. By the end of the meeting we had completed 2 of the patterns and Pam quickly demonstrated the third on her instruction sheet before we had to finish.



When we started, Holly explained that when teabags were first used for tea, they didn't come ready made up as little sealed packages but as little thin paper bags which had to be filled.

We also had a new member to the group who wanted to learn how to cross stitch so she could make a birth sampler for a grandchild. All are welcome, even if you don't want to do/make what the majority of group is doing.

Our next meeting will be 9th October. Please bring along your own project to work on.

*Ruth*

## DIGITAL PHOTOGRAPHY



This month the Group spent time making the final selection for the 2025 Calendar. This will be available to buy at the November monthly meetings at £5. It has always proved popular in previous years so if you would like to reserve a copy then email Colin at [colinlucker@yahoo.co.uk](mailto:colinlucker@yahoo.co.uk)

Next meeting is on the 23rd of October at 2.30pm at Coracle Hall. Homework for month is photographs of the Moon assuming we have some nights with clear skies.

*Colin*

## FAMILY HISTORY

This month was a change from our normal format. We had a very informative talk on DNA in Family History research from Vince Jones (a prominent member of the Church of Latter Day Saints in Newcastle Emlyn).

Next month we shall start a series of meetings looking in more depth at how we use the various Genealogy websites, starting with the General Record Office. It's free to search for birth and death registrations. Birth records give the mother's maiden name and death records give the age at death. This vital information is often missing from the subscription sites. This is also where you go to order certificates, now often available, inexpensively and without waiting, digitally.

If you would be interested in joining the Group please contact me - you will be most welcome, whatever your level of experience in the subject.

*Margaret*

## FRENCH

We met at Ali's for our latest French session. We had lots of fun translating our Horoscopes! And also reading out our diaries.

Next meeting is Tuesday October 1st.

*Ali*

## GAMES

We split into 3 tables this time, with games of Rummikub, Skip-Bo and a new one for the group Canasta with 4 players. It's the sort of thing people played with great-aunts 5 or 6 decades ago and proved a bit of a challenge, though could be really good with persistence. That's the thing with the games group, there are new things to try in a safe environment rather than the same old same old. Next time that table will probably do something with words - something a bit more familiar!

*Paul and Linda*

## GARDEN

For our September visit we went to the Cilbronnau Mansion in Llangoedmor recently acquired by the owners Lynne and Roger Bushall. For a change the weather was kind to us, in fact it was very warm and sunny and it didn't rain once!

We were welcomed into the mansion's drawing room and enjoyed an introductory chat from the owners to set the scene.

Roger concentrated on the estate's very checkered history from grand elegance in the 18th century to dereliction and partial demolition in the early 20th century. Then to division of the building into apartments and holiday lets more recently. He also talked about the various owners the estate has had over the years.

Then Lynne told us about the grounds and the multitude of problems they have had to overcome in their attempt to restore the garden to its former glory. They have worked diligently and with great enthusiasm and their success was evidenced by the annual calenders they have produced featuring some of the plants and flowers they have grown.

We then split into two groups and were given a guided tour of the 2 1/2 acre garden and woodland by the owners. Judging by all the questions that were asked by our members (who were restricted to 12 in number) there was much interest in the planting and features on view. In fact the owners are hoping to join the NGS sceme next year.

The visit was completed by refreshments and home made cake back in the drawing room. I think the visit was very successful and everyone enjoyed it.

Unfortunately there will be no group visit in October due to holiday commitments.

*Mike*

### **PATCHWORK AND QUILTING**

Just four of us got together in September and I had to leave half way through which left only three. Jess is making good progress with her bag. Pam discovered she has an attachment for her machine that makes keeping straight lines of stitching equidistant apart and Hazel showed us the finished quilt she has made to celebrate her son's wedding.



Our next meeting will be 11th October.

*Ruth*

## SCIENCE AND TECHNOLOGY

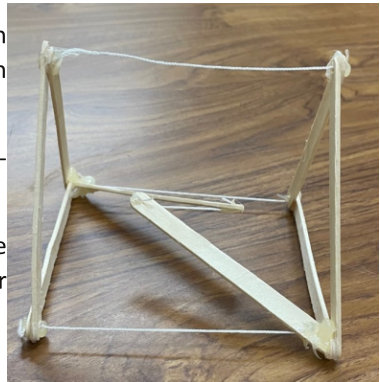
Discussion this month was on 'Summer Weather & Global Warming'

- Terrible winter? Blame it on the jet stream.
- Great summer? Praise be to the jet stream for being in the right place
- The Met Office predicts that by 2070, winters in the UK will be up to 30% wetter than they were in 1990, and that rainfall will be up to 25% more intense.

This month our thanks to Martyn for an excellent demonstration of Tensegrity & an explanation of Buckyballs and Fullerene.

For more info have a look at Wikipedia - Tensegrity - Wikipedia

Basically, your brain says the structure should collapse but it does not – magic or science?



NOTE: as from next month the Group will be meeting at Phat Forks, Cenarth Falls Resort - 2pm - Monday 28th October.

*Colin*

## SINGING

Hello everyone, I am afraid I am going to have to talk about Christmas already.

We have started our preparation for Christmas by learning several carols and Christmas songs. It is great fun singing to favourite tunes and even more so to Christmas Carols, so, if you want to be part of the fun, now is the time to come and join us. All are welcome.

If you would like to know more get in touch through [g.furley277@btinternet.com](mailto:g.furley277@btinternet.com) it would be good to hear from you.

*Gareth*

## SKETCHERS

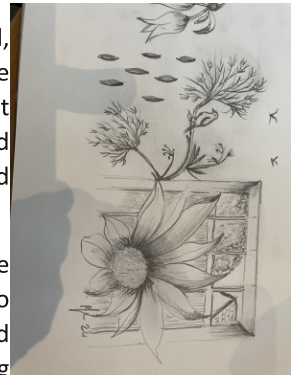
We met at the Woollen Mill this morning where we enjoyed coffee before dispersing to sketch. Some went into the grounds, some into the village and some remained inside.



It does us so much good, especially as we go into the colder darker months, to get together for a catch up and discussion about sketching and other stuff.

We will be meeting at the Mill for the next few months so if you're around, pop in and see us, or better still bring

paper and pencil and join us.



*Millie*

## SNOOKER

Looking for more members to give snooker a try we meet on the third Tuesday of each month at 1pm Beulah Snooker Hall SA38 9QB. If you would like to play on another day of the week please get in touch with me I'm more than happy to play most days of the week.

*Mike*

## TABLE TENNIS

Why not come and join us at Rhydlewis Village Hall twice a month. It's a lot of fun plus much needed exercise.

*Margaret*

## WALKING

There was no walk in September but next month on 14 October I would like to go to the Hafod estate to take in the autumn colours that very much remind me of the fall colours in New England where my daughter lives. There are a number of walks in the estate some more challenging than others. If you would like to join me please get in touch as it's a bit of a drive, it would make sense to car share (cambs5@sky.com 07447440841)

The walk like all walks will be weather dependant; there's no fun in doing a walk in the pouring rain but we can look at that a bit nearer the time.

*Nigel*

## WELSH GROUP

Our topic for September was the countryside, with emphasis on farms, farming and animals. This introduced a lot of new vocabulary with the many Welsh words for field and boundary and so on. Then we practised talking about domesticated animals like cattle, sheep and horses plus wild animals like foxes, squirrels and rabbits. There's plenty more to explore and we will continue on this theme at our session in October.

Our next meeting will be at Capel Iwan village hall on Tuesday 1st October, starting at 10.30.

*Vicky*

## WINE APPRECIATION

For our September meeting we started tasting Portuguese wine. Although Portugal is the 5th greatest exporter of wine by volume and 7th greatest by value, it proved not to be easy to find in the shops. We started with the Northern Regions and had 1 wine from Vinho Verde, 3 from Douro and 1 from Lisboa.

The white wine from Vinho Verde came out as our favorite wine (it was also the cheapest!) and unusually for our group it was enjoyed by everyone. The other wines were all red and all scored well and finished up in order of price paid with the most expensive being top of the tasting. Are we as a group beginning to develop a palate for good wine?

Next month we will be looking at Southern Portuguese wines which should prove easier to find.

*Tony Poole*

## WRITE NOW

At our September meeting, the group were guided through the writing of a poem entitled 'The Sea'. The five senses were used to describe the sea, and these lines were followed by a simile and a metaphor. The process produced some groans, but poems emerged that were interestingly varied in style and tone.

Homework this month is to write a 500 word memoir of a visit to the sea.

Our next meeting is on Monday, 14th of October at the Church of the Latter-Day Saints, Newcastle, Emlyn at 11 am to 1 pm.

*Julie*

Day	Date	Venue	Time
Tuesday	1	French – at Ali's	10-30
Tuesday	1	Welsh- Capel Iwan Village Hall	10-30
Wednesday	2	Main Meeting NCE Rugby Club	10-30
Thursday	3	Art - Penboyr Village Hall	10-00
Friday	4	Croquet - Sue's garden Penrhiwllan	14-30
Monday	7	Theology - Llechryd Village Hall	14-00
Monday	7	Petanque - King George V playing field Newcastle Emlyn	14-00
Tuesday	8	Sketchers - National Wool Museum Drefach Velindre	10-00
Tuesday	8	Table Tennis – Rhydlewis Village Hall	14-00
Tuesday	8	Singing - Our Lady of the Taper, NCE	14-00
Wednesday	9	Crafty Crafters – Penboyr Village Hall	10-30
Wednesday	9	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	11-00
Wednesday	9	Badminton - Llandysul Leisure Centre	12-15
Thursday	10	Creative Writing - at Rhydlewis Village Hall	11-00
Thursday	10	Art - Penboyr Village Hall	10-00
Friday	11	Croquet - Sue's garden Penrhiwllan	14-30
Friday	11	Patchwork and Quilting - Penboyr Village Hall	11-00
Monday	14	Walkers - Hafod Estate	10-30
Monday	14	Write now - Church of the Latter Day Saints NCE	11-00
Monday	14	Don't get me started - at Sue's In Pontgarreg	14-00
Tuesday	15	Petanque - King George V playing field Newcastle Emlyn	10-00
Tuesday	15	Games – Penboyr Village Hall	10-30
Tuesday	15	Snooker - Beulah Snooker Hall	13-00
Wednesday	16	Astronomy – Coracle Hall Llechryd	14-00
Thursday	17	Philosophy – Penrhiwllan Village Hall	11-00
Thursday	17	Wine Appreciation - Brian + Vicky's Capel Iwan	19-00
Thursday	17	Art - Penboyr Village Hall	10-00
Friday	18	Croquet - Sue's garden Penrhiwllan	14-30
Monday	21	Pickleball - Llandysul Leisure Centre	Dec-15
Tuesday	22	Singing - Our Lady of the Taper, NCE	14-00
Tuesday	22	Book Club – Zoom meeting	10-30
Tuesday	22	French – at Sue's in Penrhiwllan	11-00
Tuesday	22	Family History – Church of Latter Day Saints NCE	14-30
Thursday	24	Table Tennis – Rhydlewis Village Hall	10-30
Thursday	24	Art - Penboyr Village Hall	10-00
Friday	25	Strollers - TBA	10-30
Friday	25	Croquet - Sue's garden Penrhiwllan	14-30
Monday	28	Science and Technology - Ffat Forks, Cenarth Falls Resort	14-00
Wednesday	30	Lunch Club - Various venues	12-00
Wednesday	30	Digital Photography - Coracle Hall Llechryd	14-30
Thursday	31	Art - Penboyr Village Hall	10-00

To add events to this monthly calendar please contact Nigel neu3anewsletter@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.