



Chairs Ramble

Wasn't Pam interesting, in November, about all the myths and lore around the plants we associate with Christmas. I certainly learned something new. Thank you, Pam, for your talk and we look forward to another one next year!

The December meeting is on Wednesday 4th December and will be slightly different from our usual meetings. We will start at 10.30 (please don't arrive earlier as the doors will be closed until 10.30 to allow the committee chance to get set up). There will be the usual coffee and chat and then we will start our Christmas Shenanigans. This will be followed by the Christmas dinner for those that have booked.

Please wear festive jumpers, hats, tinsel etc

Our January 2025 meeting will be on the second Wednesday of the month, the 8th, as the first Wednesday is New Year's Day! Please note the change of date. The speaker will be Paul Edwards, one of our new committee members.

Thank you to everyone who has contributed to the raffle hampers for our Christmas meeting.

There will not be a full newsletter for January to give Nigel a month off! It would have to be done between Christmas and New Year and doesn't seem fair! But we will do a January calendar and email it out to everyone. If you know someone who isn't on email, please can you let them know any changes of date due to New year etc.

Finally, may I take this opportunity to wish all our members a Very Happy Christmas, and a Peaceful and Healthy 2025.





<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 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 vkthomas2008@gmail.com</p>
<p>Bowls 3rd Monday from 2.00pm at NCE Bowl Club</p>	<p>Julia julia.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 alisonkate606@gmail.com</p>
<p>Croquet Fridays 2.30 om at Sue's garden Penrhiwllan</p>	<p>Sue 01559 370684</p>
<p>Digital Photography Fourth Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A.</p>	<p>Colin 07866502400 colinluker@yahoo.co.uk</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@ 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 1st Monday 2pm + 3rd Tuesday 10-15am King V playing field Newcastle Emlyn	Trevor 01559 370395 trevorkunn@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 Ffat Forks, Cenarth Falls Resort	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 2nd Tuesday from 10-30am at National Wool Museum	Millie milliethomas946@gmail.com
Snooker 3rd Tuesday from 1pm at Beulah Snooker Hall	Mike 07858 168874 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 pamjwalks@aol.com
Table Tennis 2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewis 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	Hazel 01559 371842 group.
Write Now 2 nd Monday from 11 – 1.00pm Church of Latter day Saints, Newcastle Emlyn	Carol caroleswift806@gmail.com



BADMINTON

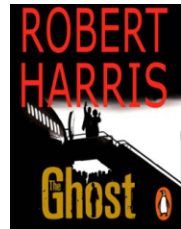
Pleased to report that this months badminton group was well attended with some really taxing rallies resulting in players having to cover a fair amount of the court to return the shuttlecock so well done to all those that attended.

Nigel

BOOK CLUB

Our book for November was *The Ghost* by Robert Harris. Harris is best known for his fiction, though he began his career in journalism and non-fiction. He is the author of fifteen novels and his work has been translated into forty languages. Several of his books, including *The Ghost*, have been also been adapted for cinema or television.

The book follows the path of an unnamed ghost writer who had previously written the 'autobiographies' or memoirs of fading rock stars and minor celebrities. He has been enticed by a big payday to finish the memoirs of a former British prime minister, Adam Lang, after the previous ghost writer's body was washed up on a beach in Martha's Vineyard USA, where he, Lang and his entourage, had been established to work on the book.



Just as the ghost writer is getting started, Lang is charged by the World Court with war crimes for a deed he may well have committed on behalf of the Americans. As the writer delves deeper into Lang's past, the less he likes his long involvement with the Americans. When he stumbles on materials collected by his late predecessor, it becomes clear that the dead biographer learned far too much about the politician—information that threatens everybody, including the ghost writer. We all enjoyed reading this book – not something that happens often in the Book Club. There are not too many characters and they are well drawn. We thought it was a good thriller which held our attention and with an unexpected twist at the end.

Our next meeting will be on Tuesday 17th December, on zoom. Please note that this is a week earlier than our usual date. For a change we will not all be reading the same book but will be discussing the work and style of Georgette Heyer with each of us choosing a book from her prodigious output.



Vicky



CREATIVE WRITING

The November meeting was led by Gwyn Wardman, who gave us an exercise to write two sentences which, had to include the topic of the weather.

We then read out our 500 word story which had to include a diary, a handkerchief and a watch. The stories were varied and all had successfully incorporated the three items in a creative way.

The 500 word homework, is inspired by a short story by H G Wells; the topic is miracles

Angela

CRAFTY CRAFTERS

We had a good meeting in November with Pam again leading us in teabag folding, this time creating Christmas trees mounted on cards. Lots of laughter and chatting along with concentration. Pam gave us detailed instructions and demonstrated as we went along. Everyone achieved one card, some members managed two.



Our next meeting will be 11th December when I hope we will be making Christmas decorations.

Ruth



DIGITAL PHOTOGRAPHY

Our subject for the month was 'Autumn' and an amazing number of colourful photos were produced. However, a few examples are below:

There are still some 2025 Calendars available at only £5 each - they will be available at the monthly meeting on 4th December or email Colin at colinlucker@yahoo.co.uk

The Group has its Christmas lunch on the 11th and the next meeting will be on the 29th January.





FAMILY HISTORY

This month we were discussing the strengths and differences of the two main subscription genealogy websites – FindMyPast and Ancestry. Ancestry seems to be the most popular but they each have their merits, especially when it comes to records from different geographical areas. The main advantages of FindMyPast is that it is the only website to have the England and Wales 1921 census, and it also includes the British Newspaper Archives, plus you can search the censuses by address as well as by name. Ancestry is by far the leader though on genealogical DNA testing. It was agreed that you have to use slightly different search methods for each website and that gets easier with experience.

We will not have a proper meeting in December, but we may well have an informal session in the Church during the Christmas week as we have done in previous years. More details will be sent out to Group members nearer the time.

Our January meeting will be on the use of the free website FamilySearch.org.

May I take this opportunity to wish you all a very Happy Christmas. If you are interested in joining the Group, please contact me.

Margaret

FRENCH

We had another enjoyable meeting of our French group on Tuesday. We had some interesting diaries and our story was on the masculine and feminine.

We then read and translated our Horoscopes, which gives us a lot of laughs. We won't be having a December meeting so, **Joyeux Noël et bonne année!**

Ali

PATCHWORK AND QUILTING

Another good meeting with members continuing with their own projects – playmats, bags small and large quilts. At December's meeting we usually have a shared social lunch which we shall endeavour to do again.

Our next meeting will be 13th December.

Ruth



PHILOSOPHY

Due to the inclement weather the group gathering was cancelled

Gwyn

PICKLEBALL

Rather than disbanding the group due to lack of attendees in an effort to increase the number of players this months session was opened up to residents of Llandysul and surrounding environs.

It turned out to be more succesful than anticipated with over 12 attendees (including 5 u3a members) who all enjoyed the session so much so that it has been decided to hold weekly session at the leisure centre on each wednesday between 12-15 and 2 to which all U3A members are invited. The leisure centre is keen to promote the game and have brought some equipment to use if you don't have your own, I also have equipment purchased by Newcastle Emlyn u3a available.

I personally am now involved with the game at 4 locations including Llandysul around the county; if anybody would like more details on locations and timings then please get in touch, you would be more than welcome.

Nigel



SINGING

We find ourselves moving steadily towards the end of our first year as a group within the u3a and it has been quite a remarkable year. We have moved from a situation where we were a group of eager people, but could not, despite our eagerness, perform simple music without extensive preparation; now the same group eagerly eats up everything put before them. We are building up a repertoire of popular music and are currently working on several songs for Christmas. Accordingly we are now preparing for our first 'sing out', we have been invited to sing as a group at a Carehome on Dec 22nd and are busily preparing a programme of choral works, carols a duet and a solo.

We are currently attracting new members and remain open to all who have a desire for simple singing in a great atmosphere with a great group of people. It is still not too late to join us whether you are a singer or simply someone who would like to sing you will be very welcome. If you would like to join us please contact me direct at g.furley277@btinternet.com

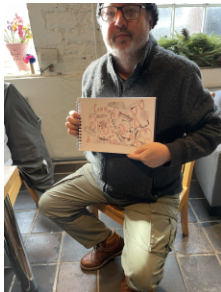
As always

Gareth

SKETCHERS

The sketch group met on the second Tuesday of November at the National Woollen Mill. Objects had been brought to compose still life which we sketched

One member deconstructed the composition to produce an interesting abstract sketch while another produced a very beautiful feather drawing



Millie

STROLLERS

Our November Walk was from Cenarth back to Newcastle Emlyn. Twelve of us, including a visitor, soon to be a member, and his four-legged companion Rosie, met at the bus stop in Newcastle Emlyn to catch the bus to Cenarth.



On arriving at Cenarth, Melvin and Richard were leading this walk, thank you both, so we all set off crossed over the bridge and walked along the boardwalk to the side of the river and falls. The river has gone down now, but the sights



of the water rushing over the falls were lovely. We continued up a woodland path and then along the bottom of a field, and more paths, making our way back to NCE. We eventually reached the road at Cwm-



Cou and after a short walk along the road, we turned right and followed the road to Adpar hill and back down to Newcastle Emlyn. There were various views along the way including the river and a waterfall also of NCE from up high. The weather was dry, but windy in places and the terrain was good with a few hills up and down.

The walk was approx. four- and three-quarter miles. Eight of us then went to the Bunch of Grapes for lunch, where we enjoyed a chat and a nice meal.

This was our last walk for 2024, our next walk will be on Friday the 31st of January 2025, details to be confirmed. Anyone interested in joining the Strollers please contact me on pamjwalks@aol.com. A very warm welcome awaits.

Pam

TABLE TENNIS

We welcome new members to our friendly group, however fit or active you are. We play twice a month in Rhydlewys Village Hall, and everything including tea or coffee is provided, though you are welcome to bring your own bat if you have one. There is a small charge of £2 or £2.50 per session.

Margaret

THEOLOGY

DISCUSSION SESSION

In a change of format, our November meeting took the form of an open discussion, in which our by-now experienced Theological Hitch-hikers (and a couple of new ones) tackled some deliberately controversial statements.



At the same time, the suggestion that 'Religion is a private matter and people in public life should keep quiet about their faith' was met with a resounding NO. If faith is our motivation, we should be absolutely open about it; although there's a difference between confessing one's faith and demanding that everyone else converts to your way of thinking. (This proved so interesting that we'll discuss 'Evangelism' itself in January.)

There are no atheists in foxholes. Is religion a straw to clutch at when all else fails, or is it 'the opium of the people?' unexpectedly led us into wondering how certain statements become common currency, as well as reflecting on the tendency to insert God into the gaps science can't explain. And no theological discussion could be complete without consideration of Voltaire's famous assertion that 'If God didn't exist, we would have to invent him' – although veterans of our discussion on the gender of God might disagree with Voltaire's pronoun!

Along the way, we found ourselves discussing various themes in science fiction, and what might happen if we had not just a heart transplant but a completely new body, or no body at all – would we be the same person? (Like all the best questions, it remained unresolved.) But we did agree that, in the face of the complexities of the world around us, 'The only thing necessary for evil to flourish is for good people to do nothing.'

The daring format proved hugely enjoyable – especially when enhanced by a new and improved selection of biscuits. Next time: Natural Theology* led by Colin. (*what's that? Come along and find out.)

Next meetings, at 2pm in Ffostrasol Village Hall:

December 2: Natural Theology and Mince Pies

January 6: "Go into all the world and make disciples..." What is Evangelism? (discussion session)



WELSH GROUP

As we are all gearing up for the festive season we decided that in November we would concentrate on celebrations, parties, eating out and visiting friends. This involved us discussing some local hostelrys, when and where we might be seeing our family, and thanking others for their hospitality.

In December we will be expanding this theme to focus more specifically on Christmas celebrations. So, as well as parties and visitors, we'll be talking about Christmas turkey, pudding and cake. And we'll be describing our plans for Christmas and our Christmas decorations and trees.

Our next meeting will be at Capel Iwan village hall on Tuesday 3rd December starting at 10.30.

Vicky

WINE APPRECIATION

Having cancelled our October meeting due to lack of available members our November meeting was well attended in Capel Iwan where we were welcomed with a log fire!

We were tasting wines from Southern Portugal. We managed to find wines from 3 of the regions. These were Lisboa, Setúbal and Alentejo.

Portugal has a great tradition of winemaking with a wealth of indigenous grape varieties. It has been undergoing something of a quiet revolution over the last 20 years. Its reluctance to follow trends and plant international grape varieties is now paying dividends. Its new breed of full bodied, fruit filled wines are more than able to compete on the world stage. Our tasters agreed with this and found the wines we tasted quite palatable. We tasted 2 whites and 4 reds. The favourite white was from the region of Setúbal and was called Casa Ermelinda Freitas. It was from The Wine Society but only cost £7.25! A bargain.

The favourite red was also from Setúbal, a region on the Atlantic coast south of Lisbon. It was called Rocksand and came from Laithwaites at a slightly higher price of £13. We found that the local supermarkets did not have a great choice of Portuguese wines.

The December meeting will be on Thursday 19th starting at the earlier time of 12.30 as we will be having a Christmas buffet lunch in Capel Iwan at Trevor and Angela's.

Hazel



WRITE NOW

At our November meeting we shared the results of our homework task which was to write a dialogue between two people.

The work produced was varied and intriguing. Julia's 'A Solitary Nightmare' had a twist when the terrifying scenario was revealed as taking place on a film set. June established a conversation between a headmistress and an excluded teenager's mother.

Carol wrote an amusing conversation in South Wales dialect between two ladies at a funeral and Julie's work also involved a funeral backdrop. Gwyn's schizophrenic voices were disturbingly, well executed.

David's dialogue between an elephant and a child revealed how these animal's large ears were created – a story his grandchildren have enjoyed. Jacqui and David were unable to attend but had forwarded a moving scene from the war in Ukraine, which contained description as well as dialogue. The tragic ending was horribly apt for 11th of November.

The group also did a 10 minute writing task describing the essence of a relative in a single (long!) sentence.

Our poem of the month was a reading of 'Mametz Wood' by Owen Sheers.

Homework is to write a 'found' poem. Good luck....!

Our next meeting will take place on Monday, 9th December. Bring a few Christmas nibbles to share if you wish.

Julie

Day	Date	Venue	Time
Monday	2	Theology - Ffostrasol Village Hall	14-00
Monday	2	Petanque - King George V playing field Newcastle Emlyn	14-00
Tuesday	3	Welsh- Capel Iwan Village Hall	10-30
Wednesday	4	Main Meeting NCE Rugby Club	10-30
Wednesday	4	Pickelball - Llandysul Leisure Centre	12-15
Thursday	5	Art - Penboyr Village Hall	10-00
Monday	9	Write now - Church of the Latter Day Saints NCE	11-00
Tuesday	10	Sketchers - National Wool Museum Drefach Velindre	10-00
Tuesday	10	Table Tennis – Rhydlewis Village Hall	14-00
Tuesday	10	Singing - Our Lady of the Taper, NCE	14-00
Wednesday	11	Crafty Crafters – Penboyr Village Hall	10-30
Wednesday	11	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	11-00
Wednesday	11	Badminton - Llandysul Leisure Centre	12-15
Wednesday	11	Pickelball - Llandysul Leisure Centre	12-15
Wednesday	11	Digital Photography - Xmas Dinner	
Thursday	12	Art - Penboyr Village Hall	10-00
Thursday	12	Creative Writing - at Rhydlewis Village Hall	11-00
Friday	13	Patchwork and Quilting - Penboyr Village Hall	11-00
Tuesday	17	Petanque - King George V playing field Newcastle Emlyn	10-00
Tuesday	17	Games – Penboyr Village Hall	10-30
Tuesday	17	Book Club – Zoom meeting	10-30
Tuesday	17	Snooker - Beulah Snooker Hall	13-00
Wednesday	18	Pickelball - Llandysul Leisure Centre	12-15
Wednesday	18	Astronomy – Coracle Hall Lechryd	14-00
Thursday	19	Wine Appreciation - Angela + Trevor Capel Iwan	12-30
Thursday	19	Art - Penboyr Village Hall	10-00
Thursday	19	Philosophy – Penrhiwlan Village Hall	11-00
Tuesday	22	Singing - Carehome concert	14-00
Monday	23	Science and Technology - Ffat Forks, Cenarth Falls Resort	14-00
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.