



## Chairs Ramble

Spring has sprung! Plus, by the time you read this the clocks will have gone forward and we have the lighter nights to look forward to and hopefully a good summer! I would like to thank Olga for standing in as newsletter editor again this month as Nigel is away diving in the Maldives!

I understand that Manny's talk in March was interesting, thought provoking and enjoyable. I was sorry to miss it.



At this month's main meeting on Wednesday 2nd April we will be indulging in a bit of local history. The speaker will be Gerwyn Morgan who has written books about the local area. He will be speaking about the Teifside Squires and Their Mansions. The meeting will be at the Rugby Club starting at 10.30am as usual.

As you now know 2025 is Newcastle Emlyn u3as 30th birthday year and we are celebrating this on Wednesday 11th June with a lunchtime meal at the Cliff Hotel. It is not easy these days to find a venue large enough to accommodate us and the subcommittee went to a variety of venues before making a final choice. Menu, access and venue were all considered. Menu choices and payment can be made at any of the next 2 meetings, but we need final choices and money by May 17th. I know this is a 3-course meal, but it is good value for the money at only £28, and you can always ask for a doggy bag if you feel that 3 courses is too much for you at one time! The entertainment will take place throughout the meal! Make sure you book your space soon as we are filling up quite quickly.



Ruth and I represented our u3a at Margery Moulds memorial celebration when a bench was unveiled at The Netpool Park in Cardigan. It is a lovely area with amazing views over the estuary. If you have never been it is well worth a visit and there are car parking spaces close by. Margery was one of our nonagenarian honorary members until she died in late 2024. She was the Scrabble group leader for a while.

To qualify for honorary membership, you have to have turned 90 and been a member for at least 5 years. If you believe this to be you, please let us know so that we can organise it.

<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 and 4th 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> Winter recess	<b>Sue</b> 01559 370684
<b>Digital Photography</b> Last Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A.	<b>Dave</b> davethomas66@gmail.com
<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> lindakenworth66@gmail.com
<b>Garden</b> 2nd Thursday at 2pm venue varies	<b>Tony</b> 01239 712931 poolletony@hotmail.com <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.	<i>Tracy</i> tracyU3Alunch@gmail.com
<b>Patchwork and Quilting</b> 2nd Friday from 11.00am at Penboyr Village Hall.	<i>Ruth</i> 01239 711787
<b>Petanque</b> 2nd Monday 2pm + 3rd Tuesday 10-00am King George V playing field Newcastle Emlyn	<i>Trevor</i> 01559 370395 trevorkgunn@aol.com
<b>Philosophy</b> 3rd Thursday from 11.00am at Penrhiwllan Village Hall.	<i>Ali</i> 07716 826362, 01239 682965 alisonkate606@gmail.com
<b>Science and Technology</b> 4th Monday from 2-00pm at Coracle Hall Llechryd	<i>Colin</i> 07866 502400
<b>Singing</b> 2nd and 4th Tuesday from 2 - 4pm at Catholic Church Hall, Newcastle Emlyn	
<b>Sketchers</b> 1st Tuesday from 10-30am venue to be confirmed	<i>Lee Hicks</i> leehicks@btinternet.com.
<b>Strictly Basic Ballroom</b> 2nd Wednesday from 10.30am to 12.00noon.	<i>Julia</i> julia.pearson2013@icloud.com
<b>Strollers</b> Last Friday of the month from 10.30am, venues vary	<i>Pam</i> pamelajeffrey@aol.com
<b>Table Tennis</b> 2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewis Village Hall.	<i>Margaret</i> 07866 420122 jtandmargaret@gmail.com
<b>Theology</b> 1st Monday from 2pm at Ffostrasol Village Hall	<i>Carol</i> carolwardman@outlook.com
<b>Walkers</b> 2nd Monday from 10.30am, venues vary	<i>Nigel</i> 07447 440841 camb5@sky.com
<b>Welsh</b> 1st Tuesday from 10.30am at Capel Iwan Village Hall	<i>Vicky</i> 01559 372278
<b>Wine Appreciation</b> 3rd Thursday from 7.00pm - venue varies, amongst the	<i>Hazel</i> 01559 371842
<b>Write Now</b> 2nd Monday from 11-13pm at Church of Latter Day Saints, Newcastle Emlyn	<i>Carole</i> caroleswift806@gmail.com



## 30th Anniversary Lunch celebration

Our Newcastle Emlyn u3a 30th Anniversary Lunch celebration has been booked at the **Cliff Hotel, Cardigan on Wednesday 11th June 2025 from 12 o'clock**. We very much hope you will join us to celebrate this milestone. The Menu is below and we will need your choices and payment by: **17th May 2025**.

You can send your choices from the menu to Kari by email **kari.byrne@yahoo.co.uk** or fill in the form which will be provided at the monthly meetings in April and May. Payment by cash, by cheque made out to Newcastle Emlyn u3a or by BACS to Ruth:

### Payment details for bank transfer

Sort code: 30-91-65

Account No: 00828937

Account name: Newcastle Emlyn U3A

Please put your name(s) as the reference.

Ruth will check the account regularly but if you could email Ruth at **neu3atreasurer@outlook.com** she will know to expect it.

We regret no refunds can be given if cancelling after **1st June 2025**.

There will be some entertainment which will take place throughout the event which we hope you will enjoy and/or laugh about!

## Clogwyn / Menu

£28 per person for three courses (two courses are not an option, maybe someone else on your table could eat two of something or possibly takeaway if you can't eat it all!)

### *Starter*

- (V) Leek & Potato Soup with Welsh Rarebit
- Smoked Salmon & Langoustine Pâté with Pickled Cucumber, Beetroot Chutney and Bagel Toast
- Chicken Caesar Croquette, Cacio e Pepe Mayo, Charred Baby Gem, Anchovies

### *Main*

- Braised Beef Brisket, Sautéed Potatoes, Peppercorn Sauce
- Oven-Baked Salmon, Crushed Pesto Potatoes, Ratatouille
- (V) Wild Mushroom, Thyme & Chestnut Strudel with Port Sauce and Chateau Potatoes

### *Dessert*

- Sticky Toffee Pudding with Butterscotch Sauce and Vanilla Ice Cream
- Duo of Chocolate Mousse with Honeycomb
- Coconut & Keylime Pie, Coconut Cream and Blackberry Compôte

Tea, Coffee and Mints



**BOOK CLUB**

In March we read *When Women were Dragons* by Kelly Barnhill, published in 2022. Kelly Barnhill is an American author, mostly of children's fantasy and science fiction. She held a wide variety of jobs before settling to become a writer. She has won numerous scholarships and awards for her writing. She lives in Minneapolis with her husband and three children.

*When Women were Dragons* is Barnhill's first book for adult readers. The book blends fantasy and real-world issues, particularly concerning gender equality and the struggle for women's rights. The young protagonist, Alex, finds herself caught in a historical event where women mysteriously transform into dragons as a means of casting off the restraints of society. Alex's journey is full of challenges as she navigates her personal struggles while witnessing the upheaval in her surroundings and in society. The transformation of women into dragons is a metaphor, representing empowerment and the potential for significant change.



There was a wide spread of opinions about the book with some of us loving it and others not finishing it. It provoked a lively discussion covering society's attitudes to women, especially in the nineteen fifties and sixties when the book is set.

Our next meeting will be on Tuesday 22nd April on zoom and we will be discussing *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. We welcome any new members who would like to join us for a light-hearted discussion about books.

*Vicky*

## BOWLING

Hello everyone. Below are the bowling sessions for 2025.

**Bowling Sessions 2025**  
**NCE Bowling Club 2pm to 4pm**  
**£3.00 per session.**

Month	First Tuesday	Third Monday
April	Introduction session –	21st
May	6th	19th
June	3rd	16th
July	1st	21st
August	5th	18th
September	2nd	15th

If you're not sure whether it's for you - come along to the introductory session on 21st April and have ago. Previous experience is not necessary. It's great fun and good gentle exercise.

All sessions are weather dependent.

See you there!

*Julia*

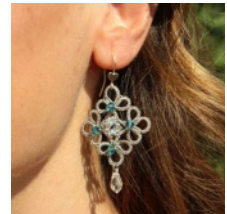


## CRAFTY CRAFTERS

Crafty Crafters in March was a mixed session of bring your own project and tatting for those who wanted to try it. Holly led the tatting doing it on a one to one (or two) basis. It generally uses a fine crochet type thread and isn't easy to demonstrate to a large group. It

uses one basic knot, a lark's head knot, but needs a small flick to place the knot on the right section of thread. Traditionally, it is used to create delicate lace but I have seen pictures where has been used to make jewellery and there is a book which uses tatting to create pictures.

Our next meeting is 9th April when we will be doing iris folding, often used in card making and also pictures.



*Ruth*

## FAMILY HISTORY

At this month's meeting, which was particularly well attended, we were discussing the various websites other than the main genealogy subscription sites that we have found to be particularly useful, and what records we have come across. Most of us have a subscription to either FindMyPast or Ancestry, or both, but there is much to find out from elsewhere on the Web. Sometimes a simple Google Search for a particular parish will put you in touch with a Family History Society for that area

who have put local records on their website. Also, Ken explained how we can now find the 1921 census on the free FamilySearch.org website.



ceredigion Family History Society

Усі Зображення Відео Короткі відео Карти Новини Книги Більше

Ceredigion Family History Society

<https://www.cghfs.org.uk> · Переглянути цю сторінку

Home - Ceredigion Family History Society

The aims of the Society are: - to cater for the needs of those from Wales, the UK, and overseas, researching their Cardiganshire ancestors. - to provide a local ...

At our next meeting we will be talking about errors we have found while researching our ancestors. It is well known that transcriptions can often be wrong but even when you find an original record, there can be inaccuracies.

If you are interested in joining our Group, please contact me and I will let you have more details.

*Margaret*



## GAMES

There IS such a thing as a free lunch, at least in the Games group. Thanks to buoyant numbers and despite keeping to £2 per session including tea/coffee and biscuits and paying for the hall, we had enough in the kitty to treat ourselves to a free month in March. New members always welcome, almost all games are easy to pick up even if you've never played before.

*Paul and Linda*

## PATCHWORK AND QUILTING

I wasn't there for the patchwork and quilting group in March but I am told it was a successful meeting with everybody making good progress with their work. Earlier in the month one of the members sent me a photograph the finished quilt she has been making for some months. Not easily visible in the picture it is made from several hundred 2" squares and triangles. Quite an achievement.



Our next meeting will be 11th April.

*Ruth*

## PETANQUE

Well March turned out good for Petanque, we managed to get decent weather for both sessions this month with a good turnout for each.

I think we managed to get the rustiness out of our systems as we haven't played for a while now. Let's hope for the weather to be fine in April as well.

Our sessions next month are Monday 7th April 14-00pm and Tuesday 15th April 10-15am both at King George V playing fields.



*Trevor*

## PHOTOGRAPHY



Unfortunately I missed this month's meeting as I was at the u3a Board meeting. However, the Group reviewed the homework for the month which was 'Spring'.

Next month's homework is 'Castles'.

*Colin*

## SCIENCE

This month, an extremely interesting and informative presentation was given by one of the Group's members (Julia Pearson) on that rather critical organ in your body, the HEART.

We all came away being much more aware of what it does, what happens when it develops a fault and how the circulatory system works.





We all had a chance to use some very small digital ECG devices, blood pressure equipment and stethoscopes.

*Colin*

### SKETCH

The group met at the Mill to sketch and paint spring flowers brought in by members, so plenty to choose from: snowdrops, hellebores, daffodils, catkins and several others.

Next month the group leader will be Lee Hicks. I wish him every success and a warm welcome from members in his new role.



*Millie*

### STROLLERS



The Strollers walk in March was Parrog to Newport Beach, led by Melvin Jeffery, Thank you. We met at Parrog carpark and ten of us along with Maisie, Silas and Fryn set off along the Parrog and followed the path across the golf course to Newport beach. We then walked up the hill and turned off along the path by the Cat Rock café to rejoin the path along the Parrog and back to the carpark. We met two more



members walking towards the Parrog. The weather was just right for walking and the route was very pleasant, along dirt tracks, grass and tarmac paths, all fairly flat with a few small inclines. There were some lovely views across the Estuary and Cardigan Bay. The walk was approx. 4.6 miles long. Les then joined seven of us for lunch in the Morawelon Bar and Restaurant which fortunately is dog friendly, and we enjoyed a nice lunch and chat.

Our April Walk will be on Friday 25th of April at Cenarth, this walk is an approx. 4.5mile circular walk. Anyone interested in joining the Strollers or finding out more information please contact me on [pamjwalks@aol.com](mailto:pamjwalks@aol.com) new members always welcome.

*Pam*

## TABLE TENNIS

You are welcome to join us at Rhydlewis Village Hall twice a month. It's a lot of fun plus much needed exercise. You don't need to bring anything with you, though you can bring your own bat if you have one. We pay £2 or £2.50 each per session to cover the hall fees and tea/coffee and biscuits. Do come along.

*Margaret*

## THEOLOGY

### Hitch-Hikers' Guide to Theology

#### IS THIS THE WORD OF THE LORD?

What's the Apocrypha? Why doesn't this Bible say the same as that one? When did they decide what to put in the Bible? And is it really (as we announce in church) "the Word of the Lord"?

Last month's visit Lampeter College Library's Special Collection sparked so many questions that on the Monday closest to Dydd Gwyl Dewi Sant, we explored the history and significance of the world's greatest best-seller.

As every Christian nurture group, confirmation class or RE syllabus will tell you, the Bible is not one book, but a library – and like any library, it contains a

whole range of literature. There's History (e.g. Kings and Chronicles), Poetry (e.g. Psalms, Song of Solomon), Law (e.g. Leviticus), Philosophy (e.g. Wisdom, Proverbs), Prophecy (e.g. Jeremiah, Isaiah), Letters, and even an original genre called Gospels – which aren't so much biographies, as thematic accounts of Jesus' teaching. The books themselves often contain mixtures of material, too: there are poems amongst the history, myths and fables mixed up with facts. The Hebrew Bible (aka the Christian 'Old Testament' – but that's not to imply it's outdated) came into being over many centuries if not millennia, with some of its earliest fragments, like the Harvest Festival psalms, going back to pre-historic Canaanite poems, adapted by the Israelites on arrival in the Promised Land.



*Torah scroll*

The books of law and history (the Torah) were carefully collected, analysed, edited and published on hand-written scrolls during the 4th century BCE, when the Judeans from Jerusalem were in forced exile in Babylon, miles from their Temple. Finding varying accounts of history and myth amongst their sources, the early editors simply decided to include them all – so we have at least 2 versions of the Creation story

(one where God makes men and women at the same time, and another where God starts with Adam then sculpts Eve out of his rib); and strikingly opposing views of monarchy (the prophet Samuel warns that kings will conscript men into the army and women into factories, impose taxes and requisition the best livestock, whilst the psalms laud the King as God's anointed).

In contrast, the New Testament was written within 50 or 60 years of Jesus' lifetime. The earliest bits are some of Paul's letters, the latest John's Gospel and Revelation. There were of course many other accounts of Jesus' life and teaching circulating in the early days; but the Council of Nicea (1700 years ago this year) endorsed as official scripture those they deemed least fanciful, and written if possible, by eye-witnesses.

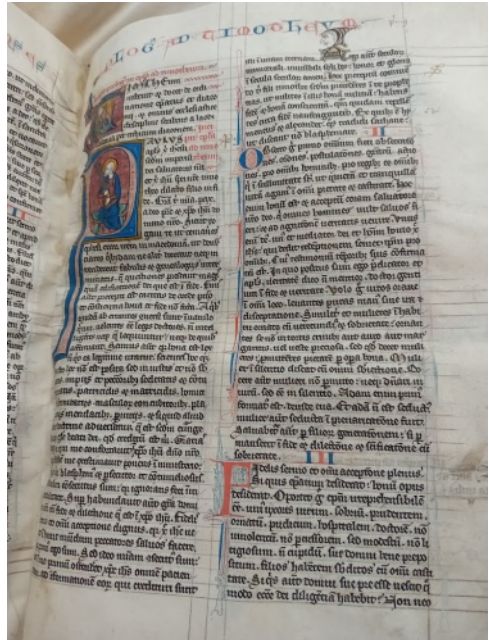
From stone tablets to scrolls, codexes (the earliest form of the book-shaped book) to printing, CD-Roms to phone apps, the Bible has always enjoyed the latest media technology. Despite claims to be the cradle of free speech, Protestant England was the last country in Europe to have a vernacular translation, with early Bible

translators such as William Tyndale horribly persecuted and even killed – for if ordinary folk could read the Word of God, who knew what revolutions might ensue? Significantly, William Morgan’s Welsh translation pre-dated King James’ Authorised Version by more than 40 years, being ordered by Queen Elizabeth I to be read aloud in every church in Wales.

Far from being set in stone, both Testaments of the Bibles we use in these isles reached settled form only after the Reformation – and there are still slight variations, with one two of the ‘optional extra’ books of the Apocrypha included by some, but not all, traditions. Five hundred years later, there are more Bible translations than we can count, variously designed for scholarly use, easy-reading, personal study, proclamation in worship, or more. And if there’s no such thing as a ‘perfect’ translation (we’re talking about ancient languages, different times and evolving understandings), how can we say it’s ‘the word of the Lord’?

The second half of our discussions provided a clue, as theological Hitch-Hikers brought along their own favourite copies: family Bibles going back generations (one to the 1700s!), treasured prayer companions, curiosities on phone-apps, study versions so worn with use they’ve had to be replaced. If God inspired the original writers, then so were inspired the editors and delegates who settled on the final contents; and so too are inspired those who still today pore over the rich variety of material which we call by the collective name The Bible.

Our next meeting will be at 2pm on Monday April 7, a joint meeting with the Philosophy Group, with guest speaker Bishop John Saxbee, on Kierkegaard: Traitor or Faithful? (At time of writing, venue TBC – watch your emails for details, or let Carol know if you aren’t a member of either group but want to come along.)



Early Bible from Lampeter College Library

Carol

## WELSH GROUP

Our March session continued the theme of Spring but this time we focussed, particularly, on asking and answering questions. So, among other things, we decided whether or not we have dandelions and daffodils in our gardens, when the trees would be green and the birds would be making nests, and what we looked forward to in the Spring.

Next time, we are going to concentrate again on pronunciation. Our session will be all about giving directions to locations and practising village and house names.

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

*Vicky*

## WINE APPRECIATION

In March we met on the warmest day of the year so far at Capel Iwan. We were tasting six wines from the Northern regions of Italy. This included Piedmont, Lombardy, Trentino-Alto, Friuli-Venezia Giulia and Veneto. The north west produces consistently high-quality wines and the north east exports more wine than the rest of Italy put together!

We had two whites and four reds to taste with 3 from the North East and 3 from the North West regions. The whites were a Pinot Grigio from Lombardy and a Gavi from a sub region of the Piedmont. The reds were a Refosco from Venezia, an Appassimento from Veneto, a Barbera from the Piedmont and a Marzemino from Veneto. The reds all scored well and very similarly at around 32 points out of 45 but the favourite wine of the afternoon was the Pinot Grigio bought in Marks and Spencer which scored 37 points.

We have been very impressed with the Italian wines we have tried and will certainly buy some of them again. Here is the map of the Italian wine regions.

Our next meeting will be on Thursday 17th April in Cenarth when Liz and Tony are going to introduce us to Greek wines.

We are currently trying to start a second wine group so if you are interested please let me know.

*Hazel*



## TRUSTEE REPORT

a) Reminder that the **Welsh Open Table Tennis Championships** are taking place in Cardiff on **23rd May 2025**. For more details contact Phil Asvery on [philpaveryco@hotmail.com](mailto:philpaveryco@hotmail.com).

b) I attended the last u3a Board meeting of the current Board on 26th March. The new Board takes over from 1st April. In case you missed the announcements the new Board are:

John Bent – Barnet u3a; Pauline Green – Stansted Mountfitchet u3a; Alan Russell – Worcester u3a & Laurance Wale – Worcester u3a

c) The Council will have it's first full meeting on **8th April** in London. The Regional Representatives on the Council for Wales are Nicky Lee (Chepstow u3a) & myself. Details of the other Regional Representatives can be found at <https://www.u3a.org.uk/events/board-trustee-council-rep-elections/council-candidates>.

In order to spread the word about the u3a can I ask all of you to sign up to the FRIENDS NEWSLETTER. Link is <https://www.u3a.org.uk/news>.

*Colin*



Day	Date	Venue	Time
Tuesday	1	Sketchers	10-00
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
Monday	7	Petanque - King George V playing field Newcastle Emlyn	10-00
Monday	7	Theology - Llechryd Village Hall	14-00
Tuesday	8	Table Tennis – Rhydlewis Village Hall	14-00
Wednesday	9	Crafty Crafters – Penboyr Village Hall	10-30
Wednesday	9	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	10-30
Wednesday	9	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Thursday	10	Art - Penboyr Village Hall	10-00
Thursday	10	Creative Writing - at Rhydlewis Village Hall	11-00
Friday	11	Patchwork and Quilting - Penboyr Village Hall	11-00
Monday	14	Walkers - Spring Walk	10-30
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	Art - Penboyr Village Hall	10-00
Thursday	17	Philosophy – Phat Forks, Penarth Falls Resort	13-00
Thursday	17	Wine Appreciation - Liz and Tony, Cenarth	14-00
Monday	21	Bowling	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
Wednesday	23	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Thursday	24	Art - Penboyr Village Hall	10-00
Friday	25	Strollers - Cenarth	10-30
Monday	28	Science and Technology - Coracle Hall Llechryd	14-00
Wednesday	30	Lunch Club - Various venues	12-00
Wednesday	30	Digital Photography - Coracle Hall Llechryd	14-30