



Chairs Ramble

I am writing this on a very wet and windy day and quite glad that I haven't got to go out! There are some signs of spring out there but some nice warm weather would be very welcome!

Carol Wardman gave us a very interesting and thought provoking talk on 'The Time of Our Lives!' at the start of February and there were well over 60 members there. We now have over 200 members in total.

This month's main meeting will be on Wednesday 5th March at the Rugby Club. Our speaker will be Lieutenant Colonel (retired) Manny Manfred with a talk entitled 'My Experiences of War, The Falklands 1982'. He lives locally to Newcastle Emlyn and is currently chairman of the Newcastle Emlyn branch of the Royal British Legion. The poster about his career is reproduced in this magazine. Manny is also very kindly donating a hard back signed copy of his book '3 Days In June - 3 PARAs Battle For Mount Longdon' which we will include in the raffle this month.

Our speaker on Wednesday 2nd April will be Gerwyn Morgan on the Teifside Squires and Their Mansions. A lovely bit of local history.

2025 is Newcastle Emlyn u3as 30th birthday year. We will be marking this on Wednesday 11th June with a lunchtime meal at the Cliff Hotel. Most of you will have received an email about this but the details are in the newsletter for everyone. Menu choices and payment can be made at any of the next 3 meetings but we need final choices and money by May 17th.

As our membership grows we have to expand some groups or start second versions! The Wine Appreciation group and the Don't Get Me Started group are both hoping to start second groups soon so watch out for details.

Hazel

Newcastle Emlyn u3a 30th Anniversary Lunch Celebration

We have now finalised our Newcastle Emlyn u3a 30th Anniversary Lunch celebration which has been booked at the Cliff Hotel, Cardigan on Wednesday 11th June 2025. 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 March, 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 we hope you will enjoy and/or laugh about.

Clogwyn Menu

£28 per person for three courses (two courses is 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

NEWCASTLE EMLYN U3A PRESENTS

MY EXPERIENCES OF WAR

THE FALKLANDS 1982

Lieutenant Colonel (Retired) Manny Manfred

Formerly Platoon Sergeant

A Company, 3rd Battalion The Parachute Regiment (3 PARA)

Trustee for The Motivation & Learning Trust



Wednesday 05th March 2025

At 11 AM

Newcastle Emlyn Rugby Club SA38 9AZ.

Light Refreshments Available

LIEUTENANT COLONEL (RETIRED) MANNY MANFRED

Manny joined the Parachute Regiment as a soldier in May 1971. After several operational tours of duty in Ireland he was promoted to Sgt in 1978; to WO2 in 1985 and to WO1 (RSM) in 1989 as RSM(I) of the Infantry Signal Wing in Warminster, where he had made his home in 1978.

In 1992 Manny was commissioned, his first post being Unit Families Officer with 3 PARA. After a tour of duty at the Infantry Training Centre Warminster, he returned to 2 PARA as Mechanical Transport Officer. This duty included a 6 month Operational tour in South Armagh, Northern Ireland, as officer in charge of Europe's then busiest heli-port at Bessbrook Mill.

In 1997 Manny successfully applied for the post of Adjutant/Quartermaster at the University of Wales Officer's Training Corps in Cardiff where he remained until April 2006. Whilst serving with the UOTC he was awarded the Commander in Chief Land Command's Award for Meritorious Service for services to Reserve Army Recruiting and Wales UOTC. He was then selected for the post of Officer Commanding 160 (Wales) Brigade Recruiting Advisory Team in Brecon, in the rank of Major.

For 5 years during this period he was a guest speaker at the Infantry Battle School in Brecon, presenting to the Platoon Sergeant's and Section Commander's Battle Courses on the "Realities of War". He recently resumed these presentations as part of the policy of getting the Infantry mindset "out of the desert and back into the trees," following recent operations in Iraq and Afghanistan.

Manny retired from full time service in August 2011 at the age of 60 having completed over 40 years with the Parachute Regiment - something he is very proud of. On retiring he transferred his commission to Dyfed & Glamorgan Army Cadet Force where he served as the Area Commander for Ceredigion. In 2015 he was appointed as a Deputy Cadet Commandant in the rank of Lieutenant Colonel with responsibility for Dyfed. He retired fully in August 2017.

During his service, Manny has been deployed in many areas of the world including North and Central America, S E Asia, most European countries and, most notably in 1982 to The Falklands, where he saw action as a Platoon Sergeant in A Coy 3 PARA, taking part in the Battle for Mount Longdon. He has given many presentations on his experiences during the Falklands Conflict, his largest audience to date being to 400 passengers on a P&O cruise ship during a South American cruise.

Manny is a Trustee for The Motivation & Learning Trust, a young people's charity. He is also an active member of Reserve Forces and Cadets Association for Wales and has recently been appointed as Chairman of Newcastle Emlyn Branch of The Royal British Legion. Manny and his wife Linda live near Newcastle Emlyn, Dyfed.



Art Every Thursday from 10.00am at Penboyr Village Hall	Amanda 01559 372273 amanda.treesong@gmail.com
Astronomy 3rd Wednesday from 2.00pm at Coracle Hall, Llechryd. Joint with Cardigan u3a.	Malcolm 01239 711787
Badminton/Pickleball Pickleball every Wednesday from 12.15pm at Llandysul Leisure Centre, Badminton 2nd and 4th Wednesday	Nigel 07447 440841 camb5@sky.com
Book Club 4th Tuesday from 10.30am (currently Zoom meetings).	Vicky 01559 372278 vkthomas2008@gmail.com
Bowls 3rd Monday from 2.00pm at NCE Bowl Club, Winter recess	Julia julia.pearson2013@icloud.com
Crafty Crafters 2nd Wednesday from 10.30am at Penboyr Village Hall.	Ruth 01239 711787
Creative Writing 2nd Thursday from 11.00am at Ali's - venue varies.	Ali 07716 826362, 01239 682965 alisonkate606@gmail.com
Croquet Fridays 2.30 om at Sue's garden Penrhiwllan, winter recess	Sue 01559 370684
Digital Photography Fourth Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan USA.	Colin 07866502400 colinluker@yahoo.co.uk
Don't get me started 2nd Monday from 2.00pm at Susan's in Pontgarreg	Sue 07969 590878 susanedmunds@hotmail.com
Family History 4th Tuesday from 2.30pm at The Church of Latter Day Saints, Newcastle Emlyn.	Margaret 07866 420122 jtandmargaret@gmail.com
French 4th Tuesday - at 11.00am at Sue's in Penrhiwllan	Ali 07716 826362, 01239 682965 alisonkate606@gmail.com
Games 3rd Tuesday from 10.30am at Penboyr Village Hall.	Paul steam24x7@btinternet.com Linda lindakenworthy66@gmail.com
Garden 2nd Thursday at 2pm venue varies	Tony 01239 712931 pooletony@hotmail.com Mike 07949 032308
ICT Support Sessions as required	Hazel 01559 371842
Kayak Paddlers Various dates and venues, winter recess	Nigel 07447440841 camb5@sky.com

Lunch Last Wednesday - venue varies.	Tracey tracyU3Alunch@gmail.com
MOTO No set day	Felicity felicityjames71@gmail.com
Patchwork and Quilting 2nd Friday from 11.00am at Penboyr Village Hall.	Ruth 01239711787
Petanque 1st Monday 2pm + 3rd Tuesday 10-15am King V playing field Newcastle Emlyn, winter recess	Trevor 01559370395 trevorgunn@aol.com
Philosophy 3rd Thursday from 11.00am at Penrhiwllan Village Hall.	Ali 07716826362, 01239682985 alisonkate606@gmail.com
Science and Technology 4th Monday from 2-00pm at Ffat Forks, Cenarth Falls Resort	Colin 07866502400
Singing 2nd and 4th Tuesday from 2 - 4pm at Catholic Church Hall, Newcastle Emlyn	Gareth 01239682635 g.furley277@btinternet.com
Sketchers 2nd Tuesday from 10-30am at National Wool Museum	Millie milliethomas946@gmail.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, venue varies	Pam pamjwalks@aol.com
Table Tennis 2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhyd Lewis Village Hall	Margaret 07866420122 jtandmargaret@gmail.com
Theology 1st Monday from 2pm at Ffostrasol Village Hall	Carol carolwardman@outlook.com
Walkers 2nd Monday from 10.30am, venue vary	Nigel 07447440841 camb5@sky.com
Welsh 1st Tuesday from 10.30am at Capel Iwan Village Hall	Vicky 01559372278
What The Papers Say 2nd Friday from 11.00am Fernhill Lodge, Llechryd, SA43 2QL	Gareth g.furley277@btinternet.com
Wine Appreciation 3rd Thursday from 7.00pm - venue varies	Hazel 01559371842
Write Now 2nd Monday from 11-1.00pm Church of Latter day Saints, Newcastle Emlyn	Carole caroleswift806@gmail.com

ASTRONOMY

As usual the group met on the 3rd Wed afternoon of the month, i.e. Feb 19th. Also as usual, we reviewed what was easy to see in the sky in the month. Last month nearly everyone had heard that all the planets but Mercury would be visible across the sky at the same time - but for a few days in late February even Mercury would be visible too, as it had come round the Sun to the same side as visual neighbours Saturn and Venus and become an “evening star” just after sundown.

There have been some really clear evenings since then; Venus was/is incredibly bright but Saturn and Mercury have still been difficult to see with the naked eye. However Jupiter and Mars and all the other stars mentioned last month have put on a great display, and even the hazy Milky Way was just visible across the sky.

Venus was at its maximum brilliance on Feb 18th. It was just 37 million miles away so has a much bigger apparent diameter than when on the opposite side of its orbit – when, through a telescope, it looks a bit like a full-Moon. As it moves around to our side of the Sun it gets nearer and so “bigger”, but like the Moon the amount of its illuminated side that we can see gets smaller (i.e. it has phases). As it moves around the Sun on its smaller orbit than Earth’s, the brightness that we see paradoxically increases as the illuminated area decreases - until it reaches the point where it is down to about 25% illuminated.

The increasing diameter as it gets nearer to us has completely offset the reduction in illuminated area. That maximum was reached on Feb 18th when Venus would be around the 9th position on the pic below, where Venus goes from “full” on the far side of the Sun to nearly “new” as it passes directly between the Earth and Sun. From now on, Venus is getting dimmer as it moves towards the direct line between Earth and Sun; the diameter is still getting larger but the illuminated area is weakening to a waning, thin crescent. Venus will soon disappear completely for a few months until it emerges again as a “morning star”.



The European Space Agency's (ESA) Gaia space-craft was shut down in January as its pressurised nitrogen propellant for its thrusters was almost exhausted – after 10½ years of mapping most of the sky that we can see. So we had a look at what it had achieved.

Its observations are literally astronomical – and we have only had about one-third of its accumulated data assessed and published so far.

It has data for 2 billion stars and other objects (e.g. 150,000 asteroids and 1.3 million quasars) – and it discovered (by observing gravitational effects on neighbouring stars) two Sun-sized black holes which emit no radiation, and are truly black. This type of black hole had never been seen before – and these black holes are relatively close to us at just 1560 and 3800 light-years away.

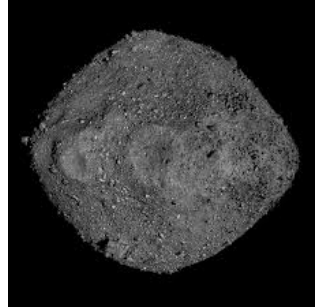
Gaia's main aim was to map in 3D our galaxy, the Milky Way, from the inside – and see what it would look like from the outside (like we see other galaxies). It certainly did that, showing there are far more than two spiral arms – and that the galactic disc is distorted (probably as a result of an early collision of two galaxies).



All the pictures depicting the detailed shape of the Milky Way that we have seen have come from Gaia – and there will be many more refinements of these as the bulk of its data are finally analysed over the next 4 years.

Adrian finished up with an update on the NASA Osiris-Rex mission that went to asteroid Bennu, touched down on the half-kilometre diameter, 73 million tonne, body and captured dust and rocks for return to Earth. It duly did this, ejecting its nose-cone from 63,000 miles in space as it was re-directed on to have a look at another asteroid in 2029. The nose-cone with Bennu's surface samples was successfully recovered from the Utah desert in Sept 2023.

Bennu is a carbonaceous near-Earth asteroid that has probably been flying around, relatively untouched since the early days of the Solar System – so the project aim was to investigate Solar System evolution, the early stages of planet formation and what might be the sources of organic molecules that led to life on Earth.



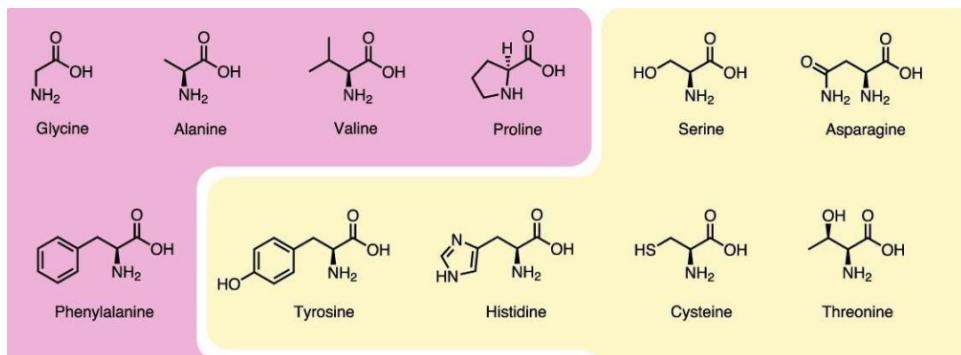
When the sample capsule was opened in a sterile glove box in Oct 2023, there were 70 grams of dust and small pebbles outside the sealed container and these were quickly sent to labs around the world – but the bulk of the material remained stuck inside as a couple of the 35 fasteners couldn't be removed. Eventually, with new surgical, non-magnetic, stainless steel tools specially made, the capsule was opened in Jan 2024 - and scientific papers sharing the first analyses of Bennu's minerals and molecules were published a year later, last month.

On the inorganic side there were solid crystals of sodium, potassium and calcium salts which can only have come from dissolved salt solutions – so there must have been lots of water in Bennu's earlier history. We would therefore expect to see these salts on all the icy moons and dwarf planets (as we already have on Ceres).

There was also lots of ammonia in the samples, and the quantities suggest Bennu started life much further out in the Solar System. However, more importantly, ammonia (NH_3) with formaldehyde (H_2CHO) that was also found in the samples, has the potential to form more complex organic compounds if the conditions are right - possibly some amino-acids.

And indeed, 14 of the 21 amino-acids which make up our proteins and peptides have been found in Bennu's samples! Also found were all five of the nucleotide bases of DNA and RNA. Whilst these building blocks of life have been found in meteorite material, finding them in pristine rocks formed far away from the Sun suggests they could possibly be important precursors for life further out in the Solar System.

These molecules are not simple molecules, however. Even the simplest amino-acid, glycine, has 11 atoms and some like tryptophan have 26 atoms and a complicated ring system



It is easy to see how simple molecules made up of a few atoms of carbon, hydrogen, oxygen, nitrogen, etc, could be formed and dispersed through the colder parts of the Solar System – but we wondered how, in the absence of catalysts or enzymes, these complex molecules are synthesised at temperatures that are so low that most chemical reactions don't take place at all.

We wondered if it was a bit like evolution; immensely slow – and caused by very infrequent activations of atoms and smaller molecules by the occasional energetic photon or solar-wind particle. Eventually, some of these energised molecules randomly collide, aeons later, with other randomly-formed molecules to form larger, stable molecules or intermediates – some of which happen to be amino-acids or nucleotide bases.

Completely random interactions and extremely slow (over millions of years) chemical reactions? Who knows? – but the molecules of life are definitely out there!

Our next meeting will be on Wed, 19 March 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.

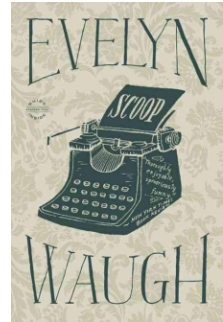
BADMINTON/PICKLEBALL

Pleased to report that the numbers at pickleball are now very healthy if you would like to come along any wednesday between 12-15 and 2pm to Llandysul leisure centre even if you have never played the game before you would be more than welcome. Badminton is also available on the second and fourth wednesday of each month same time same place

Those intrested in giving Pickleball or Badminton a go please get in touch (camb5@sky.com 07447440841)

BOOK CLUB

Our book for February was Scoop by Evelyn Waugh. Waugh (1903 – 1966) was a prolific English writer of novels, biographies and travel books as well as being a journalist and book reviewer. He was educated at Lancing College and Oxford University then quickly became a writer. He travelled extensively, often as a newspaper correspondent before serving in the second world war. He used his experiences and the people he met in his, mostly satirical, fiction. He wrote sixteen full length novels, many short works of fiction, travel accounts, biographies and essays.



The novel Scoop is believed to be based on Waugh's experience working for the Daily Mail and his period covering the Italian invasion of Abyssinia. William Boot, a young man who lives in genteel poverty in the country, contributes nature notes to Lord Copper's Daily Beast, a national daily newspaper. He is dragooned into becoming a foreign correspondent, when the editors mistake him for John Boot, a fashionable novelist. He is sent to Ishmaelia, a fictional state in East Africa, to report on the crisis there. Despite his total ineptitude, Boot accidentally gets the "scoop" of the title. When he returns to London, the credit goes to the other Boot and William is relieved to be able to return to his bucolic pursuits.

Although we appreciated that the novel was intended to be satirical, most of us struggled with the humour and with the prevailing attitudes towards poor people and black people. We felt that it reflected the time when it was written (1938) but changing perspectives meant that it was not so funny now. We did think that it still reflected the corruption of governments and the way that large, modern newspapers are run.

Our next meeting will be on Tuesday 25th March on zoom and we will be discussing When Women Were Dragons by Kelly Barnhill. We welcome any new members who would like to join us for a light-hearted discussion about books.

CRAFTY CRAFTERS

At Crafty Crafters in February we did quilling. Quilling is the art of using strips of coloured paper that are rolled, shaped, and glued together to create decorative designs. It is probably most frequently used to create cards but can also be used to make pictures or even jewelry, amongst other things. We last did quilling quite some time ago and many of our current members hadn't done it before. Pam kindly provided some instructions and a demonstration on how to do it and we set about making a flower which we then glued to a blank card.



There is also another form of quilling, called husking which Pam showed us. This is a more open form of creating shapes where the strips of paper are wrapped round pins which have been inserted into a base. The strips are glued together so they hold the shape when removed from the pins.

Our next meeting will be 12th March when Holly will help members to learn tatting.

Ruth

CREATIVE WRITING

The meeting started with the exercise to write a timed 30-second radio commercial to advertise an Italian lemon drink. The commercials were timed and were varied, including one that required sound effects of the waves lapping on the shore and seagulls crying; these sounds were made by other members, which were almost realistic.

Due to the January meeting being cancelled, the group read aloud two 500-word stories. For January the subject was having the power to work miracles, which inspired two members, in their own words, to have a rant about how they would put right all the world's problems. On more emotional themes others wrote of helping with sensitive and personal problems, e.g. IVF. One was about the desire for Cosmetic surgery.

The February 500 word story was on the subject of (Murder in the snow). One story was on an actual murder whilst the range of thought on this subject included murder/destroying nature and the environment.

The subject for March is - (The Fire) and avoiding the usual description of fire, e.g. licking or snaking flames.

Angela

DIGITAL PHOTOGRAPHY

This month we looked at taking photos in low light conditions.



For the coming month our theme will be 'Spring'. Next meeting 26th March.

Colin

FAMILY HISTORY

Our February meeting was about how we started out on our Family History research and what we found out in the early days which made us want to continue with the hobby. Some people have had information given to them or have been told family stories – all have to be proved as some will be red herrings!

At our meeting in March we will be discussing records that we have found on websites other than the main subscription sites. There are many free websites that can be very helpful and can come up with different records such as newspaper articles, official government documents, criminal records etc etc. Ancestry and FindMyPast will have by far the biggest collections but there is a lot more to be found elsewhere as well, often without paying a subscription. Of course, birth and death certificates can be very revealing and, depending on the year, can be obtained for just £3 from gro.gov.uk (The General Record Office).

New members are always welcome to join the Group, whether you are experienced or a beginner – contact me for more details.

Margaret

FAMILY HISTORY + WELSH + BOOK GROUPS VISIT TO LAMPETER UNIVERSITY

12 of us from the Family History, Welsh and Book Groups combined to visit the Library's Special Collection at the University of Wales Trinity St David, Lampeter – built on the site of Lampeter's original Norman Castle – you can still see the original castle motte – now just a grassy mound in the campus behind the old original building. Founded in 1822, this is the oldest university in Wales, and the 3rd oldest in England and Wales, after Oxford and Cambridge.



We saw books that had been hand written several hundreds of years ago. They were massive books – how long would it have taken to write. There were many books beautifully illustrated with drawings of animals, birds and plants. Original atlases showing all the names we know in the local area, although the outline of the coast seemed to be not quite as we imagined.

Original ledgers showed students' achievements and scholarships awarded, also rent paid for their accommodation, along with their father's name, occupation etc.

We also visited the Founder's Library, which used to house all these old books, until they were moved to the purpose-built modern library. Here are some photos of our visit.

The Librarian at the University is more than happy for another group to visit so if anyone wants to organise a further trip, get in touch with me and I will pass on her contact details.

Margaret

MOTO (MEMBERS ON THEIR OWN)

The MOTO group is an idea put forward by Cyndy Martin for Members On Their Own and those who feel socially isolated especially at weekends . It has been hailed as a great idea by members. So we hopefully look forward to its development in time. Felicity James has opted to arrange Sunday lunches and dinner evenings. However it is emphasised that this will not be the main focus of the MOTO Group. The main aim is to arrange a variety of gatherings/outings that members would like to attend with like minded people rather than going alone. Suggestions and Ideas greatly received.

Our first event was a Sunday Carvery held on Sunday 26th January at Bryn a'r Bragdy, Brynhoffnant. Although an appalling wet and windy day, and some members understandably were unable to attend, eleven of us made the journey. It was well worth it as the food, service and ambience was excellent not to mention the company. Our next lunch, another carvery, is on Sunday 9th March at 12.30 for 1.00pm at the Moody Cow, Aberaeron.

If anyone would like to become members of the MOTO group please give your name to Cyndy Martin or Felicity James and we will put you on the list.

Cyndy and Felicity

PATCHWORK AND QUILTING

Seven of us got together in February to work on our patchwork projects. Having a four hour session allows members to have uninterrupted sewing time and make good progress with their work, always a welcome break from the distractions of household chores, shopping and phone calls. Amongst the current projects are a double bed size quilt, a couple of bags and some smaller quilts.

Our next meeting will be 14th March.

Ruth

PETANQUE

I hope everyone has had a reasonable winter break. Weather permitting I intend to restart Petanque on Monday 3rd March 1400hrs.

From then on it will be the 1st Monday of each month 1400 and the third Tuesday 1015am at the usual venue in Newcastle Emlyn.

Trevor

PHILOSOPHY

The philosophy group considered the thorny issue of what a law should be and whether we ever have the right to ignore/ disobey it. The principle philosopher we looked at was John Rawls who maintained that a just law should treat everyone equally, ensure as much freedom as possible and promote a fair society, giving priority to the least advantaged.

The next session will be run by Colin Partridge who will be examining the value of science and what makes it work.

Gwyn

SCIENCE GROUP

This month we talked about the book ' Power Metal' by Vince Beiser. We also watched an interview with the author - link to video is: <https://youtu.be/dKRnV10AIow>



The next meeting on 24th March at 2pm at Phatt Forks, Cenarth. One of the members is going to talk & have a practical session about the heart.

Colin

SINGING GROUP

Happy to report that the group is progressing nicely and improving in standard of singing, both individually and chorally.

We are constantly introducing new songs and over the last few weeks we have added songs by Carol King and by the Beatles. The coming weeks will see us add a series of numbers from Les Miz. I would like to add that nobody is excluded from our group, whatever their experience or ability and we would be pleased to welcome new members at any time.

While we do learn some 2 part harmony, much of our work is unison singing and we always try to end each session with a Hymn so that everyone has a good sing before they leave. An important part of each session is coffee/tea and biscuits at half time; a good opportunity to socialise.

Now the weather is improving it's a good time to get out and socialise so, if you would like to know more, please contact the writer at g.furley277@btinternet.com

Gareth

SKETCH GROUP

This month's meeting focused on sketching some beautiful dried pampas grass leaves - and drinking coffee.



Come and join us for seed heads next month.

Millie

STROLLERS

The February Strollers Walk was at Llys y Fran Country Park and Reservoir. Pat and Richard Webb led this walk, Thank you both. Ten of us, along with Maisie and Bryn met at the car park and set off along the side of the reservoir lake, along the path through the country park. The weather was very good, warm and sunny, although there were still a few muddy puddles! We followed the stoney gravel path to the bridge, which was a very pleasant walk with only a few small inclines. We turned at the bridge to return along the same route, diverting slightly to take a photo alongside the lake. The walk was approx. four and a half miles.



On returning to the car park, eight of us then went into the dog friendly Lakeview café and enjoyed a lovely lunch and relaxed chat. Our March Walk will be on Friday 28th March at Parrog Newport, (the roadworks is due to be completed by 03/03/25). Anyone interested in joining the Strollers or finding out more information please contact me on pamjwalks@aol.com new members always welcome.

Pam

TABLE TENNIS

We are always happy to welcome new members to our small friendly group, however fit or active you are. We play twice a month in Rhydlewis 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.

THEOLOGY

“Careful... It’s fragile... it’s VERY FRAGILE!” The patient tones of Special Collections Librarian Ruth Gooding at the University of Wales Lampeter Campus became strained as I leafed eagerly through an actual A1-sized 16th-century Mercator Atlas. On the other side of the horseshoe of tables spread with bespoke treasures from Lampeter College’s long history (did you know it was the third oldest in England and Wales?), other Theological Hitch-Hikers were pinching themselves in disbelief at the opportunity to physically lay their hands on the pages where a 13th-century scribe (probably a monk, maybe a nun...) had crafted an illuminated Gospel manuscript. Faint lines ruled by the scribe to keep the text neatly within its margins were still clear, the colours as brilliant and the pages as creamy-white as the day it was finished. The oldest exhibit was a 12th-century Book of Hours – also open and touchable, with care: a prayer-book once in the proud possession of a medieval woman. (Books of Hours, illustrated with seasonal pictures, were typically used by better-off women in their daily prayers throughout the year.)

The Special Collection lives in the archives of the Lampeter Campus’s modern library, and our visit was sparked by an email to Newcastle Emllyn U3A, inviting groups to visit their Special Collection – dangling before us the prospect of medieval manuscripts, historic Bible translations, Renaissance maps, and early science textbooks. The Librarian and Archivist prepared a selection of exhibits geared precisely to our interests (hence maps, Bibles, Books of Hours and “anything sciencey” – which yielded early textbooks charmingly illustrated with detailed woodcuts, some hand-coloured) and our usual couple of hours on a Monday afternoon were barely enough to wonder at everything laid out for our delight. After a brief introductory talk about the history of the collection (including its benefits from slave-trade compensation payments and the College’s efforts to atone with scholarships for Caribbean students).

We were literally set loose to pore over with our own bare hands the kinds of material you see laid out on pillows for experts on TV history programmes to touch reverently with white gloves. (Not worth it, we were told. Fingers are more sensitive and less likely to cause damage. So long as you're CAREFUL...).

A mild enquiry about any Jane Austen amongst us fans triggered a stampede to the chill of the temperature- and humidity-controlled basement, where we were treated to two pocket-sized, small-printed volumes, each neatly encribed with its owner's name: one by Jane, and one – to the delight of avid followers of the Miss Austen TV series – by Miss Cassandra Austen.

So intriguing were the various early versions of the Bible (“Why does this one have the Apocrypha in it?” “Can we de-cipher which New Testament passage this is, from the Greek?”) that we decided to make our next session about the history and significance of the foundational text: on March 3, we will look at the who, how, what and where of the Bibles on our shelves, in *Is This the Word of the Lord?* (at 2pm in Ffostrasol Village Hall, as usual).

The only drawback to a fabulous visit was that the Mustard Seed café across the road wasn't open on a Monday; but that just means we'll have to go back. I would urge any group with any interests to make contact with the Librarian*: visits will be tailored to your preferences, and your welcome is assured. With closure planned for Lampeter's academic campus (but phew! - the purpose-built library will stay), and cuts to universities across Wales, your support is valued. My only problem now is, how to follow that...

Carol

*Ruth Gooding, Lyfrgell Casgliadau Arbennig | Special Collections Librarian, Lyfrgell ac Adnoddau Dysgu | Library and Learning Resources, Campws Llambod | Lampeter campus Ffôn | Phone: 01570 424716 E-bost | E-mail: r.gooding@uwtsd.ac.uk

WELSH GROUP

At the beginning of February, after weeks of cold, wet and windy weather, we talked about the emergence of the Spring. We learnt about snowdrops and daffodils, birds nesting and green leaves appearing. Maybe it was all a bit premature. During the session we felt that a refresher was needed on how to raise questions. So, in March, we will stick with the topic of the Spring, but concentrate in particular on relevant questions: what, when, where, why, which and so on.

Our next meeting will be at Capel Iwan village hall on Tuesday 4th March starting at 10.30.

Vicky

WHAT THE PAPERS SAY

I am setting up the first meeting at my home Fernhill Lodge, Llechryd SA432QL.

There will be no charge for this meeting, we can accommodate a further 6 or 7 cars.

Second Friday of each month at 11.00 AM. This Month will be the 14th.

Please bring along any newspaper item you would like to discuss (or ridicule).

If this is difficult we can discuss it at the meeting, but please let me know asap if you will be attending.

Gareth

WINE APPRECIATION

In February we continued our tour of Italy by looking at wines from the central regions of Italy which included Abruzzo, Umbria, Le Marche and Tuscany. The combination of a mountain range and two coastlines, just 150 miles apart, has created an incredible landscape for vines. It includes grape varieties such as Sangiovese, Montepulciano and the white Pecorino.

We tasted wines from Chianti, Tuscany, Vino Nobile and Abruzzo. There was one white Pecorino and 6 reds. The prices ranged from £8.25 to £20. The white Pecorino scored very well and people decided that it would make a lovely summer wine and we would certainly buy it again. The favourite wine overall was a red Chianti from Laithwaites which cost £13.

Our next meeting will be on Thursday 20th March at Vicky and Brians in Capel Iwan when we will be tasting Northern Italian wines.

Hazel

Day	Date	Venue	Time
Monday	3	Theology - Llechryd Village Hall	14-00
Monday	3	Petanque King V playing field	14-00
Tuesday	4	Welsh- Capel Iwan Village Hall	10-30
Wednesday	5	Main Meeting NCE Rugby Club	10-30
Wednesday	5	Pickleball - Llandysul Leisure Centre	12-15
Thursday	6	Art - Penboyr Village Hall	10-00
Sunday	9	MOTO - Moody Cow , Aberaeron, SA46 0HL	12-30
Monday	10	Walkers - venue tba	10-30
Monday	10	Write now - Church of the Latter Day Saints NCE	11-00
Monday	10	Don't get me started - at Sue's In Pontgarreg	14-00
Tuesday	11	Sketchers - National Wool Museum Drefach Velindre	10-00
Tuesday	11	Table Tennis – Rhydlewis Village Hall	14-00
Tuesday	11	Singing - Our Lady of the Taper, NCE	14-00
Wednesday	12	Strictly Basic Ballroom – NCE Holy Trinity Church Hall	10-30
Wednesday	12	Crafty Crafters – Penboyr Village Hall	10-30
Wednesday	12	Badminton/Pickleball - Llandysul Leisure Centre	12-15
Thursday	13	Art - Penboyr Village Hall	10-00
Thursday	13	Creative Writing - at Rhydlewis Village Hall	11-00
Friday	14	Patchwork and Quilting - Penboyr Village Hall	11-00
Friday	14	What The Papers Say, Fernhill Ldge, Llechryd, SA43 2QL	11-00
Tuesday	18	Games – Penboyr Village Hall	10-30
Wednesday	19	Astronomy – Coracle Hall Llechryd	14-00
Wednesday	19	Pickleball - Llandysul Leisure Centre	12-15
Thursday	20	Art - Penboyr Village Hall	10-00
Thursday	20	Philosophy – Penrhiwllan Village Hall	11-00
Thursday	20	Wine Appreciation - Vicky + Brians Capel Iwan	14-00
Monday	24	Science and Technology - Ffat Forks, Cenarth Falls Resort	14-00
Tuesday	25	Book Club – Zoom meeting	10-30
Tuesday	25	French – at Sue's in Penrhiwllan	11-00
Tuesday	25	Singing - Our Lady of the Taper, NCE	14-00
Tuesday	25	Family History – Church of Latter Day Saints NCE	14-30
Wednesday	26	Digital Photography - Coracle Hall Llechryd	14-30
Wednesday	26	Lunch Club - Various venues	12-00
Wednesday	26	Badminton/Pickelball - Llandysul Leisure Centre	12-15
Thursday	27	Art - Penboyr Village Hall	10-00
Thursday	27	Table Tennis – Rhydlewis Village Hall	10-30
Friday	28	Strollers - Parrog Newport	10-30

To add events to this monthly calendar please contact Nigel neu3newsletter@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.