



Chairs Ramble

*Happy 30th
Birthday
to
Newcastle
Emlyn u3a.*



Our u3a started in 1994-95 as Teifi Side U3A. The first AGM was held in May 1995 and by October 1995 there were 29 members. The name was changed in 2013 to Newcastle Emlyn u3a when there were 45 members. At the last count we have 211 members, my, how we have grown. It will be lovely to celebrate our birthday with many of you on the 11th June at the Cliff Hotel.

If you are coming to the anniversary lunch, please arrive at 12.15 and be seated by 12.45. Regrettably there will be no refunds after the 28th May as this is when we have to pay the final balance.

The speaker in May was Tim Thomas who talked about his work with the Silent Twins, Jennifer and June Gibbons. They were known as the Silent Twins because they only communicated with each other. It was a fascinating subject.

The next main meeting will be on Wednesday 4th June when we will welcome Martin Fowler back again but this time to talk to us about the Coracles of Cenarth. The meeting will start at 10.30am as usual in the Rugby Club.

Our AGM is in July and there is a notice about this in the newsletter. You will also be receiving this letter of notification and nomination forms for the committee via email or post as well. I took over as chair in 2015 and have seen our u3a grow from strength to strength, but I now feel it is time to hand over the reins and take a step back. So, this will be my last AGM as chair, and we will need to appoint a new chairperson who I hope you will support as well as you have supported me. Jenny Evans will also be stepping down as secretary this year so that position will also be available.

Discussions have started as to where our annual August outing will be this year. For the information of new members, we do not have a main meeting in August, but we fill a coach and go on an outing somewhere! Last year it was to Hay on Wye and the year before to Powys Castle. Watch this space for more details soon!

Newcastle Emlyn u3a AGM 2025 + Membership Fees for 2025-2026

Please be advised that the AGM of Newcastle Emlyn U3A will take place on Wednesday 2nd July 2025 starting at 11am. We need a quorum of at least 40 members, and I am sure we can achieve lots more than this as we usually do. Please support your committee in keeping Newcastle Emlyn u3a the great u3a that it has become. The venue will be Newcastle Emlyn Rugby Club in Adpar starting with coffee and chat at 10.30am. Please give any apologies to Jenny Evans, our secretary, neu3asecretary@hotmail.com

All paperwork for the meeting will be sent to you prior to the meeting either via email or in the post. Any proposals or items for the agenda can be submitted in writing or via email to the committee for consideration at the meeting by 14th June 2025.

This year we are asking for nominations for chair and secretary and the nomination papers will be sent out via email and letter, to those not on email.

Most of the committee are willing to stand again next year but that does not prevent anyone else being nominated to become a part of the group in some way and nomination papers are included in this email. If you wish to be nominated or know of someone who you think would make a good active member of the committee, please complete the nomination form with the persons consent and hand it or email it to Hazel. neu3achair@hotmail.com

Any nominations should be submitted by 14th June at the latest.

Membership fees – As many of you are aware membership fees are also due in July for the year 2025-2026. Newcastle Emlyn membership fees will remain at £16 a head for the coming year but may need to be reviewed next year. Fully paid-up members of other u3as pay half this fee and vice versa.

You can pay this by bank transfer, cheque or cash. More details will be given about this in a separate letter or email.

Hazel

NEWCASTLE EMLYN U3A AUGUST OUTING TO PICTON CASTLE & GARDENS



WEDNESDAY 6TH AUGUST 2025

MEET IN NEWCASTLE EMLYN MARKET CAR PARK AT 09.15AM

COACH TO LEAVE AT 09.30AM. RETURNING FOR 5.00PM

£25.00 PER PERSON TO INCLUDE COACH AND ENTRANCE TO THE CASTLE AND GARDENS WITH A GUIDED TOUR OF THE CASTLE.

Picton Castle is a unique building, constructed in 1280 making it over 700 years old. It has passed to a number of families over the centuries however, in 1987 the Philipps family created the Picton Castle Trust, gifting the castle, its collections and its gardens to the benefit of the people of Wales. There are 50 acres of stunning formal and informal gardens, lawns and woodlands, with rare trees and plant collections from all over the world.

The Picton castle restaurant, *Maria's*, has a Spanish themed menu available plus a selection of soups, sandwiches and cakes. All food is prepared fresh to order. There are also picnic areas available if you wish to bring your own. **There is a group buffet menu available (£12.95pp) if enough members wish to participate. See menu.**

For more information contact Julia Pearson on 07478 606055/Julia.Pearson2013@icloud.com or Lesley Groves on 07939 123603

GROUP BUFFETT



Maria's at Picton Castle

Courtyard Lunch £12.95 pp

Selection of cold meats

Selection of mixed salads

New potatoes with fresh herbs

Platter of deli cheeses

Fresh baked bread

Selection of fresh fruits

Tea or coffee

| | |
|---|-----------------------------|
| Art Every Thursday from 10.00am at Penboyr Village Hall | <i>Amanda</i> |
| Astronomy 3rd Wednesday from 2.00pm at Coracle Hall, Llechryd. Joint with Cardigan u3a. | <i>Adrian</i> |
| Badminton 12.15pm at Llandysul Leisure Centre, 2nd and 4th Wednesday | <i>Nigel</i> |
| Book Club 4th Tuesday from 10.30am (currently Zoom meetings). | <i>Vicky</i> |
| Bowls 1st Tuesday + 3rd Monday from 2.00pm at NCE Bowl Club, | <i>Julia</i> |
| Crafty Crafters 2nd Wednesday from 10.30am at Penboyr Village Hall. | <i>Ruth</i> |
| Creative Writing 2nd Thursday from 11.00am - venue varies. | <i>Ali</i> |
| Croquet Fridays 2.30 om at Sue's garden Penrhiwllan, winter recess | <i>Sue</i> |
| Photography 4th Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A. | <i>Colin</i> - |
| Don't get me started 2nd Monday from 2.00pm at Susan's in Pontgarreg | <i>Sue</i> |
| Family History 4th Tuesday from 2.30pm at The Church of Latter day Saints, Newcastle Emlyn. | <i>Margaret</i> |
| French 4th Tuesday - at 11.00am at Sue's in Penrhiwllan | <i>Ali</i> |
| Games 3rd Tuesday from 10.30am at Penboyr Village Hall. | <i>Paul</i> <i>Linda</i> |
| ICT Support Sessions as required | <i>Hazel</i> |
| Kayak Paddlers Various dates and venues, winter recess | <i>Nigel</i> - |

| | |
|---|----------------------|
| Lunch Last Wednesday (bi monthly)- venue varies. | Tracey |
| MOTO (Members on their Own) No set day | Felicity |
| Patchwork and Quilting 2nd Friday from 11.00am at Penboyr Village Hall. | Ruth |
| Petanque 1st Monday 2pm + 3rd Tuesday 10-15am King V playing field Newcastle Emlyn | Trevor - |
| Philosophy 3rd Thursday from 11.00am at Penrhiwllan Village Hall. | Ali |
| Talk about Science 4th Monday from 2-00pm at Phat Forks, Cenarth Falls Resort | Colin |
| Sketchers 2nd Tuesday from 10-00am at National Wool Museum | Lee |
| Strictly Basic Ballroom 2nd Wednesday from 10.30am to 12.00noon. at Newcastle Emlyn Community Hall | Julia - |
| Strollers Last Friday of the month from 10.30am, venue varies | Pam - |
| Table Tennis 2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewis Village Hall | Margaret - |
| Theology 1st Monday from 2pm at Ffostrasol Village Hall | Carol - |
| Walkers 2nd Monday from 10.30am, venue vary | Nigel - |
| Welsh 1st Tuesday from 10.30am at Capel Iwan Village Hall | Vicky - |
| Wine Appreciation 3rd Thursday from 2.00pm - venue varies | Hazel |
| Write Now 2nd Monday from 11-1.00pm Church of Latter day Saints, Newcastle Emlyn | Julie - |

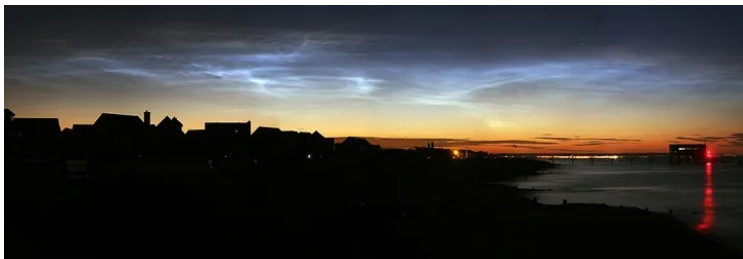


ASTRONOMY

We met as usual - on the 3rd Wed afternoon of the month, i.e. May 21st and had our regular review of the easy-to-see planets. Jupiter has been bright in the early evenings low down in the west, but is now almost lost behind the Sun. It will be absolutely on the Sun's opposite side from Earth on June 24th, and will emerge in a few months as a "morning star", visible for a short period in the east before sunrise. So, at the moment, Mars is the only planet visible from dusk – when it is the reddish object in the SW about 40 deg above the horizon - until it sets in the west soon after midnight.

However if you are up an hour or so before dawn on a clear night, i.e. around 3 am, you should see a brilliant Venus low down in the east with a reasonably bright Saturn about 20 deg to its right – but they will rapidly be overtaken by increasing sunlight. But all is not lost for evening sky-watchers; there isn't Orion or Sirius to see as we move into the summer but The Plough, Cassiopeia, Polaris, Vega, etc, are always there.

And until early August we might see Noctilucent Clouds in the NW.



These are reflections of sunlight from clouds of icy dust about 80 Km up, and because the ice is so high we see the reflections an hour or two after the Sun has departed below our horizon.

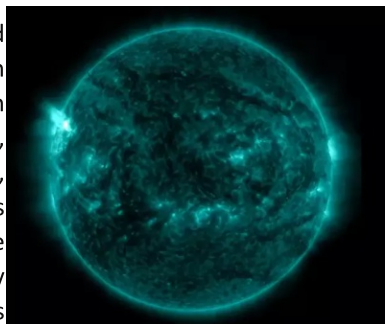
We moved on to watch a short video about the Oort Cloud. This is the outermost part of the Solar System and consists of trillions of chunks of ice and rock spread around in a roughly spherical shape with the Sun at the centre. It is much further out than the Kuiper Belt (which itself is further out than Neptune and Pluto) and probably extends out to 100,000 times as far as the Earth is from the Sun – almost to the point where gravitational attraction by the Sun is approaching zero.



Jon's presentation on the constellation of the month covered Draco (the Dragon). This long straggly constellation is overhead in the north, and winds between Ursa Major or The Plough (or Big Dipper, if you are American) and Ursa Minor (or Little Dipper

We ended with a quick discussion about Recent Solar Activity. On May 14th and 15th there were 2x M-class and 2x X-class solar flares, these being the highest category. These flares were among the most energetic flares this year, which is the peak year for sunspots, flares and coronal mass ejections in the 11-year solar cycle or activity. Some countries facing the Sun at those times did have short-wave radio blackouts at those times (or probably 8 minutes later when the radiation reached Earth!).

Coronal mass ejections or CMEs, if released in our direction, take a few days to reach Earth as plasma ions and electrons travel much slower than just light, UV or X-ray flares - and, apart from generating spectacular aurorae, these CMEs can have much more serious effects than just interrupting marine communications when they hit here; e.g. they can overload electrical power grids. There was concern that the last of the 4 flares which was the most vigorous and also contained a CME might do something here a few days later - as might another CME from the same sunspot area when the Sun's rotation next put it back in line with Earth. But by the time of our meeting on the 21st, we had not heard of any significant effects so we assumed there had been no enormous CME pointing our way on either occasion. False alarm!



Our next meeting will be on Wed, 18 June at 2pm in Llechryd's Coracle Hall. Please come and join us if you are interested



BADMINTON/PICKLEBALL

Numbers still strong with in excess of 16 playing most wednesdays with the standards improving every week. This month we were joined by a film crew who were putting together a film to promote Llandysul leisure centre, yet to see the final cut but hope to include it in next months issue.

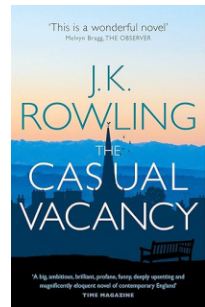
Those interested in giving Pickleball or Badminton a go please get in touch (camb5@sky.com 07447440841)

Nigel

BOOK CLUB

J. K. Rowling is best known as the author of the Harry Potter series of children's books. The series has sold over 600 million copies and been translated into 84 languages.

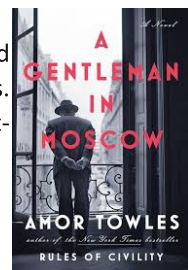
The Casual Vacancy was Rowling's first publication since the Harry Potter series, her first novel apart from that series, and her first for adult readership. The book begins with the death of a councillor in a west country town resulting in the casual vacancy of the title. The book has a large cast of characters, including the candidates seeking to fill the vacancy and their families, the other councillors and their families, various children at the local school and interested parties in the main topic in front of the council, namely deciding whether the local council



estate should join the nearby city, or remain as part of the town. The fate of the methadone rehabilitation clinic is also a key controversy. The Casual Vacancy covers a number of social issues including rape, racism, drug use, pornography, domestic and child abuse, self-harm and suicide.

There was a wide range of opinions about the book. We all thought that it was well written and that the characters were well drawn. But views differed mostly about the issues that were raised. Some of us felt that the book caricatured life in a small town, in a tick box style, turning the events into a depressing soap opera. Others thought that the themes were well observed, compulsive reading and realistic. Those who had read the Harry Potter series generally preferred those books to this one.

Our next meeting will be on Tuesday 24th June on zoom and we will be discussing A Gentleman in Moscow by Amor Towles. Any new members who would like to join us for a usually light-hearted discussion about books are welcome.



Vicky



CRAFTY CRAFTERS

At May's Crafty Crafters, Irene told us a bit about parchment work and brought tools, patterns and paper for us to try it out.



Traditionally, the paper used is parchment paper but vellum can also be used. Tools include those for pricking, which can have either a single needle or multiple and those for embossing which come in different sized ball ends. You also need a white pencil or pen for tracing the designs and some sort of pad to be used under the work when pricking and embossing. The work is mainly done from the underside so that the pattern has a raised effect when seen from the right side.

Because our 30th anniversary meal is being held on our usual meeting day, our meeting in June will be on the 3rd Wednesday, 18th June at the usual time of 10.30 when Val will be doing something with paper with us.



CREATIVE WRITING

We were a small number due to change of date, but never the less we had a productive meeting.. After the short exercise the members read out the 500 word home work; the title of which was (An elopement and had to include 2/3 elements from the Periodic Table).

The member's homework was varied and ranged from an elderly couple reminiscing about their elopement, this was descriptive and touching.

A more practical take was how the direction of the feeling of love goes through the body and all its vessels.

Another involved an elderly man whose wife had died and needed the company of a woman. He resolved this by entering in a Retirement home and meeting Gladys. After falling in love they eloped to Gretna Green.

Members were also interested in learning the four elements in bird droppings from an elopement which included leaving a car under trees.

June's homework is a conversation between two young children, one is human and the other is Alien.

New members always welcome.

Angela

DIGITAL PHOTOGRAPHY

This month's meeting was a review of the 'Barley Saturday' event plus a few photos of other animals.

Some examples below but for more photos see the Newcastle Emlyn u3a page.

Next month the Group is going on a boat trip on the Teifi from Cardigan to take photos of wildlife and any interesting structures / buildings along the river





FAMILY HISTORY

At this month's well attended meeting, we were discussing how our ancestors have moved around over the decades – many individuals or families went abroad for a new life, but also many returned to their roots. Families also moved around Britain, often following employment opportunities as the railway network grew. Many international records such as the passenger lists of trans-Atlantic, and other, voyages are available free on FamilySearch.org - however you will often find the record of a crossing in one direction but not going the other way when you know it was a two-way trip.



At next month's meeting, we will each bring an item that either belonged to an ancestor or has a family connection. We have done this before and heard some very interesting stories, but we have many new members in the group since then so it should be fascinating, even if some are repeated.

If you are interested in your own family history and would like to join the Group, please contact me for more details of what we do.

Margaret



MOTO

On Saturday 24 May the MOTO group enjoyed a delightful Afternoon Tea at the Cliff Hotel, there were lots of lovely savoury treats and cakes and there was so much on offer that most of us took home a doggy bag of goodies. There were lovely views overlooking the bay to Poppit Sands which made it all the more special.



If anyone would like to join the group please contact Cyndy or Felicity and will add you to the list of members. We aim to have a monthly coffee morning local to NCE where we can put forward ideas for outings, lunches, evening dinners and anything else people would like to do.

Cyndy and Felicity



PATCHWORK AND QUILTING

The patchwork meeting in May found six of us working on our individual projects. Jess started sewing the individual blocks together for her bag and Pam learned about fussy cutting. Fussy cutting is where you select a particular section of your fabric to be in the centre of the “patch” you cut. Hazel started a new project and the rest of us continued with our ongoing projects.

The next meeting will be 13th June

Ruth

PETANQUE

We have managed to get our two sessions in this month both well attended despite my missing the Tuesday one as my wife had a hospital appointment in Cardiff.

I have had a request from a Narberth U3a member to join our group and she will attending our first session in June.

Our next planned meetings are Monday 2nd June 2pm and Tuesday 17th at 1015am.

Trevor

**SCIENCE GROUP**

This month the Group had a visit to the Rheidol Hydro Power Station which is just north of Aberystwyth

It was opened in the early 1960s and despite being publicly owned at that time it has since been sold to the Norwegian company Statkraft.



It has a good visitor centre & café and tours can be booked on their web site – well worth a visit.

Unfortunately, the power station has not been generating electricity for about 6 weeks due to lack of water in the river. Not a good omen for the future and global heating. Normally it generate ~85Ggw and which is enough to power 12350 homes.

Colin

SKETCH GROUP

We had a lovely morning at the Woollen Mill. Lots to draw out in the sun, see photo. We brought different objects to sketch including a beautiful figurine, an angel in metal.. There was one guest who was a fellow student of art with one of our members.

We meet in JUNE on the 2nd Tuesday 10th at the Woollen Museum, Drefach Felindre, 10.00am - 12pm. There is refreshment and chat also. any input welcome.



Lee



STROLLERS

Our May walk was at Drefach Felindre starting at the Woolen Mill. We all met at the carpark and fourteen of us including two new members and two visitors from Cardigan U3A, along with Maisie, Silas and Monty, set off led by Helen Nolan. Thank you Helen. We walked along the path to the side of the mill and along a county lane, we then followed woodland paths and crossed a field, and then along another country lane. We walked along more woodland paths and passed a waterfall. We rejoined the road near Drefach, and then took another path and passed a stream back to the road to arrive at the front of the Woolen Mill to complete our circular walk. The walk was approx. 4 miles.



Towards the end of the walk we saw some Alpaca in a field and they appeared as interested in us as we were in them! After the walk ten of us enjoyed a light lunch at the Woolen Mill. Our walk in June is on Friday 27th June at Llandyfriog. We will meet in the lay-by on the A475 opposite the Church, and the walk is approx. 4.5 miles. Anyone wishing to join the Strollers is most welcome, please email me on pamjwalks@aol.com for more information.



Pam

TABLE TENNIS



There are normally between 6 and 12 of us playing each time. We play on 2 tables, so usually doubles. We also stop for tea/coffee and to put the world to rights. Rhydlewys Village Hall has plenty of parking space and is nice and light and airy. We each pay £2 or £2.50 for hire of the hall and everything is provided.

Contact me if you are interested in coming along – we have a lot of fun and it's good exercise.

Margaret



THEOLOGY



“Good afternoon everyone” began our guest speaker, Bishop John Saxbee, before comprehensively dismantling the greeting as something the 19th-century Danish philosopher/theologian would definitely not approve.

‘Everyone’? How can individuals with distinct personalities possibly be lumped together into such an all-bracing commonality as ‘everyone’? What is ‘afternoon’ but an arbitrarily allocated name for something as nebulous as time? And as for ‘good’: how much effort has been expended on trying to define what that means, and how could it possibly apply to the same experience for different people? One of Kierkegaard’s innovations was to understand that we are all individuals, and therefore we each experience life in our own distinctive way.

If you listen to the Radio 3 morning programme Essential Classics, you might have heard suggestions by “John from Haverford West” to its daily ‘Playlister Challenge’ reducing the presenter to giggles. That would be Bishop John Saxbee: formerly Bishop of Lincoln and member of the House of Lords, he moved to Wales on (what in the church passes for) retirement, and is now Assistant Bishop in the Diocese of St Davids, where he continues to be active in theological education. A chance conversation at lunchtime on a clergy training day revealed that Bishop John shares with Gwyn an enthusiasm for Kierkegaard, and Bishop John eagerly agreed to address a joint a joint meeting of the Hitch-Hikers and Philosophy Groups, in May.

When a stand-in lecturer with nothing else prepared gave a talk on the little-known Soren Kierkegaard, Bishop John, then a theological student, was hooked. Later, searching for a dissertation topic, he was handed one of Kierkegaard’s work in the original Danish and challenged to come back in six months. The attempt to put him off failed, as he bought Teach Yourself Danish, read the book, and later completed a PhD on the intriguing character known as ‘the father of existentialism’. Bishop John’s talk to our groups wove together events of Kierkegaard’s short but intense life with a discussion of his work.



Life, Kierkegaard believed, was a minute-by-minute succession of events which cannot be repeated – which may have been partly behind his inexplicably breaking off his engagement to the young woman he loved, fearing that the heady excitement of their early romance would never be matched. He was a famously witty public figure, but in writing about a wide range of ideas, he sometimes hid his identity by using assumed names as he explored different points of view.

This didn't prevent him attracting ridicule for refusing to be pinned down, as well as for his eccentric behaviour and appearance. He was consistent as an outspoken critic of organized and especially state-endorsed religion, and believed that religion could never be proved, even to oneself: there was nothing for it but to take a 'leap of faith' (one of the phrases he coined) and trust to God's love.

In discussion, the question was raised as to how Kierkegaard viewed faiths other than Christianity – which Bishop John thought would be an interesting new aspect to explore. Was he autistic? one contributor wondered – reflecting on Kierkegaard's eccentricity and apparent lack of empathy. Uncompromisingly true to himself, but unafraid to explore different perspectives, and fearless in criticizing others, was he, in the end, a Traitor or a Faithful? As Kierkegaard would undoubtedly approve: nothing for it but to make up our own minds!

Next meeting of the Hitch-Hikers' Guide to Theology will be on Monday June 2nd , 2pm at Ffostrasol Village Hall.

Carol



WELSH GROUP

We have been talking about the weather: in the past, at present and what might be in store in the future. There are so many words we use to describe it and what we do and don't do in particular weather conditions, but we have scratched the surface with some of the more common expressions. We are going to extend this at our June meeting to bring in more mention of months and the seasons and how the prevalent weather conditions affect our lives.

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

Vicky

WINE APPRECIATION

There was a change of format this month from our usual meeting. The afternoon was hosted by Julia and Brian, and they presented the group with six random wines, three red and three white, all from different places and all from a different grape variety. Wines purchased from Laithwaites, priced between £9-£12

| | Name | Characteristics | Grape/s Variety | Origin, Country/ Region | WINEMAKER |
|---|---|--|--|--|--|
| 1 | VON REBEN 2023 11% | APPLE, CITRUS AROMA HINTS OF PEACH AND APRICOT COLOUR - PALE STRAW | RIESLING | GERMANY RHEINHESSEN | DOMINIK MEYER FOUNDED 1930 |
| 2 | KORA (DISTANT PLACE) 2024 12.5% | GOOSEBERRY AND GREEN CAPSICUM CUT GRASS AROMA PASSION FRUIT, CITRUS FLAVOURS CRISP FINISH COLOUR - PALE GREEN STRAW | SAUVIGNON BLANC | MARLBOROUGH NEW ZEALAND | PHIL AND CHRIS ROSE WAIRAU RIVER ESTATE 1978 |
| 3 | LA CHIAMATA 2023 11% | WHITE PEACH, PEAR, LEMON CITRUS CRUNCHY ORCHARD FRUIT COLOUR - PALE STRAW | TREBBIANO PINOT GRIGIO | ITALY ABRUZZO | DAVID DIAS RICARDO COTARELLA |
| 4 | STELLENRUST HERITAGE COLLECTION ROCKY DRYLAND 2023 14% | RIPE CHERRIES, BLUE BERRIES, SOFT TANNINS FLUM FLAVOURS SPICY CAK | PINOTAGE | SOUTH AFRICA STELLENBOSCH WESTERN CAPE | STELLENRUST ESTATE TERTIUS BOSHOFF KOBIE VAN DER WESTHUIZEN PRODUCERS SINCE 1999 |
| 5 | BARON DE BARBON 2022 RIOJA 14% | MORELLO CHERRY WILD HERB NOTES SILKY DEEP SCARLET | MAZUELO RARE GRAPE USUALLY USED AS PART OF BLENDED WINES | SPAIN CALIFICADA | JAVIER MURUA VILLAVERDE 1926 |
| 6 | CABALIE 2023 13% | HERB SCENTED RASPBERRY BLACKBERRY SWEET STRAWBERRY LONG RICH SMOOTH TEXTURED FINISH | 70% GRENACHE 20% SYRAH 10% CARIGNAN | ROUSSILLON REGION SOUTHERN FRANCE | HERVE SABARDEIL |

The idea was to challenge each person to identify a) the characteristics, b) the grape variety and c) where it was from, and to score each wine from 1 to 5. Everyone had a go and although the results were a 'little' hit and miss with the identification markers, for most of us it was a case of "yes I like this one" or "no that's not for me".

The overall winner of the challenge was a red wine from the Roussillon region of southern France called CABALIE. A close second was a white wine called KORA from Marlborough, New Zealand. Let's say identifying different wines is a matter of practice. As such, we will have to continue drinking, I mean, tasting wines to improve our knowledge.

Next months meeting is on Thursday 19th June 2025 and will be our annual summer barbecue hosted by Trevor and Angela in Capel Iwan.

Julia



WRITE NOW

At the May meeting we read homework on the theme of 'longing'. There was some discussion about longing versus envy - longing decided upon as a deeper (and less negative) emotion.

Dave was on holiday but had sent a contribution reflecting the passage of time and a longing to experience more of life and happiness after a period of ill-health. The quote from the writer's mother that 'It's not always dark at six' worked particularly effectively as a turning point.

Carol's character, Jane, longed to 'fit the mould' with family and acquaintances but came to an acceptance of her 'own skin'.

Sheila used the word 'longing' to create an acrostic poem in which such feeling 'is a creeping thief that breaks into your heart'. Her second short poem considered a life containing 'blows' and 'regrets' but ended positively with a 'longing to do it all again'.

Eric's short story 'The Deadly Mistake' was original and intriguing. His protagonist's longing for a relationship with a woman he'd met in a bar led him into crime and to a surprise 'twist' in the ending.

Eric also read an earlier homework. 'The Changer Beast' was a fairy tale with traditional elements but a refreshingly feisty princess - well able to take care of herself.

Nina presented a 'flash fiction' in which Hannah longed for a red velvet dress in the window of 'Foxy Fashions' - similar to the one she had owned as a child. Hannah's past life, and her possible future relationship with Chris Fox, were cleverly handled in the contained space of the genre.

Julia's desire for a restful night came across clearly as she enumerated the lengths she had gone to in order to 'Get Some Sleep'. She longed for 'the resting state in which the body is not active ----- and mind is unconscious' - the 'definition of sleep'.

June's childhood memoir was moving in its revelation of loneliness, a first friendship and the deep connection between herself and 'Bella', the richer girl's pony. Feelings of longing in relation to animals demonstrated the intensity which separate it from simple envy. In this well-crafted piece, the difficult memories of childhood concluded with the revelation of June's own first pet. As an adult, 'Billy Banger' the dog meant 'Longing fulfilled'.



Julie read a poem, 'The Man Who Loved Birds' about one of her uncles.

'POEM OF THE MONTH' was 'Those Who Make Paths' by Catherine Fisher.

Our 'TEN MINUTE WRITING TASK' used the inspiration of pictures.

HOMEWORK for next month is to write, in any genre, on the theme of 'Misfit'.

NEXT MEETING Monday, 9th June between 11am- 1pm at The Church of The Latter Day Saints. Newcastle Emlyn.

Julie

| Day | Date | Venue | Time |
|-----------|------|--|-------|
| Monday | 2 | Theology - Llechryd 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 |
| Tuesday | 3 | Bowls - NCE Bowls Club | 14-00 |
| Wednesday | 4 | Main Meeting NCE Rugby Club | 10-30 |
| Wednesday | 4 | Pickleball - Llandysul Leisure Centre | 12-15 |
| Thursday | 5 | Art - Penboyr Village Hall | 10-00 |
| Monday | 9 | Walkers - venue tba | 10-30 |
| Monday | 9 | Write now - Church of the Latter Day Saints NCE | 11-00 |
| Monday | 9 | Don't get me started - at Sue's In Pontgarreg | 14-00 |
| Tuesday | 10 | Sketchers - National Wool Museum Drefach Velindre | 10-00 |
| Tuesday | 10 | Table Tennis – Rhydlewys Village Hall | 14-00 |
| Wednesday | 11 | Strictly Basic Ballroom – NCE Holy Trinity Church Hall | 10-30 |
| Wednesday | 11 | Badminton - Llandysul Leisure Centre | 12-15 |
| Wednesday | 11 | Pickleball - Llandysul Leisure Centre | 12-15 |
| Wednesday | 11 | Celebratory Dinner 30 Years NCE u3a Cliff Hotel | 12-15 |
| Thursday | 12 | Art - Penboyr Village Hall | 10-00 |
| Thursday | 12 | Creative Writing - at Rhydlewys Village Hall | 11-00 |
| Friday | 13 | Patchwork and Quilting - Penboyr Village Hall | 11-00 |
| Monday | 16 | Bowls - NCE Bowls Club | 14-00 |
| Tuesday | 17 | Petanque - King George V playing field Newcastle Emlyn | 10-15 |
| Tuesday | 17 | Games – Penboyr Village Hall | 10-30 |
| Wednesday | 18 | Crafty Crafters – Penboyr Village Hall | 10-30 |
| Wednesday | 18 | Pickleball - Llandysul Leisure Centre | 12-15 |
| Wednesday | 18 | Astronomy – Coracle Hall Llechryd | 14-00 |
| Thursday | 19 | Art - Penboyr Village Hall | 10-00 |
| Thursday | 19 | Philosophy – Penrhiwllan Village Hall | 11-00 |
| Thursday | 19 | Wine Appreciation - Trevor + Angela Capel Iwan | 14-00 |
| Monday | 23 | Science and Technology - Ffat Forks Cenarth Falls Resort | 14-00 |
| Tuesday | 24 | Book Club – Zoom meeting | 10-30 |
| Tuesday | 24 | French – at Sue's in Penrhiwllan | 11-00 |
| Tuesday | 24 | Family History – Church of Latter Day Saints NCE | 14-30 |
| Wednesday | 25 | Lunch Club - Various venues | 12-00 |
| Wednesday | 25 | Badminton - Llandysul Leisure Centre | 12-15 |
| Wednesday | 25 | Pickleball - Llandysul Leisure Centre | 12-15 |
| Wednesday | 25 | Digital Photography - Coracle Hall Llechryd | 14-30 |
| Thursday | 26 | Art - Penboyr Village Hall | 10-00 |
| Thursday | 26 | Table Tennis – Rhydlewys Village Hall | 10-30 |
| Friday | 27 | Strollers - Llandyfriog | 10-30 |

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.