



Chairs Ramblings

This has been a busy month. The main event was the Exhibition put on by the photography, art, sketchers Crafty Crafters & Quilting & Patchwork Groups. Many thanks to all those that involved themselves to make this a success. More photos in the Photography Group report in this newsletter.

Next Wednesday, the 1st October see another interesting speaker event for our monthly meeting. Usual time of 10.30am at the Rugby Club.

Georgina Murray will be talking about Therapy Dogs and Service Dogs, history of Therapy Dogs, what the requirements are for the dogs and the volunteers & the types of places visited. There will be slides and anecdotes.

She will bring Archer and Lumi (deaf JR terrier) and my lovely friend Jem will come as Dog Wrangler.





This year's outing was to Picton Castle in Pembrokeshire. We had a leisurely drive, thanks to our driver John and Cenarth coaches and on arrival we were met by our guides for the castle tour. We were introduced to the castle's beautifully furnished rooms, its many collections, and the stories that have shaped its past.

By lunch time we were all ready for something to eat. Many members took advantage of the culinary delights of Maria's courtyard restaurant enjoying a substantial choice of salads, cold meats, bread, potatoes and fruit. Maria's menu was well received.

We were very lucky with the weather, being bright and warm, and after lunch we had the opportunity to explore Picton's impressive variety of gardens, woodlands and green open spaces. There were a number of fun areas including the boardwalk, maze and Merlin's forest and more formal areas like the walled garden with a central fountain and a series of enclosed 'garden rooms'. Everywhere there was a diverse array of native and exotic plants and beautiful large and ancient trees.

We left the castle around 4pm and had a comfortable ride home. Thank you all for sharing the day and making it so successful.

Julia

BADMINTON/PICKLEBALL

The group have taken the next step by playing matches against other clubs with a first match away at Milford Haven Pickleball club. We were given a very warm welcome and enjoyed I think 24 matches in total and came close to winning with a final score of 11 games to 13 in favour of Milford Haven. A return is promised for 18 October at Llandysul leisure centre with further matches to be arranged against Llandeilo and other clubs in the area.



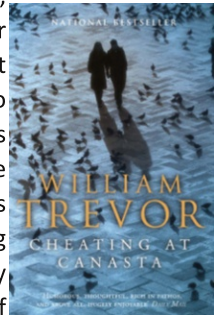
One thing that we noticed was the need to get a team shirt as can be seen from the picture with our hotch potch of attire

If you would like to give it a go please come along we hold sessions on Wednesdays at 12 and Fridays at 5-30 at Llandysul leisure centre. If you would like to give Pickleball or Badminton a go please get in touch (camb5@sky.com 07447440841)

Nigel

BOOK CLUB

The book we chose for September was *Cheating at Canasta*, a collection of short stories by William Trevor. William Trevor was born in 1928 and was an Irish writer noted for his wry short stories and novels. After graduating in Dublin he soon moved to England and had a number of jobs while writing part-time. His first novel was published in 1958 and he became a fulltime writer in the sixties. He won the Whitbread prize three times and was nominated five times for the Booker prize, including being short-listed four times. In addition to more than twenty novels and novellas, he also wrote more than 20 collections of short stories and several plays. Despite spending most of his adult life in England he considered himself to be 'Irish in every vein'. He died in 2016.



Cheating at Canasta comprises 12 short stories which illustrate Trevor's insights into the lives of ordinary people. The stories are written around the author's recurring themes of family dynamics and relationships, missed opportunities, regret, deception, adultery, aging, and forgiveness.

After some problems accessing Zoom we rearranged the mtg to start at 11 o'clock. Most of us appreciated, but were not wildly enthusiastic about the book. Most thought that the writing was very well done, but some found the subject matter unengaging or a bit depressing. We were split on whether we liked short stories as opposed to full length novels, but agreed that it was good to read short stories for a change.

Our next meeting will be on Zoom on 28th October, starting at 10.30 and we will be discussing A Rising Man by Abir Mukherjee.

Any potential members who would like to join us for a usually, light-hearted discussion about books, please contact me via the website. Also, if anyone has any reading suggestions we would love to hear from you.

Vicky

BOWLS

The NCE u3a bowls season has now finished. Thank you to NCE Bowls Club for the use of their grounds and equipment and to everyone who has come along and enjoyed this engaging and active sport.

I will let you all know the dates of the 2026 season early next year .

Julia

CRAFTY CRAFTERS

For September's meeting of Crafty Crafters Val showed us how to use air dried clay. As the name implies, this is a clay that doesn't have to be fired in a kiln. The clay was rolled to a thin layer of about ¼", after which we used cutters and stamps.

Many of us made Christmas decorations using cutters shaped as Christmas trees, stars and circles. The cutters used can be pastry cutters or ones made specifically for use with the clay. The stamps are the same as ones used for creating designs on paper or fabric. You can either stamp a design and then position a cutter over the top so the design fills the space or cut the shape and then position a stamp in the middle. Once happy with the item a hole was made in the top of those that needed a hanger after which they were left on a flat surface to start drying. We were told to turn them over after 24 hours to finish drying. Once dry, air dried clay can be painted with acrylic paints and/or sealed with modge podge.

Our next meeting is 8th October when we will be doing Christmas decorations using diamond art painting.

Ruth

CREATIVE WRITING

The meeting started with an exercise - the group were given a large range of fabric samples to choose from. Focusing on the sample that they had chosen, they wrote a description of someone who would wear clothes made out of the fabric. The range of fabrics included Jamaican and Indian designs, printed cottons and tweed.

The group, as always, produced some wonderful characters - using fabric samples, Shelia used stripes for a clown's baggy trousers and red felt for a floppy hat to match his red nose.

Eric chose a bright African print - his character was an African man wearing a kaftan and had dreadlocks, who had a stall selling his hand-carved designs.

Ali using patterned Indian silk fabric, described a well-dressed man wearing a colourful waistcoat made out of the fabric.

Gwyn using brightly patterned fabric, named his character Long Shanks to indicate that he was 6'2" like Edward I.

June chose tweed, describing a smartly dressed man.

Angela chose a green striped cotton for a woman who wore vertical stripes to make herself look slimmer.

Doppelganger was the subject for the 500 word homework. The definition of a doppelganger is well known as someone who looks like you, but can also cause mischief and harm. The various stories were - a Doppelganger convention, a magician who had a malevolent doppelganger, sabotaging his tricks. The superstition that if you meet your doppelganger you will die was tragically played out. A boy saw his doppelganger in his mother's full-length mirror. Crooks mistook an innocent man for his doppelganger. A woman who saw her doppelganger was impressed by her smart clothes and looks, and that inspired her to improve her own clothes and looks.

The homework is not the usual 500-word story. The group were shown an A5 10 page booklet on Blackfriars London Bridge. Every other page was a photograph and opposite each photo is a poem or blank verse inspired by the subject/photo.

The subject of the booklet is **Autumn**.

Anyone interested in joining the group, please contact Angela by email

Blakemore12@btinternet.com

Angela

DIGITAL PHOTOGRAPHY

The highlight of the month was an exhibition on the 16th in Newcastle Emlyn. Joining the exhibits from the Photography Group were items from the Art Group, Sketchers Group, Patchwork & Quilting Group & the Crafty Crafters Group. It was a busy day with a constant stream of visitors.



Tea & Cake



Art Group



Sketchers Group



Craft Groups

The next Photography Group meeting is on 22nd October at 2.30pm at Coracle Hall, Llechryd. The homework for this month is 'Graveyards'.

New members always welcome even if you just take photos on your phone.

Colin

FAMILY HISTORY

This month we continued with last month's topic of Censuses, in particular ones that have given us a breakthrough. Apart from giving us the names, ages and occupations of everyone at each property on a particular night, many of us have found snippets of information that have helped enormously. Examples include a mother-in-law visiting which gave us the wife's maiden name. The 1939 Register was updated when a woman got married, so is particularly useful. The 1911 Census asked wives to state how many children they had had and how many had died – this often gave helpful information regarding additional children that never appeared on a census.

Next month, our topic will be directories – trade, telephone, etc but also apprenticeship records, school admissions. Family History is about far more than just Births, Marriages and Deaths. These additional records are available online and often give helpful information, apart from just being a listing. They also add interest to the facts you already have.

If you are interested in joining the Group, please get in touch so I can include you on the mailing list as I sometimes send out details of special offers or copies of articles I have found that may be of interest.

A world of maps and atlases: open afternoon at UWTSO Special Collections

UWTSO Special Collections will be holding an open afternoon displaying a selection of our historic maps and atlases, published between the 16th and 19th centuries. The items on display will include Abraham Ortelius' *Theatrum orbis terrarum*, containing the first printed map of Wales, Gerhard Mercator's *Atlas*, or *A geographicke description of the regions, countries, and kingdomes of the world*, and John Speed's *The theatre of the empire of Great Britaine*. The event will begin with a short talk, followed by a chance to examine the volumes. It will take place on Tuesday 21 October from 2pm to 4pm, in UWTSO Special Collections in Lampeter. (University of Wales)

We hope this will be the first in a series of monthly events.

If you would like to know more or to book a place, please contact Ruth Gooding (r.gooding@uwtsd.ac.uk)

Margaret

HITCH-HIKERS GUIDE TO THEOLOGY + PHILOSOPHY**Love thy Neighbour**

The meeting was a joint meeting with the Hitch Hikers' Guide to Theology group.

It was well attended and led by Carol Wardman, Leader of the Hitch Hikers' Guide to Theology group.

The topic of the meeting was "love thy neighbour"

The talk started with St Augustine's ethical framework, the four Pillars of Christian Ethics and comments:-

1 The Bible (proof due to text -written over a number of years and cultures)

2 Tradition (can change)

3 Reason (science and logic)

4 Experience

Aristotle on ethics - to achieve happiness through being good and helping your neighbour.

It was a lively meeting with plenty of questions and answers leading to discussions, some controversial. It was suggested to do away with the asylum system, but a group member's experience flagged up the benefits of the system. When her grandparents sought the safety of asylum when they fled from Russia. The general consensus was that we should take in asylum seekers.

The Church in its many forms all had the basic ethics central to their beliefs, and philosophers had also taught the basic ethics.

This was the second joint meeting and some members might contemplate belonging to both groups in the future.

Carol/Angela

PATCHWORK AND QUILTING

We had a good meeting in September although there were a couple of our regulars missing for various reasons. We were all able to get on well with our various projects. Some had been ongoing for a while, some were new ones.

Our next get together is 10th October. If you've ever thought you would like to have a go at patchwork, why not join us.

Ruth

PETANQUE

We managed to get both sessions playing this month. The first was only attended by four of us due to illness and work commitments and the second had six players and one visiting spectator (Valerie) despite the Craft and Photographic groups exhibition happening at the same time.

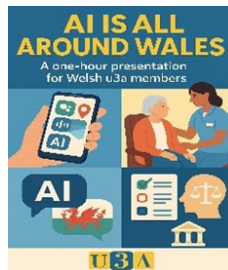
Communicating via WhatsApp is working very well and everyone says its the way forward rather than using email.

Our playing sessions for October will be Monday 6th October 1400hrs and Tuesday 21st October 1015hrs.

Trevor

SCIENCE GROUP

This month saw the Group hosting an all Wales Zoom meeting on the subject of AI. We had three presenters to take us through what Artificial Intelligence means to Wales. Our Group was joined by about 40 other u3a members from across Wales.



If you are interested in AI then there are other talks and meeting that can be accessed via the u3a site 'AI for everyone'. An audio recording of the talk is available by contacting colin.luker@u3a.org.uk

The next meeting is on 27th October at 2pm at Phat Forks, Cernarth. Subject will be 'Life on Mars'.

Colin

STROLLERS

September's walk was at Cwm-Cou led by Helen Nolan. Thank you Helen. Welcome to our new members, I hope you enjoyed the walk. Melvin and I weren't able to go on the walk, so Pat has kindly done the report as follows.

Sixteen of us turned out for our walk on Friday, with beautiful sunny and warm weather. It was a lovely walk. We met in a layby up Adpar hill, and started off walking up a little quiet road. From there, we turned off and walked through a field, which brought us to a pretty green lane, we then walked through a beautiful wood, after which we walked along more green lanes and fields and then on to the little lane that we started on. The walk was about three miles long, with beautifully varied scenery and spectacular views. After the walk, five of us enjoyed a very nice lunch at The Bunch Of Grapes. It was a very pleasant morning out, thank you for your lovely company walkers, let's do it all again next time.



Our next walk is on Friday 31st of October at Rhydlewis. New members always welcome. Contact me on pamjwalks@aol.com for more information.

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.

Margaret

WELSH GROUP

At our September meeting we started to learn the Welsh names for some of the parts of the body. And then we practised sentences including them. So, we learned face to face and shoulder to shoulder along with broken arms, sore heads, cold feet and Meri Ann's hurt finger. We are going to continue with this next time to see how much we have remembered and make up some more sentences with each other.

But please note that there will be no meeting in October. Our next session will be on Tuesday 4th November, starting at 10.30 at Capel Iwan village hall.

Vicky

WINE APPRECIATION

In September we travelled south to the South Island of New Zealand to taste some of their wines. The South Island has 5 main wine regions of which Marlborough is the most prolific and most well known.

We tasted 6 wines of which 3 were whites and 3 reds. The whites were all Sauvignon blancs from the Marlborough region. All were well liked and score well but the Wairau Cove Reserve slightly edged ahead on our scoring system. This came from Tesco.



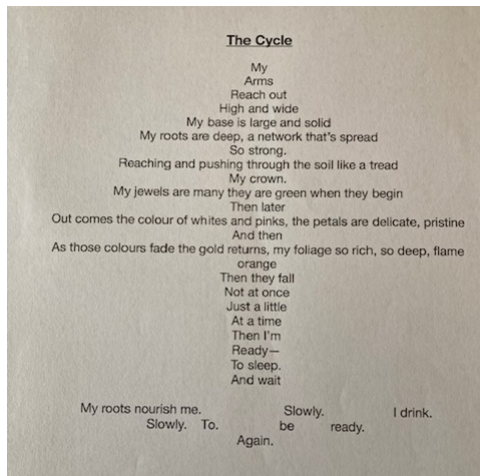
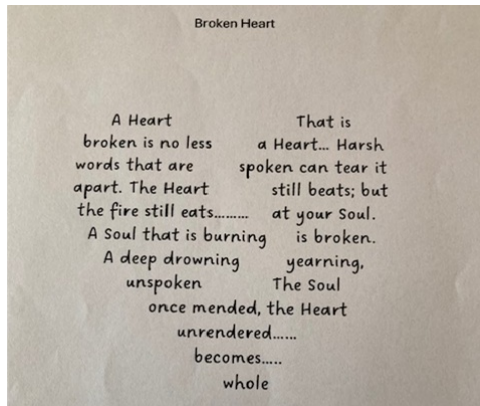
The reds were all Pinot Noirs, 2 from the Marlborough region and one from the Central Otago region which is one of the most southerly vine growing areas in the world. The favourite was the Tesco Finest Marlborough Pinot Noir which we felt had a bit more body to it than the other two.

On 16th October we will be meeting at Janet and John Piggott's and we will again visit South Island but I have set them the challenge of finding wines from the other 4 regions and not from Marlborough. How easy that will be remains to be seen!

Hazel

WRITE NOW

During our September meeting we shared our homework of 'shape' or 'concrete' poems. Two examples, Sheila Thompson's 'Broken Heart' and Julia Pearson's 'The Cycle', are printed below.



Our poem of the month was 'I wanna be yours' by John Cooper Clarke and our 10 minute writing involved a game of consequences.

Next months meeting is on Monday 13th October 11am-- 1pm at The Church of the Latter Day Saints in Newcastle Emllyn.

Homework is to write about 500 words describing a meeting between two characters that has consequences.

| Day | | Venue | Time |
|---------------|--------------------------------|--|-------|
| WEEK 1 | GROUP | | |
| Monday | Hitch Hikers Guide to Theology | Ffostrasol Village Hall | 14.00 |
| Tuesday | Welsh | Capel Iwan Village Hall | 10-30 |
| Tuesday | Bowls | NCE Bowls Club | 14-00 |
| Tuesday | Petanque | King George V playing field - Newcastle Emlyn | 14.00 |
| Wednesday | Badminton | Lladysul Leisure Centre | 12-15 |
| Wednesday | Pickleball | Llandysul Leisure Centre | 12-15 |
| Thursday | Art | Penboyr Village Hall | 10-00 |
| WEEK 2 | | | |
| Monday | Walkers | Contact Group Leader for details | 10.30 |
| Monday | Write Now | Church of the later Day Saints Newcastle Emlyn | 11.00 |
| Monday | Don't Get Me Started | Sue's in Pontgarreg | 14.00 |
| Monday | Bowls | Bowls Club Newcastle Emlyn | 14.00 |
| Tuesday | MOTO (members on their own) | Cwtch Café Newcastle Emlyn | 10.00 |
| Tuesday | Sketchers | National Wool Museum Drefach Velindre | 10-00 |
| Tuesday | Table Tennis | Rhydlewys Village Hall | 14-00 |
| Wednesday | Strictly Basic Ballroom | NCE Holy Trinity Church Hall | 10-30 |
| Wednesday | Badminton | Llandysul Leisure Centre | 12-15 |
| Wednesday | Pickleball | Llandysul Leisure Centre | 12-15 |
| Wednesday | Crafty Crafters | Penboyr Village Hall | 10-30 |
| Thursday | Art | Art - Penboyr Village Hall | 10-00 |
| Thursday | Creative Wtiting | Rhydlewys Village Hall | 11-00 |
| Friday | Patchwork & Quilting | Penboyr Village Hall | 11-00 |
| Sunday | MOTO (members on their own) | Various locations for Sunday lunch | 12.30 |
| WEEK 3 | | | |
| Monday | Bowls | Bowls Club Newcastle Emlyn | 14.00 |
| Tuesday | Petanque | King George V playing field Newcastle Emlyn | 10-15 |
| Tuesday | Games | Penboyr Village Hall | 10-30 |
| Wednesday | Pickleball | Llandysul Leisure Centre | 12-15 |
| Wednesday | Badminton | Llandysul Leisure Centre | 12.15 |
| Wednesday | Astronomy | Coracle Hall Llechryd | 14-00 |
| Thursday | Art | Penboyr Village Hall | 10-00 |
| Thursday | Philosophy | Penrhiwllan Village Hall | 11-00 |
| Thursday | Wine Appreciation | Various locations | 14-00 |
| WEEK 4 | | | |
| Monday | Science | Phat Forks Cenarth Falls Resort | 14-00 |
| Tuesday | Book Club | Zoom meeting | 10-30 |
| Tuesday | French | Sue's in Penrhiwllan | 11-00 |
| Tuesday | Family History | Church of Latter Day Saints NCE | 14-30 |
| Wednesday | Badminton | Llandysul Leisure Centre | 12-15 |
| Wednesday | Pickleball | Llandysul Leisure Centre | 12-15 |
| Wednesday | Photography | Coracle Hall Llechryd | 14-30 |
| Thursday | Art | Penboyr Village Hall | 10-00 |
| Thursday | Table Tennis | Rhydlewys Village Hall | 10-30 |
| | 5 WEEK MONTH ONLY | | |
| Wednesday | Pickleball | Llandysul Leisure Centre | 12-15 |
| Wednesday | Badminton | Llandysul Leisure Centre | 12.15 |
| Thursday | Art | Penboyr Village Hall | 10.00 |
| Friday | Strollers | Last Friday of a month in 4 or 5 week months | 10.30 |