



Chairs Ramblings

October has been a busy month which started with the all Wales meeting in Newtown for Networks and local u3as. We had 40+ representatives from u3as across Wales attending the meeting. A great deal of useful discussion and exchange of ideas took place. The next get together will be in March 2026.

In addition, Nicky Lee, the other Council Representative and myself have attended Network Committee meetings in North & in West Wales.

Last week a successful Q&A workshop was held for Wales u3as covering constitutions. Many u3as are in the process of updating their constitutions, in particular the problems of getting sufficient members to step up and become involved as officers.

We have another interesting speaker on the 5th November. Nadia Tomsa the Charity Director of Sea Trust Wales will be talking about Porpoise photo ID (and other research), as well as going through Sea Trust's other work.

Don't forget to book your place for the Christmas lunch on 3rd December. You will be able to book / pay at this month's meeting.

We usually hold a Christmas raffle at the Christmas lunch event in December. We would like to do the same this year by producing some hampers of Christmas goodies and treats, toiletries, etc plus a few individual prizes.

Everyone attending gets one free raffle ticket and then can buy extra ones if they wish. Last year we had an amazing array of prizes!

Please could you have a look if you have anything that would be suitable for the hampers or individual prizes. Do not feel you have to buy something but please check sell by dates!

You can bring items with you to the monthly meeting in November, or you can give them to a Committee member or to your Group Leaders who will get them to a Committee member. If you have any suitable boxes for making the hampers then please bring them along in November.

We know you will support us, if you can, as you always do.

Art

Every Thursday from 10.00am at Penboyr Village Hall

Astronomy

3rd Wednesday from 2.00pm at Coracle Hall, Llechryd. Joint with Cardigan U3A.

Badminton

12.15pm at Llandysul Leisure Centre, 2nd and 4th Wednesday

Book Club

4th Tuesday from 10.30am (currently Zoom meetings).

Bowls

Winter recess

Crafty Crafters

2nd Wednesday from 10.30am at Penboyr Village Hall.

Creative Writing

2nd Thursday from 11.00am - venue varies.

Digital Photography

4th Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A.

Don't get me started

2nd Monday from 2.00pm at Susan's in Pontgarreg

Family History

4th Tuesday from 2.30pm at The Church of Latter day Saints, Newcastle Emlyn.

French

4th Tuesday - at 11.00am at Sue's in Penrhiwllan

Games

3rd Tuesday from 10.30am at Penboyr Village Hall.

Hitch-Hikers guide to Theology

3rd Monday from 2pm at Ffostrasol Village Hall

ICT Support Sessions

as required

Kayak Paddlers

Winter recess

Lunch

Last Wednesday (bi monthly) - venue varies.

MOTO (Members on their own)

2nd Tuesday meet at Cwtch Emlyn café

Newcastle Emlyn 10-00am

2nd Sunday meet for Sunday Lunch

Patchwork and Quilting

2nd Friday from 11.00am at Penboyr Village Hall.

Petanque

As and when playable

Philosophy

3rd Thursday from 11.00am at Penrhiwllan Village Hall.

Pickelball

Every Wednesday 12.15 onwards, Llandysul Leisure Centre

Talk about Science

4th Monday from 2-00pm at

Ffat Forks, Cenarth Falls Resort

Sketchers

2nd Tuesday from 10-00am at National Wool Museum

Strictly Basic Ballroom

2nd Wednesday from 10.30am

Holy Tinity Church Hall, Newcastle Emlyn

Strollers

Last Friday of the month from 10.30am, venue varies

Table Tennis

2nd Tuesday from 2.00pm and 4th Thursday from 10.30am

at Rhydlewis Village Hall

Walkers

2nd Monday from 10.30am, venue varies

Welsh

1st Tuesday from 10.30am at Capel Iwan Village Hall

Wine Appreciation

3rd Thursday from 7.00pm - venue varies

Write Now

2nd Monday from 11am

Church of Latter-day Saints, Newcastle Emlyn

FFAIR NADOLIG

22/11/2025

1 - 4

yp/pm

yp/pm

CHRISTMAS FAIR



MYNEDIAD AM DDIM / FREE ENTRY



Celf Lleol / Local Crafts

Bwyd a Diod / Food and Drink

Celf a Chreffft / Arts and Crafts

Siôn Corn / Father Christmas

Rôl Twrci a Stwffin Poeth /

Hot Turkey and Stuffing Rolls



Neuadd Cwrwgl

Coracle Hall

LLechryd



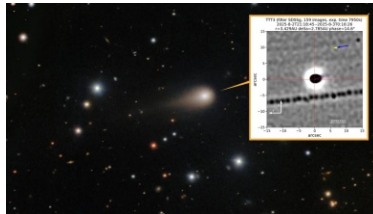
ASTRONOMY

October Report

The Astronomy Group met on the 15th of Oct, our usual 3rd Wed afternoon of the month date - and, as usual, we started off with our regular review of the easy-to-see planets and stars. Saturn is still the only planet we can currently see in the evening. It is in the SE at at about 7pm (GMT) and the South at bedtime. Except for the Moon, it is the brightest object in that direction, and about 30o above the horizon – and it is also just below the 4 bright-ish stars that comprise the Great Square of Pegasus. Saturn is close to the Moon on Oct 31st (above and to the Moon's left), even closer beside it on the left on Nov 1st, and just below the Moon on its right on Nov 2nd.

Much brighter Jupiter is beginning to make an almost-evening appearance, rising in the North-east around midnight – along with, and just below Pollux and Castor, The Gemini Twins. As noted last month, as the night progresses, they and the rest of the bright stars that form the Winter Hexagon and Orion, are very visible as they move across the southern sky – and as the winter progresses, this cluster will become visible earlier and earlier in the evening.

Adrian presented some slides on the current story of Comet 3I-ATLAS which was first detected on July 1st by a NASA-funded telescope in Chile – the Asteroid Terrestrial-impact Last Alert System (ATLAS) – and has been followed ever since by observatories all round the world, by space-telescopes, and even by ESA's Mars' orbiting satellites.



The picture above from The Gemini Observatory, also in Chile, with close-up inset from the Mount Teide Observatory, were August images of Comet 3I/ATLAS. It is currently at its closest to the Sun but on the opposite side to Earth and a bit further out than our orbit – so we can't see it at the moment. However, we will be at our closest to it on Dec 19th, when it will be about twice as far away from us as the Sun.

It is not a bright comet that can be seen with the naked eye, or even binoculars, so why the interest?

Well, it soon became clear that this object was a comet but not one that orbits the Sun elliptically like all-but-one of the other comets we have ever observed. It happens to be moving roughly in the same plane as the plane that the planets orbit the Sun in, but this is just a coincidence. It is moving much faster

(about 130,000 mph) and in an almost straight line (though technically it's hyperbolic) as it passes through the inner Solar System – so even though spectral analyses show its composition is similar to some of our comets, it must have originated outside the Solar System.

It is the 3rd object from Inter-stellar space that has been detected – hence the designation Comet 3I – and by far the fastest. Scientists have been going back through stored image data from a number of telescopes, including the recently decommissioned Gaia space telescope - and found 3I/ATLAS. They have tracked back to give us a more complete trajectory than was possible just since July 1st,, when it was discovered – and it looks like it came from the Sagittarius direction, i.e. from the middle of the Milky Way.

There are billions of star systems there, but going back 10 million years and a distance 100 million times as far as the Sun, they haven't found anything that could meaningfully perturb its trajectory. So, they concluded that it was just too far away from any of the 90-ish possible close encounters with stars they identified - and was going too fast.

It has been travelling a very long time and is probably about 3 billion years older than the formation of the Solar System, i.e. Comet 3I/ATLAS is 7.5 billion years old. It is probably the oldest thing we have ever observed in real time (i.e. when its light has taken just minutes or hours to reach us).

Finally, in addition to his regular binocular-observing features of the month - his Lunar feature and Constellation of the Month - Jon gave a presentation on Meteor Showers, with particular emphasis on the forthcoming Leonid meteor shower which will run from Nov 3rd until Dec 2nd, with the peak on Nov 16-17.

The next Astronomy Group meeting will be on Wed, 19 November at 2pm in Lechryd's Coracle Hall. Please come and join us if you are interested, or ring 0777-167 4578 if you want more information.

September Report

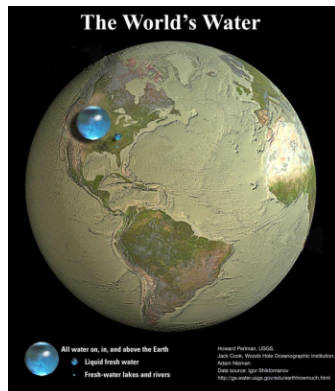
(sorry this came in too late to be included last month)

The Astronomy Group met on the 17th of Sept, our usual 3rd Wed afternoon of the month date. Also, as usual, we started off with our regular review of the easy-to-see planets and stars. Saturn is still the only planet we can currently see in the evening. It rises in the east after dusk and is about the brightest object in the south-east to south at bedtime, about 25o above the horizon. Saturn was at opposition on the 21st, i.e. it was directly on the opposite side of Earth to the Sun - so it is currently about as near to us as it gets. A telescope or good binoculars (and a clear night) should reveal the rings – but, unfortunately, at this point in its orbit Saturn's rings are almost edge-on to Earth so not as spectacular as they can be.

Arcturus (reddish, and low down in the west) and the Summer Triangle of Vega, Altair and Deneb, up high above us in the S-SW (and half way back to Saturn) remain the dominant stars in the southern half of the early- evening sky- as shown in the diagram in last month's Newsletter. But if you want to see another 7 of the brightest 16 stars in the northern hemisphere, you will have to look eastwards before dawn. The whole of Orion and the Winter Hexagon of Sirius, Procyon, the Gemini Twins (Castor&Pollux), Capella, Aldeberan and Rigel, are visible again.

Sirius, the Dog Star and the brightest star in the sky, has returned as summer ends. It is the last of the Winter Hexagon stars to put in an appearance and currently rises at around 5am. If you see Sirius, you will also see (much brighter) Venus as it rises at about the same time, but 45o further east – and to cap it off, bright Jupiter will be in the middle of the Winter Hexagon between The Twins and reddish Betelgeuse.

Adrian showed some slides about All the Water on the Earth. Although we think of our home as The Blue Planet since pictures from the Moon appeared, there is relatively little water on Earth compared to solid matter.



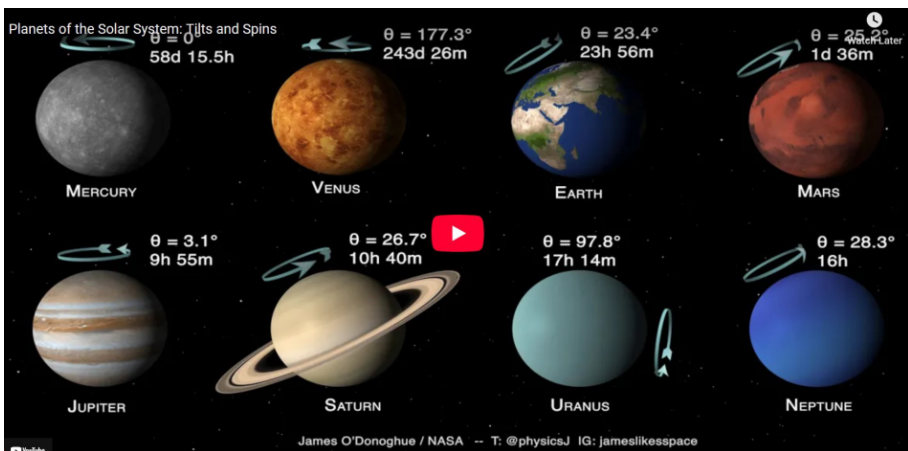
Although oceans of water cover about 70 percent of Earth's surface, these oceans are very shallow compared to the Earth's radius (which is ca. 6350 km) – and if all of the water on or near the surface of the Earth were bunched up into a ball, the radius of this ball (shown above Texas) would be only about 700 kilometres – about 1.3% of Earth's volume. All the liquid fresh water equates to the smaller ball next to it – of which all the lakes and rivers comprise just the minute ball (shown in Florida).

There will be water still trapped well underground in some of the minerals that condensed from the dust clouds to make Earth 4.5 billion years ago, and wasn't released to form the oceans around 4.3 Bya as the Earth cooled - possibly 3x as much. And impacts from icy asteroids (and comets, to a lesser extent) have added considerably to the our surface-water inventory since the oceans were first formed.

But the icy moons of Jupiter, Saturn and Neptune are in a different league. They seem collectively to have at least 100x as much liquid water under their ice shells as we have in our oceans – and they have the solid ice-crusts as well. We are definitely The Blue Planet – but not the wettest body in the Solar System.

After Jon's regular Lunar feature and Constellation of the Month - Sea of Fertility and Cassiopeia, respectively – we had a look at the Variation in Tilts of all the planets as they orbit around the Sun on, or near, the ecliptic plane. We also compared the Rotational Speeds of the planets i.e. what we might consider to be their approximate day lengths.

The Earth rotates every 23hr56 min, which is almost, but not quite, a whole day. The extra 4 minutes arise because a simple complete rotation doesn't quite get any place back to looking directly at the Sun again, say at midday. The Earth has moved along its orbit a bit so we only get back to exactly southern sun, and a full day, after one 23.9 hour rotation plus 4 mins.



Jupiter spins the fastest (just under 10 hours) and Saturn almost as fast at 10 hr 40 mins, whereas Venus is the slowest and its 243 day rotation is longer than its 225 day year.

Mercury also rotates slowly (59 days) but at least it's shorter than its 88 day year. However, like Earth's difference between one rotation and a solar-day, in which the same point is now pointing at the Sun, Mercury's movement round its orbit during one 59-day rotation stretches its solar-day to 176 days – a day that is twice as long as its year!

Back on Venus, its even odder because Venus rotates in the opposite direction to its orbit round the Sun, and this backward rotation makes its solar-day much shorter (117 days) than its rotational-day – so even though it rotates less than once every 225 day year, it does actually get almost 2x normal (i.e. solar-) days every 225 day year!

Looking at the tilts of the planets relative to the orbiting plane, Jupiter and Mercury have virtually no tilt – so no seasons there!. Venus likewise, but it is spinning the opposite way!

Mars, Saturn and Neptune have tilts quite close to Earth's 23.4o (which puts the Sun over the tropics of Cancer and Capricorn as we orbit around) – but Uranus spins almost perpendicularly to the orbital plane.

A massive collision in its early days must have knocked Uranus sideways. So this means that one of Uranus' poles points at the Sun every half Uranus-year (i.e.42 years) – in the same way that one of our Tropics does every half-year. This gives 42 years of continuous daylight in that hemisphere, followed by 42 years of continuous darkness whilst the orbit moves the pole back to point at the Sun.

Very odd – but we all thought these differences between the planets motions were most intriguing.

Our next Group meeting will be on Wed, 15 October 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

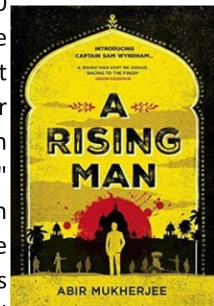
We played a return match at Llandysul against Milford Haven and it was such a close run thing that it all came down to the final match. Unbeknown to the players with all the other games finished the other players and spectators watched with interest with lots of support for both teams. With Milford winning the final match the result was a well earned draw. We then all retired to have some lovely refreshments.

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

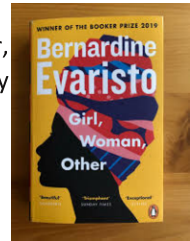
In October we read *A Rising Man* by Abir Mukherjee, who is a British author, the son of parents who moved to the UK from Calcutta before he was born. He was brought up in Scotland and worked as an accountant for 20 years before turning his hand to writing after he read that Lee Child began writing at the age of forty. *A Rising Man* is his first book and is set in Calcutta shortly after the end of World War One. The main protagonists are policemen Captain Sam Wyndham and Sergeant Surendranath "Surrender-not" Bannerjee. The book was published in 2016 and has been followed by five more in the series, together with a standalone novel. *A Rising Man* won two crime writing awards and was shortlisted and nominated for six others. The books have sold more than 400,000 copies and been translated into 15 languages.



Captain Wyndham, a former Scotland Yard detective, has transferred to Calcutta and immediately takes charge of a case investigating the murder of a senior British official. Wyndham is escaping the horrors of the Great War and the death of his wife from influenza. His sergeant, Bannerjee, is a resourceful and educated Indian, frequently underestimated by the white population who are still the rulers of the Raj. The novel explores the tensions between the British authorities, the Indian nationalist movements, and the Indian people caught in between. It sets out the moral dilemmas and contradictions of colonial rule. Wyndham, though a loyal officer of the British Empire, is gradually confronted with the injustice and harsh realities of colonialism.

Most, but not all, of the group enjoyed the book, finding it an easy read. Whilst we thought some parts of the story were a bit unlikely, we thought it was full of glimpses of life in India under British rule, being so different for the British expats and for the indigenous population. Many of the attitudes were shaming or shocking. But there were also some enjoyable and amusing episodes in the writing. Most of us would read more in the series.

Our next meeting will be on Zoom on 25th November, starting at 10.30 and we will be discussing *Girl, Woman, Other* by Bernadine Evaristo.



You are welcome 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

CRAFTY CRAFTERS

We had good fun in October doing diamond art Christmas decorations. Diamond art is using a pickup tool to place “diamonds” on a sticky colour coded picture, a bit like painting by numbers. There were Father Christmases, snowmen, reindeer, Christmas trees, gingerbread men, candy canes and bells to choose from. Each one didn’t take too long to complete and everyone who did it managed to do two or three.

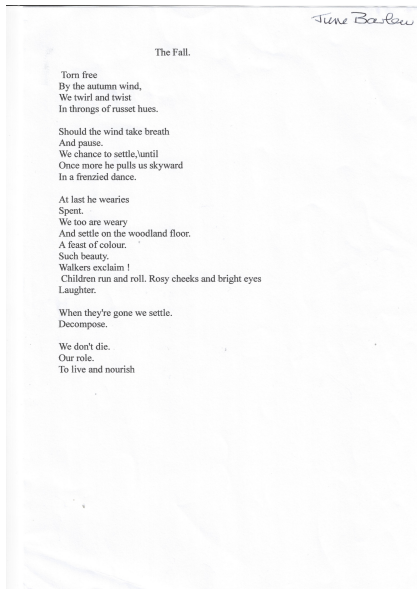


Our next meeting will be 12th November when we will be working with coloured foam sheets.

Ruth

CREATIVE WRITING

The meeting started with those members who had done the homework, which was to write poetry or verse inspired by photographs or artwork on the topic of Autumn. June chose to paint leaves, which inspired her; Sheila chose a photo of a leafy lane; Angela took a photo of her visiting her family graves at Llania church.



Church in Autumn

Visiting my family

They have all had autumns
Some more than others
The rabbits and seagulls
Play and swoop around them.

As the cliff erodes.
They will all be washed away
Broken pieces of headstones
Like pieces of a puzzle.

The Church watches over them
Through all the seasons
Spring, bluebells and snowdrops
Autumn wilted floral tributes and leaves.

As Summer warmth turns to Autumn crisp days, and the leaves abandon the trees. They carpet the paths in a spicy palette as Nature begins her ease.

Green meadows beam with an emerald glow in the weakened Autumn light, while fallow fields having yielded their crops, settle down to artificial night.

Sauntering through leafy lanes, sending brittle leaves in a merry prance. Imitating ethereal creatures in a gay abandoned dance.

Soon strong winds will scour the land, scattering nature's abandoned detritus. The air will cool, the light will fade, and frosts will come to bite us.

Then snow will fall and blanket the ground, bare branches will whip the air, flailing against the winter storms 'til spring arrives with flair.

For now, I revel in her bright display, her images sealed in my heart, and when the season gives way to Winters grasp, I'll shall recall Autumn's beautiful art.



Gwyn, who is writing a spy novel, read his latest chapter to the group, which contained a love-making scene. During the feedback from the group, his use of the word penis was questioned. A discussion to agree an alternative word ensued; out of those suggested, the word lust was liked by nearly all of the group. It was decided to look up the definition of lust, which is not just sexual but craving for anything, like fame or riches. Then the word lust was agreed as the subject for our 500 word homework.

The group were joined by Annette, a member of U3a who is a very experienced lecturer and writer; she took us through some exercises to help build characters in our writing.

If you feel interested in joining our group, please email Angela on blakemore12@btinternet.com

Angela

DONT GET ME STARTED

Our last meeting covered Freedom of Speech – a current and large subject, the consensus was that freedom of speech should not be restricted, but should be used with moral responsibility and be balanced against the rights and safety of others. The limiting of freedom of speech can be used as a weapon of division.

Topics from our meetings over the past months have been, Donald Trump!, How the government is handling the “knife crime “ problem and it bring effective results? Should the use of social media be made illegal until the age of 16, as they have in Australia? What’s the answer to achieving a higher employment rate? Bullying, with reference to the film of Adolescence, and the state of the NHS.

We do try hard to stay on the subject but inevitably opinions can cause us to go “off piste” fairly often.

We have a full house of participants at the moment which does result in some very interesting and varied opinions.

Sue

FAMILY HISTORY

As it was half-term for this month’s meeting, there were a few regulars missing, but we still had a good turnout. Our subject for discussion was non-standard records (which unfortunately, are often not available for the whole country).

These included: Professional/Trade Directories, Telephone Directories, School admissions lists, Electoral registers, Militia records, Local rates books, Military records and many many others. These are what makes your research interesting. There have been many books published showing the details of a particular cottage industry and the poor conditions people worked in, often women working from home, both in cities and rural areas.

Next month we shall be talking about Death Certificates – what they can tell us, apart from the date and cause of death. Also, any stories about the circumstances of a person’s death.

Please contact me if you would be interested in joining the Group.

Margaret

HITCH-HIKERS GUIDE TO THEOLOGY**Long Ago and Far Away: the Parables of Jesus**

Parables are stories with a purpose, and like the ‘parabolas’ after which they are named, they take off in all sorts of graceful directions, before landing back on earth again and giving us a bunch of new things to think about. Which was certainly the effect that discussing the Parables of Jesus with our Theological Hitch-Hikers had on me!

We looked at a handful of Jesus’ parables – there are anything from 20 to 50 of them, depending on how you define it (I think it has to be a story, not just a one-liner) – and noticed that the structure is often similar to a joke: there’s a set-up (“Did you hear the one about the son who persuaded his Dad to give him his inheritance in advance?”), some recognisable characters, and then an unexpected twist which probably does make us laugh. Or sometimes cry.

Why do so many parables have dreadful endings for the characters who get things wrong? The timid servant who buried his money instead of investing it; the selfish rich man who never helped the beggar at his gate; the poor guy who turned up to a wedding in the wrong clothes – they’re all ‘cast into outer darkness with weeping and gnashing of teeth’. Well, parables are fiction, not history, so there’s a degree of exaggeration; and back in the day, sensibilities weren’t what they are now. But the brilliant thing about parables is that they can be interpreted in more than one way; so it’s not wrong to be indignant if the outcome seems harsh, or the standard set is ridiculously high, or if you feel sympathy for the villain. Carrying the story on in our imaginations can lead to all sorts of unexpected ideas and questions: the Prodigal Son was welcomed home, but he’d still blown all his money and lost his inheritance; and how tactful was it of the woman who called all her neighbours round to celebrate finding her precious gold coin (probably an ornament from her wedding-dress) if none of them had enough money for such things?

Was Jesus the only one who told parables? There are a few in the Hebrew Bible, and Jesus based at least one of his on an existing tale in Isaiah (about God planting a vineyard); and other religious traditions have them too. They are there to fire our imaginations, lead us in new directions, and make us think for ourselves; but they are also, definitely, entertaining. And is it possible to take them too seriously and over-think them? That’s all part of the endlessly intriguing, contradictory and challenging world of the parable!

Next time... we will meet on Monday November 10th (PLEASE NOTE – change of date from our usual first Monday) at 2pm in Ffostrasol Village Hall, with guest speaker Imam Ali Foda from Carmarthen, talking about Islam. Join us to find out more about the fastest-growing religion in the world today.

Carol

PATCHWORK AND QUILTING

Six of us got together in October for our monthly patchwork meeting. Each member works on their own project and these range from large bed size quilts to much smaller cushions covers. In October we had star blocks, table runners, cushion covers, crumb blocks and sampler blocks. The star blocks will be quilted made from many different types of stars. Crumb blocks are made by stitching lots of small scraps together



making multi coloured blocks. The plan is to join them together using a quilt as you go method. The cushion covers are being used to practice quilting, and Pam is expanding her patchwork knowledge by making various sampler blocks.

Our next meeting will be 14th November.

Ruth

PHILOSOPHY

Mary Astell(1666-1731) Born in Newcastle but lived most of her adult life in London. She is considered by some to be the first feminist. She published three major works.

1. A Serious Proposal to the Ladies Pt1 and 2 wherein a method is offered for the improvement of their minds(1694)
2. Some Reflections on Marriage, Occasioned by the Duke and Duchess of Mazarine's Case, Which is also Considered(1700)
3. The Christian Religion as Professed by a Daughter of the Church of England(1705)

"We should be convinced that the body is the instrument of the mind, and no more. That it is of such a much inferior nature, and therefore be kept in such a case as to be ready to serve the mind."

"Bodies impede the mind from having perfect ideas for the body very often clogs the mind in it's noblest operations."

"None can claim the mind for the body, nor the body for the mind."

"Being such that they are so incomparable how can they relate one to another?"

"The nature of the mind is thought and has no extension but the body has no thought but has extension."

“Because through this system of bones, flesh and skin shall within three score years, and this wood which is now upon the fire, shall within an hour or two..... be no more; yet not the least particle doth totally perish.”

“So that a being is mortal, and corruptible, or ceases to be, when those parts of which it consists, and whose particular composition and figure are no longer thus and united, but ceasing to appear under their first texture and figure, are therefore very properly said to be no more.”

“We have thoughts and ideas that come from within us and inclinations, these provide to the development of our minds and what we do.”

“For if we disregard the body wholly, we pretend to live like angels; and if we prefer or equal it to the mind we degenerate into brutes.”

“It is said that we women are more closely in common with our bodies than men therefore we do not reason as they do. How can that be when body and mind are not one and the same?”

SHE ARGUES THAT AS THE MIND IS ONE UNITY AND THEREFORE CANNOT BE CORRUPTED WHEREAS THE BODY IS MADE UP OF PARTS(DIVISIBLE DOWN TO ATOMS?) THEN THE MIND IS ETERNAL I.E. HAS ETERNAL LIFE.

SHE ARGUES THAT THE NATURE OF THE MIND IS THOUGHT AND THE NATURE OF THE BODY IS EXTENSION. SHE WAS PROPOSING AN ARGUMENT TO COUNTER LOCKE'S VIEW ABOUT THE POSSIBILITY OF A THINKING NATURE.

THE CAMBRIDGE PLATONISTS AT THE TIME TRIED TO EXPLAIN HOW TWO SUBSTANCES WITH TWO TOTALLY ESSENCES CAN INTERACT WITH EACH OTHER. HENRY MORE CLAIMED THAT AS WELL AS THE SOUL OF GOD AND OTHER LIVING CREATURES THERE IS A SOUL OF NATURE WHICH ENABLES THE TWO TO WORK TOGETHER.

THE OCCULISTS AGREED WITH DESCARTES THAT THE TWO WERE TOTALLY DIFFERENT AND IT IS GOD THAT ENABLES THEM TO WORK TOGETHER.

SCIENCE

Martyn gave us an interesting demonstration about eye movements using mirrors and our mobile phones.

This month we looked at bird migration - why & how do they do it? Have a look at the following if you would like to know more about The World's Longest Non-Stop Flight Alaska to New Zealand by the Bar-tailed Godwit.

<https://www.youtube.com/watch?v=HXEK3ryoWE4>



Colin

SKETCHERS

This October, we all met at CWTSH EMLYN cafe, adjacent to the bowling green in Newcastle Emllyn. It was a pleasant atmosphere, and we all managed to sketch something.

It was cloudy so we did not go outdoors. Next months venue will be Diane Mathias Art Studio in Henllan on Tuesday 11th of November 10am-12pm. coffee and cake is available.



All welcome. it would be nice to see some new faces.

Lee

STROLLERS

Our October Strollers walk was to be at Rhydlewis. However, due to the heavy rain and high winds on Thursday, and the forecast for Friday even worse, I took the decision to cancel the walk. Members' safety is the most important thing. An email went out on Thursday evening via Beacon to inform the whole group of the cancellation. I followed up with phone calls to some members, who had confirmed they were coming on the walk, to ensure everyone knew the walk was cancelled. Thank you to all concerned for your understanding.

Our November Walk will be on Friday 28th November at Llandysul, a circular walk of approx. 4 miles. This is a new walk and will be our last walk for 2025. Anyone wishing to join the Strollers is most welcome, please email me on pamjwalks@aol.com for more information.

Pam

TABLE TENNIS

Although the Group plays for fun, we do follow the rules, and this month we broke the record for the longest game - our record at least! When a game gets to 20 all (as in tennis at deuce) one side has to get 2 clear points to win. In this game at 29 all, Judie and I finally got the 2 points needed. Bad luck Mike and Helen - it was a good close game from the start. Before getting the scoreboards we would have lost count before that stage!



Do come and join us - Rhydlewis Village Hall, twice a month.

Margaret

WELSH GROUP

Our next session will be on Tuesday 4th November, starting at 10.30 at Capel Iwan village hall.

Vicky

WINE APPRECIATION

Octobers meeting was at John and Janet's and was our final visit to New Zealand, tasting wines from the regions of the South Island other than Marlborough. We tasted 5 wines, 3 whites and 2 reds and not one was from Marlborough. Well done!

Two of the whites were from Nelson and the other from the Bannockburn region of Central Otago one of the most southerly wine regions in the world. There was a Sauvignon Blanc, a Pinot Gris and an Alborino. The Alborino which was actually the cheapest of the wines tasted came out as a clear favourite. It came from the Wine Society.

The 2 reds were both Pinot Noir from the Central Otago region and the one from Laithwaites was preferred to the one from Tesco. It had more depth and less acidity!

In November, on Thursday 20th, we will be meeting in Cenarth when we are all going to buy the same type of wine but from different countries around the world to see how the same grape varies.

Hazel

WRITE NOW

At our October meeting, Gwyn read a section of the spy novel he is writing and appreciated feedback. Others in the group shared their responses to the homework task of ‘a meeting with consequences.’

Below is Nina Milton’s imaginative contribution.

Inside the Cell

Round the back, was where I met her. And I wanted to cry. Because here was my cell, the one I’d been longing for, dreaming of.

They don’t do the cells any more—not for fifty years. The nurse laughed when I asked about them.

I’d been brought up on the old films, black and white. They filled my teenaged after-noons. I always thought how lovely they looked, the rooms. How soft, how silent.

When the gabbling came into my head and I’m began to yell, throw things, they didn’t take me to a cell. It was all; ‘Just a little scratch, to calm you a bit?’ They pinned me down, taking care how I was held, like an insect displayed on cork-board—careful not to break an antenna or anything.

It was during discharge, that Celia asked me.

‘Can you drive, Simon?’

Of course I could drive, I’m forty-stupid-eight.

‘I just want to stay here.’

The nurses shook their heads. Of course not. They wanted my bed.

Celia touched the back of my hand. ‘I’ll be visiting regularly. You’ll be able to de-pend on me.’

What I longed for was to be left alone, somewhere silent, where the edges wouldn’t catch me. Somewhere padded.

It was a week later, Celia drove me to the library. Huge place, grand.

I said, ‘This could be a stately home,’ and Celia laughed.

“A stately home for books.’

‘I couldn’t work here.’ I was actually shivering in the car, even though the heating was up. ‘It was work that did for me last time. Places like this, full of people...no, I can’t do it.’

‘Not here,’ said Celia, guiding me. ‘Round the back.’

And there she was. Not appealing from the outside—sharp metal lines, shiny glass windows that reflected my image. But inside...

Celia had the keys and zapped. The door swung to the side. We stepped up into the vehicle.

Books. On every side of the bus, apart from the cab where I’d be driving. Lined with books. So many leaves of paper you couldn’t count. It was cushioned...it was padded.

I have the country route. Through the lanes, softly shrouded with green. Small vil-lages, gushing fords. I can hear the birds singing, but nothing else. No gabble.

There was always gabble in my head. But, when they made you go to sessions, sit in a circle with twenty other crazies, well, that made the gabbling hyper-gabble.

‘Please don’t speak all at once,’ the therapist would say. ‘One person should speak, the others should listen.’

But none of them got the hang; they were talking to themselves, the gabble of their lives. No one was listening to anyone. It was all shouting over the gabble to be heard.

‘Simon; would you like to say something?’

‘No thank you, Lois.’

‘You have nothing on your mind?’

A mind too full of things, overloaded with them. Silence was the solution. A soft-walled cell was the answer.

I always pull to a halt somewhere central to the village. The crossroads, or the village shop. Outside the chapel, I can see a bunch of people waiting, books in hand. This is the tricky moment because they are all gabbling. But I trust them to follow the rule.

I open the doors for them and swing the driving seat round to the little desk. And mercifully, the people come quietly. They understand the ‘no talking’ sign. The bus is pad-ded out with book after book and silently, they read the spines, pulling the occasional one out like a loose tooth. Some flick through. Others read the first page and the last.

There is no gabble.

One by one they will bring their choices to me. They might whisper something, but it's not gabble. It's reverent, that's what it is. 'Will you be getting the Booker shortlist?' Or, 'Can I renew this one please?'

I open the book at the front page, where there is whiteness and silence. Just a label, ready to be stamped.

Finally, the van is empty. I'm alone, in my cell. I close the doors. For a few moments, I don't drive off. I listen to the padded silence of the walls of books.

It's ironic, I always think, because if I opened any one of them, gabble would come teaming out. Words by the thousands – millions, leaping into my head.

Celia explained why they did away with the padded cells. 'Therapy works so much better. We can talk away the fears, Simon.'

But padded silence works for me.

Sometimes I touch a spine and wonder. Bronte, it might say. Galbraith, Fielding. Murdoch. Follet.

I do wonder, but I never look. I just start I just start the engine and drive the van to the next parking place.

'Poem of the Month' was 'Dancing Women' by Penny Windsor.

'Ten Minute Writing Task' used a lucky dip of objects as inspiration.

The homework topic is 'an autumn celebration or festival' - open choice of poetry or prose.

Our next meeting is Monday, 10th November, 11am-1pm at the Church of the Latter Day Saints in Newcastle Emlyn.

Julie

What's On in Newcastle Emlyn u3a

Day		Venue	Time
WEEK 1	GROUP		
Monday	Hitch Hikers Guide to Theology	Ffostrasol Village Hall	14.00
Tuesday	Petanque	King George V playing field - Newcastle Emlyn	14.00
Wednesday	Badminton	Llandysul 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
Tuesday	MOTO (members on their own)	Cwtch Café Newcastle Emlyn	10.00
Tuesday	Sketchers	National Wool Museum Drefach Velindre	10-00
Tuesday	Table Tennis	Rhydlewis 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	Rhydlewis 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			
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	Rhydlewis Village Hall	10-30
	5 WEEK MONTH ONLY		
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

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.