



May monthly meeting on 6 May 10-30am at Newcastle Emlyn Rugby Club.

There will be a talk given by Nicky from Skanda Vale hospice explaining how the Monastery started the hospice and their ethos etc.

Skanda Vale is a non-denominational spiritual centre and monastery located in Carmarthenshire, Wales, near the village of Llanpumsaint.

Skanda Vale Hospice offers highly individualised care and support to families affected by life-limiting illnesses, completely free of charge.

AGM 1st July 2026

Your support at this meeting would be much appreciated. As well as the formal business we hope to have an interesting quiz & a bit of a social get together.

Shortly you will receive the formal notice about the AGM and details of any positions on the Committee that will need you to vote. If anyone feels that they can contribute to the running of our u3a then please let Julia (Secretary) know. We can always do with extra hands!

If you want to see what goes on at committee meetings then the minutes of those meeting will shortly be posted on the web site.

PICNIC in the PARK

On Monday 18th May we are having a social event in the George V park, Newcastle Emlyn from 12.30pm to 3.00pm. This is a chance to meet other members and have an enjoyable few hours.

There will be the opportunity to have a go at Pétanque, Bowls and play some outdoor garden games. Please bring your own refreshments and chairs (alcohol not permitted in park).

Obviously this is weather dependant, so keep an eye on our Face Book page in case we have to cancel at the last minute.

Do you use AI?

Message from Barry Claydon – u3a AI subject adviser

Would you like to learn via a 121 tutorial via Zoom? If so, then contact Barry about how you are using AI. email him at barry.claydon@subjectadviser.u3a.org.uk

like to focus on how Welsh members are using AI particularly in their u3a.

The National u3a Festival 26

This is being held at York University, Heslington, York on 1st to the 3rd of July 26.

Full details are on the u3a web site.

Books and Games donations



The members who run the book / puzzle swap table have asked if you are donating a book then you choose at least one to take one away. The numbers of books etc. is getting too large to handle and store between meetings.

Colin

Art Every Thursday from 10.00am at Penboyr Village Hall	Amanda amanda.treesong@gmail.com
Astronomy 3rd Wednesday from 2.00pm at Coracle Hall, Llechryd. Joint with Cardigan u3a.	Adrian adrian.r.milner@btinternet.com
Badminton 12.15pm at Llandysul Leisure Centre, 2nd and 4th Wednesday	Nigel cambs5@sky.com
Book Club 4th Tuesday from 10.30am (currently Zoom meetings).	Vicky vkthomas2008@gmail.com
Bowls 1st Tuesday and 3rd Monday at 2pm	Julia julia.pearson2013@icloud.com
Crafty Crafters 2nd Wednesday from 10.30am at Penboyr Village Hall.	Ruth
Creative Writing 2nd Thursday from 11.00am - venue varies.	Angela blakemore12@btinternet.com
Digital Photography 4th Wednesday from 2.30pm at Coracle Hall, Llechryd - Joint with Cardigan U3A.	Colin colinlucker@yahoo.co.uk
Don't get me started 2nd Monday from 2.00pm at Susan's in Pontgarreg	Sue susanedmunds@hotmail.com
Family History 4th Tuesday from 2.30pm at The Church of Latter day Saints, Newcastle Emlyn.	Margaret jtandmargaret@gmail.com
French 4th Tuesday - at 11.00am at Sue's in Penrhiwllan	Sue boydrennison@btinternet.com
Games 3rd Tuesday from 10.30am at Penboyr Village Hall.	Paul steam24x7@btinternet.com Linda lindakenworthy66@gmail.com
Hitch-Hikers guide to Theology 3rd Monday from 2pm at Ffostrasol Village Hall	Carol carolwardman@outlook.com
ICT Support Sessions as required	Hazel
Kayak Paddlers Various dates and venues, winter recess	Nigel cambs5@sky.com
Local History 3rd Tuesday 2-30pm at Church of Later day Saints	Peter peterberrytottaway@gmail.com

Lunch Last Wednesday (bi monthly) - venue varies.	Tracey tracyU3Alunch@gmail.com
MOTO (Members on their own) 2nd Tuesday meet at Cwtch Emlyn café Newcastle Emlyn 10-00am 2nd Sunday meet for Sunday Lunch	Felicity felicityjames71@gmail.com Cyndy cyndymartin58@gmail.com
Patchwork and Quilting 2nd Friday from 11.00am at Penboyr Village Hall.	Ruth
Petanque 1st Monday 2pm 3rd Tuesday 10-15	Trevor trevorkgunn@aol.com
Philosophy 3rd Thursday from 11.00am at Penrhiwllan Village Hall.	Angela blakemore12@btinternet.com
Pickelball Every Wednesday 12.15 onwards, Llandysul Leisure Centre	Nigel camb5@sky.com
Talk about Science 4th Monday from 2-00pm at Ffat Forks, Cenarth Falls Resort	Colin
Sketchers 2nd Tuesday from 10-00am at National Wool Museum	Lee
Strictly Basic Ballroom 2nd Wednesday from 10.30am Holy Trinity Church Hall, Newcastle Emlyn	Julia julia.pearson2013@icloud.com
Strollers Last Friday of the month from 10.30am, venue varies	Pam pamiwalks@aol.com
Table Tennis 2nd Tuesday from 2.00pm and 4th Thursday from 10.30am at Rhydlewis Village Hall	Margaret jtandmargaret@gmail.com
Walkers 2nd Monday from 10.30am, venue varies	Nigel camb5@sky.com
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 11am Church of Latter-day Saints, Newcastle Emlyn	Julie g.rainsbury@btopenworld.com



NEWCASTLE EMLYN U3a OUTING - WEDNESDAY 5TH AUGUST 2026

MEET COACH 08.30AM TO LEAVE AT 08.45AM NEWCASTLE EMLYN MARKET CAR PARK RETURNING FOR AROUND 5.30PM £15 PER PERSON - TO INCLUDE COACH AND CURATOR TALK AT THE MUSEUM.

St Fagans is Wales's most popular heritage attraction. A walk round Wales from Celtic times to present day. Some access may be difficult to some historic buildings and the terrain is steep in places. There are restaurants available and also picnic areas. Please give name and contact details to Julia Pearson or Kari Byrne if you would like to join us on the day.

Payment can be in person at the monthly meeting or by bank transfer as follows -

Sort code: 30-91-65

Account No: 00828937

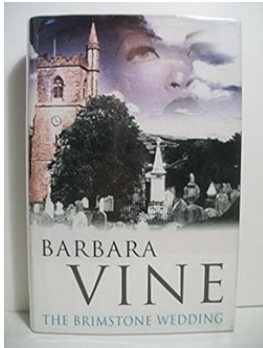
Account name: Newcastle Emlyn U3A

NOTE: Please put your name(s) as the reference

More information - [museum.wales](https://www.museum.wales) › [stfagans](https://www.stfagans.org)

BOOK CLUB

The book we chose for April was *The Brimstone Wedding* by Barbara Vine. Barbara Vine is a pen name of Ruth Rendell, the well-known author of thrillers and murder mysteries, including the Chief Inspector Wexford series. The books she wrote as Barbara Vine between 1986 and 2012 were generally psychological crime novels which included themes of human misunderstandings and the unintended consequences of family secrets and hidden crimes. Rendell incorporated the social changes of the last 40 years of her life, bringing awareness to such issues as domestic violence.



She was born in Greater London in 1930 and educated in Essex. After school she became a reporter for her local paper. She married in 1950 and had her first book published in 1964. She wrote over 50 novels as Ruth Rendell and 14 as Barbara Vine, plus many other shorter works, winning numerous literary awards. She sold more than 20 million copies of her books. Many of her works have been adapted for radio, television and film. She became a life peer in 1997. She died in 2015.

Our meeting got going after all manner of problems with Zoom, which thankfully we were able to work through or around. We all felt that the book was well written and easy to read. It reminded us of how different life was in the forties and fifties, especially for women. There was no financial independence for most married women, who were entirely reliant on their husbands for their position in society. The events of the story were in a large part caused by two people being trapped in their situation without the means to break out of it. We all liked the book, though some of us were not sure we would seek out other Barbara Vine books.

Our meeting in May is on 26th, starting at 10.30 on zoom, when we will be discussing *Head of State* by Andrew Marr.

Vicky

CRAFTY CRAFTERS

We had a good session at Crafty Crafters in April which everyone said they really enjoyed. Fourteen of us turned up to make flowers from pipe cleaners. Pipe cleaners are not like we (well me at least) remember from our childhood. They now come in a wide range of colours and there are lots of videos on YouTube showing you how to make all kinds of flowers and other things from them. I had sent them links to a couple of the videos for them to watch before the meeting to give them some idea of what to do and what other flowers could also be made. We started with a quick demonstration and then the members got stuck in to producing their own and many managed to make two flowers before we had to pack up.



Our next meeting will be 13th May and we will be taking our own projects along to work on.

Ruth

CREATIVE WRITING

March Report

The meeting started with an exercise - the members were handed two envelopes, one with folded pieces of paper with various names of animals and the other envelope had folded pieces of paper with various places where the animals lived/ could be found, ending with the animals' mating call. Taking one piece from each envelope, the members had to write about their relationship and other information regardless of how ridiculous the pairs were.

Members were encouraged to use their mobile phones to research necessary information (research in writing)

June had a mongoose as a pet; Shelia had a camel called Beryl, Gwyn had a baboon with a large red bum in the jungle. Members could use their mobile phones and lively discussions took place regarding mating call sounds. David Attenborough would be surprised by their efforts.

Members commented that they had found out interesting information.

Members shared their 500 word homework titled Valentine's Day.

The members' individual take on the subject was varied

April Report

The session started with a replacement exercise because it was raining.

From a selection of ideas, the group decided to write the conversation between an owner of a brothel interviewing a prospective worker.

One member of the group wrote the conversation with a humorous twist. The applicant told the bemused brothel owner that she was a vegan and liked vegetables. It finally became clear that the applicant was applying for a job at the green grocer next door. The others in the group kept to a conversation of questions and answers between the brothel owner and prospective worker. They were all well written, but it was surprising the depth of knowledge the members had.

The 500 word homework- A selection of opening sentences was distributed among the members. This was not just one topic for the group, but individual opening sentences for the members to continue by imagining where the sentences would lead.

For example of opening sentences:-

Michael sat down in the middle of the road and began to cry.

The author continued to describe the dreary weather and the circumstances that Michael was battling with. He was restored both mentally and physically by a local shopkeeper who sat down beside him. The emotions felt in these 500 words affected all the members and even led one member to recall how they had had a similar occasion, when they had come to the end of their tether

My Grandfather lied to my Grandmother, I suppose it runs in the family.

A wife trying to unravel why her husband was lying was like peeling an onion - one excuse after another. Even when he told the truth, his wife didn't believe him - the trust between them had gone.

Tulips under pillows of fluffy coats on the bed.

This was a challenge for the author, as there was no romantic link with tulips - not like roses. The author focused on her love for her Labrador compared with her sister's 3 spoilt Pomeranians. On returning to her bedroom, the 3 Pomeranians were snoring on the bed after they had knocked over the jug of tulips by the bed, so the tulips were sticking out under the pillows of fluffy coats.

There she was, Amy Gerstein, over by the pool, kissing my father.

Kate was on a 2-week family holiday in Greece. When she saw her father's young secretary and him kissing, she was shocked. She wondered if he was having a midlife crisis, with Amy being much younger than him. All was revealed when her brother arrived and announced that he was engaged to Amy.

The only way John could pass the exam was by cheating. He cheated to pass his GCE exam, got into a grammar school, and continued cheating even when his father called in a favour with the principal of the university to accept him to study to be a doctor. When it became obvious that he was struggling with his studies, he started cheating and was discovered. So he had to leave the university. His father decided to send him to college, where all John's skills and talents would be needed. Years passed, and now John was in a position to use all his cheating and lying talents -, especially at PM's question time.!

Next month's 500-word homework is **Guilt**

New members are always welcomed.

Angela

FAMILY HISTORY

This month, we were talking about Workhouses. Many of us have ancestors who spent some time in them and we were discussing the dreadful conditions people lived in there. A lot of our ancestors died in a workhouse, (this will have been reported in the local newspapers), but they were probably admitted to the Workhouse Infirmary where they died a short time later. Unmarried mothers will often have had their baby in a workhouse, but not necessarily lived there for long.

We shall continue with this subject next month and also include other Social History topics – the way people lived and things that happened to change their lives. Family History is about so much more than just dates and addresses. Sometimes we find a record that sends us off on a journey of discovery to find out more about life at the time. The stories we find are what we want to hear about at our meetings.

Please contact me if you would like to join our Group, whether or not you have anything to contribute. We also try to help each other when we are stuck.

Margaret

PATCHWORK AND QUILTING

There was a good turnout for Patchwork in April. Hazel and Jess both managed to finish the bags they had been making which they were very pleased with and I made a start on cutting one out only to realise that the pattern I had was too small for what I wanted it for so had to then spend time working out what sizes pieces I needed in order to make it bigger. Who knew that sewing involved maths! The rest continued with projects they already had on the go including hand sewing to make hexagon patches and learning new skills.



Our next meeting will be 8th May.

Ruth

PETANQUE

We have managed to get both sessions in this month with a good turn out for the first one plus we had a guest player a friend who was staying with Billy. The second one wasn't so well attended as it clashes with the games group and it was dry with a chilling breeze that made it feel colder. Our first session in May is Bank holiday Monday 4th, maybe we can see some new prospective members there at King George V playing fields Newcastle Emlyn.

We will also, weather permitting, be at the U3a Party in the Park on the 18th May.

Trevor

PHILOSOPHY

Unfortunately Gwyn was still unwell so the Leader came up with the Topic of Fake News. Only 4 members attended, but useful handouts were distributed, and a very interesting session took place.

Fake news was not a new issue, but with technology and AI today, it is spreading faster and becoming more convincing. The question of whether fake news influenced how people voted was readily discussed, as there is an election soon. The bigger question was: did Fake News affect democracy negatively? The group decided that it could and people need to be more aware.

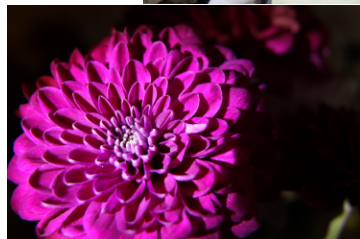
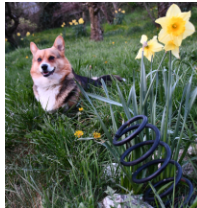
Then the group went through a handout with a list of the words/ strategies used, e.g. bias news bites and articles in print when composing Fake News.

New members are always welcome.

Angela

PHOTOGRAPHY

Subject for this month was Depth of Field' (DoF). As explained last month, this technique enables you to decide what you actually want to be shown in focus in your shot using different aperture settings. There were some really good photos submitted and attached are a few examples. We have been really impressed by the standard of Photography the group are achieving.



For June, the Group will be looking at taking Black & White (Monochrome) photographs rather than colour ones.

Our next meeting will in the Coracle Hall, Llechryd on 27 May at 1430.

Pete & Ian

STROLLERS

Our April Walk was an approx. 4-mile circular walk around Cardigan, led by Pat and Richard Webb, Thank you both. Fifteen of us, along with Maisie, Silas, Fryn and Basil met at Maesglas Football Club car park on a bright and sunny morning perfect for a walk. On leaving the car park we turned right past the Cemetery and followed the lane turning left to continue along a path and then across a field. Our route then followed country lanes and paths and along the edge of a couple of fields. Along the way there were fantastic views across to St Dogmaels and Poppet Sands as well as ahead towards Gwbert. We then walked up hill along the road before turning right along the lane back to the car park. Eight of us, along with Maisie and Silas, then went to the Flat Rock Restaurant at Gwbert for lunch and a nice chat. Thank you to everyone that came on the walk.

Our next walk is on Friday May 29th. The walk is approx. 3 miles from Cenarth back to Newcastle Emlyn so will include a bus ride from Newcastle Emlyn to Cenarth. Anyone wishing to join the Strollers is most welcome, please email 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 Rhydlewys 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

WALKING

The groups first walk for some time on a lovely spring day started in Penbryn car park and then we walked inland to Llangrannog using a number of lovely old footpaths before a short walk on the road passing Capel Morfa which still seems to be work in progress and then came across a house which had a barn/shed that used to house the horse drawn heaves used by the chapel. The owner of the property kindly gave us a potted history of the property. We then walked across a number of fields fortunately with no cows (unlike the last time we did this trail) before picking up the path again taking us down to Llangrannog for a well earned Coffee and cake at the Beach Hut café . Not having been there before I wasn't too sure what to expect but I can recommend it if your in the area.



We the set off on the somewhat more arduous and challenging walk return leg along the coastal path back to Penbryn. The views on the coastal path are wonderful and with the weather being somewhat kinder than predicted we managed to get back to our cars having only encountered one light shower along the way. In total the walk was around 6 miles though the coastal path made that feel quite a bit longer. We all made it including the two dogs both called Bryn.



We are now planning a walk down and around Newport which will be about 7 miles in total taking in some coastal walk and country side lanes with the odd castle and bronze age tomb. I have a hospital appointment on the 11 May and am proposing to reschedule the walk for the 18 May 10-30 meet, if you would like to come along and join us then please get in touch I will send out exact meeting point etc a bit nearer the time.

Nigel

WELSH GROUP

Ten of us had a good session in April continuing our conversations related to time. We split into smaller groups and asked and answered questions on where and when we were going or had gone on holiday, gone shopping, to see friends, to the surgery and so on. We also discussed what we had done the previous week and the previous day and what we would be doing after the meeting.

Next month we will be looking into emotions and learning the words for laughing, smiling, crying, worrying etc and using them in sentences related to how we feel about various things. We'll be meeting again on Tuesday 5th May, starting at 10.30 in Capel Iwan village hall.

Vicky

WINE APPRECIATION

Spain is literally the world's vineyard and boasts 96 officially recognised wine regions! Spain contains the largest area under vine in the world (969 million hectares) but, small yields make it the second or third in volume per year after France and Italy. It is the second highest country in Europe after Switzerland and there are deserts too. With such biodiversity and climate contrasts it presents one of the most suitable territories for vine growing.

We used this map to help us group the regions.



In April we met at Hazel's house and tasted wines from Central Spain, Southern Spain and Mediterranean Spain. We had one white, Hacienda da Lluna from Valencia which members felt was very good and rather changed our minds about Spanish Whites. We then tasted four reds, two of which were 2020 wines. The favourite was a 2020 Albali wine from Tesco at £7.50 which we considered good value for money. The final wine was also from Valencia but was a white Dessert wine called Casa Maña Moscatel from Tesco. None of us are that keen on sweet wines but we felt that with right dessert this was quite palatable and was very lemony. On Thursday April 21st we will be meeting at John and Janet's house and tasting wines from Northern Spain, the Duero River Valley and the Ebro River Valley which of course is the home of Rioja.

Hazel

WRITE NOW

At the beginning of our April meeting, we briefly shared some comments on the second chapter of Mari's novel and a poem by Eric inspired by Newcastle Emlyn Castle.

The homework task had been a choice of either a piece using the phrase 'But I am not guilty' or something written in a 'nonsense' language which is none-the-less intelligible to a reader/ listener. The group can always alternatively write anything of their own choice of course! Two responses can be found below: 'Lineglitter' by David Saccaggi and 'Roedy Ondee Glape', a nonsense piece, by Sheila Thompson.

Lineglitter by Davido Saccaggi

Squelching shoes, blue toes

Trousers to knees

Clear crystal water

Gravel sparkling in light

Rock cracks and crannies

Potholes in bed

Corners in water

Secret gullies lying dead

Scooping up gravel

Scraping up crumbs

Dipping deep in gully

Every last grit picked

Swirling round water

Washing out dirt

Picking up pebbles

Spilling out dross

Watching dirty water

Spilling over side

As flotation leaves

Behind glittering line

Roedy Ondee Glape

A Nonsense piece

Danny and me durst taken the floaty gloat for a roedy scoop onto the splishysplashy glape.

Haltdowney in the centio of the warterdawter to wachseezum the ferswishywish and dinkybumps gerswimpt about, Danny uppty ended and whented Heady Ho into the gloop!

It wersn't deepyloow and when 'im turnt rightyways uppy, it done only come to hims middlediddledum.

I laughtied and chortlied as 'im werst in such a wazzle, all drippy jewlly from imst clobber and 'is soaked headythatch sticking to 'im fizzogg, 'im was a mighty frighty sight.

Danny-wan, flumped in mirthy mims and ums two wuz a gigglesprits til ours bellybuns acheywaked. It werst fanfunniest dinks weeze dun in longtimes.

Mammalugs durst tinkit so funnio whent we um traipsiddy homey dripdropping muddy glibglobs all over herses floorsey flobs.

Us-um was sented to sleepyslab widd no suppsupp, but Daddio di brings us cookieos after lates when 'im heardus tale.... He thoughted it was goodiddy larkus and wishted 'ee couldave seend it. Us-um hearded Mammalugs a laughinging downdy stairs later, so we tinkum shedided forgy ust too.

Sheila M Thompson

Julie

What's On in Newcastle Emlyn u3a May 2026

Monday	4	Hitch hikers guide to Theology	Ffostrasol Village Hall	14.00
Monday	4	Petanque	King George V playing Fields	14.00
Tuesday	5	Welsh	Capel Iwan Village Hall	10.30
Tuesday	5	Outdoor Bowls	Newcastle Emlyn Bowls Club	14.00
Wednesday	6	Main meeting	Newcastle Emlyn Rugby Club	10.30
Wednesday	6	Pickleball	Llandysul Leisure centre	12.15
Thursday	7	Art	Penboyr village hall	10.00
Sunday	10	MOTO Sunday Lunch	Venue Varies	
Monday	11	Write Now	Church of Latter-Day Saints	11.00
Monday	11	Don't Get Me Started	Susan's in Pontgarreg	14.00
Tuesday	12	Sketchers	National Wool Museum	10.00
Tuesday	12	MOTO coffee morning		10.00
Tuesday	12	Table Tennis	Rhyd Lewis Village Hall	14.00
Wednesday	13	Crafty Crafters	Penboyr Village Hall	10.30
Wednesday	13	Strictly Basic Ballroom	Holy Trinity Church Hall	10.30
Wednesday	13	Badminton/Pickleball	Llandysul Leisure Centre	12.15
Thursday	14	Art	Penboyr village hall	10.00
Thursday	14	Creative Writing	Rhyd Lewis Village Hall	11.00
Friday	15	Patchwork and Quilting	Penboyr village hall	11.00
Monday	18	Walkers	Newport	10.30
Monday	18	Outdoor Bowls	Newcastle Emlyn Bowls Club	14.00
Tuesday	19	Petanque	King George V playing Fields	10.15
Tuesday	19	Games	Penboyr Village Hall	10.30
Tuesday	19	Local History	Church of Latter-Day Saints	14.30
Wednesday	20	Pickleball	Llandysul Leisure Centre	12.15
Wednesday	20	Astronomy	Coracle Hall, Llechryd	14.00
Thursday	21	Art	Penboyr village hall	10.00
Thursday	21	Philosophy	Penrhiwllan Village Hall	11.00
Thursday	21	Wine Appreciation	Venue Varies	14.00
Monday	25	Talk About Science	Fast Forks, Cenarth Falls Resort	14.00
Tuesday	26	Book Club	Zoom meeting	10.30
Tuesday	26	French	Sue's in Penrhiwllan	11.00
Tuesday	26	Family History	Church of Latter-Day Saints	14.30
Wednesday	27	Lunch Group	Venue Varies	12.00
Wednesday	27	Badminton/Pickleball	Llandysul Leisure Centre	12.15
Wednesday	27	Digital Photography	Coracle Hall, Llechryd	14.30
Thursday	28	Art	Penboyr village hall	10.00
Thursday	28	Table Tennis	Rhyd Lewis Village Hall	10.30
Friday	29	Strollers	Venue Varies	10.30

To add or amend events to this monthly calendar contact neu3anewsletter@hotmail.com giving date, venue and time. Closing date for newsletter contributions is the 24th of the month.