



June monthly meeting on 3 June 10-30am at Newcastle Emlyn Rugby Club.

This month we have an interesting talk for you on Wednesday, 3rd June, when Jamie Hayes is coming to talk about 'You and Your Medicine'.

For information, Jamie is a leadership and performance coach, with a thirty-five-year career in healthcare and behavioural change. He is recognised as a forward-thinking, innovative, leader, with a flair for communication and the ability to inspire and motivate individuals and audiences.

Jamie is an Honorary Professor at the Department of Applied Psychology, School of Sport and Health Sciences, Cardiff Metropolitan University.

Please note that there will not be a book / puzzle table at this meeting as the people that organise this service are away.

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.

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

June 2026



TRINITY HALL, NEWCASTLE EMLYN
OPEN DAY – 29TH JUNE
 10.00am to 3pm

u3a

www.newcastleemlyn.u3asite.uk

Come along on the **29th June** and see what the **Newcastle Emlyn u3a** has to offer. We hold a monthly meeting at the Rugby Club on the first Wednesday of each month (10.30am) & during the month we offer a wide range of **Interest Groups**.

WHAT IS THE u3a – it is one of the largest membership organisations in the UK. Our members come together to learn & socialise for fun. It is open to anyone of any age providing they are not in full time employment Through the u3a, members make friends and find community.

- PHOTOGRAPHY
- ART
- WALKERS
- PETANQUE
- STRICTLY BASIC BALLROOM
- BOOKS
- TABLE TENNIS
- SKETCHERS
- LOCAL HISTORY
- PATCHWORK & QUILTING
- BADMINTON
- GAMES
- CRAFTS
- WELSH
- SCIENCE
- PHILOSOPHY
- PICKLEBALL
- MOTO
- BADMINTON
- WRITE NOW
- FAMILY HISTORY
- DON'T GET ME STARTED
- THEOLOGY
- ASTRONOMY
- WINE Appreciation
- BOWLS
- CREATIVE WRITING
- LUNCH CLUB
- STROLLERS
- FRENCH

I am writing to request your assistance in sharing information about a research study we are conducting on concern about falling in older adults. The study aims to understand whether witnessing or hearing about other people falling (e.g., friends, family members, or others) influences individuals' own concerns about falling.

We would be grateful if you could circulate the study information and survey link (at the end of this message) to members of your group/organisation. Participation is entirely voluntary, anonymous, and confidential. Members can access the survey online at their convenience, and there are no right or wrong answers – we are interested in participants' experiences and perspectives.

If you are willing to assist, we can provide you with the study information sheet that you can share with your members. We will be happy to answer any questions you may have about the study.

Thank you very much for considering this request. Your support would be invaluable in helping us understand concerns about falling and informing future falls prevention strategies.

<https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

Kind regards,

Dr. Matt Hill

School of Psychology and Vision Sciences (SoPVS)

University of Leicester

Email: mwh20@le.ac.uk

Summer Outing



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

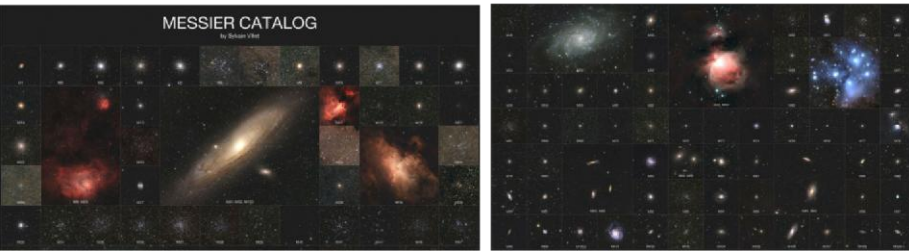
NOTE: Please put your name(s) as the reference

More information - museum.wales › stfagans

ASTRONOMY

The Astronomy Group met on the usual 3rd Wed afternoon of May and we had our regular review of the easy-to-see planets and stars. At the moment, most notably, one can hardly miss the two bright objects in the western sky just after sundown. These are, of course, brilliant Venus and to its left, Jupiter – and they will be with us for another few weeks at least.

This month we discussed some of the objects that appeared in a to-scale depiction of Messier's catalogue by Silvain Villet that was a recent Astronomy Picture of the Day circulated by NASA. Charles Messier published a list of 110 deep-sky objects in the late 18th Century that were not comets, i.e. not the comets he was aiming to look for – and this to-scale depiction is shown below (split into two).



Clearly Messier's Catalogue includes objects of vastly different sizes – and his very first, M1, the Crab Nebula (top left), which resulted from the explosion of a single star, is much smaller than the Andromeda Galaxy, M31, (middle left) which contains many more than 100 billion stars. Distance from the Solar system is also a major factor in how big the objects appear to us so, although looking comparable in size to the Andromeda galaxy, the reddish Orion Nebula, M42, and The Pleiades Open Cluster of blue stars, The Seven Sisters or M45, (top right) are within our own Milky Way galaxy and so are very, very much nearer to us.

We then discussed the fundamental properties and differences between the main groups in Messier's list. He listed 40 galaxies – and galaxies are the main primary structures of the Universe, containing all the stars (and planets) and vast quantities of gas and dust, bound together by gravity. Most galaxies are at least 10 billion years old, and the larger ones contain trillions of stars, span a million light-years across and all have incredible supermassive black holes at their centres.

Galaxies usually occur in close groups of less than 100 galaxies, all held together by gravity – and these small groups (like our own Local Group) are held in wider gravity-controlled Clusters containing thousands of galaxies. And then there are Super-clusters, and so it goes on and on unimaginably! – though these would have been even more unimaginable (as well as invisible) to Messier and his 18th Century contemporaries.

Apart from the Milky Way's own 60+ small satellite galaxies like the Large & Small Magellenic Clouds, the closest galaxies in our Local Group are Andromeda and Triangulum (aka. Pinwheel or M33) which are 2.5 and 2.9 million light-years away, respectively, and are shown below.

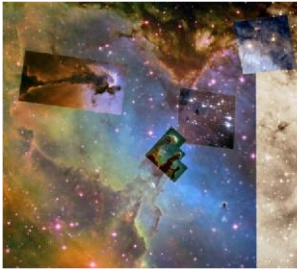


We then looked at Messier's 50-odd Star Clusters – about one-half Open Clusters and the other half, Globular Clusters. M45 is an Open Cluster (The Pleiades/ Seven Sisters) and is shown below on the left. The 7 brightest stars are easily visible with binoculars (or even the naked eye) but there are actually about 1000 young bluish stars in the cluster formed just 75-100 million years ago from clouds of gas, mainly hydrogen, and dust (i.e. nebulae). These Open-cluster star-forming nebulae tend to be in the spiral arms of galaxies.



Globular Clusters, like M5 (Rose Cluster), on the right above, are very different. They are very old and contain many thousands, even a million stars, tightly-bound gravitationally, in roughly spherical formations. They are not hot, blue stars like the Seven Sisters which will burn themselves out in a billion years or so – but are among the first stars ever formed (i.e. up to 13 billion years old) and thus among the oldest stars in the galaxies. There are 150+ Globular Clusters in the Milky Way and they are found in the spherical halo that surrounds the centre of the galaxy – above, below and in the plane of the galaxy.

Finally we looked at Messier's 10 nebulae. These are giant clouds of dust or gas, some of which are relatively new and were formed from a star that completely exploded as a supernova – like M1, the Crab Nebula - or a star which has shed material as it runs out of fusion fuel. M97, the Owl Nebula below left, is one of these – a glowing, expanding shell of ionised gas ejected from a red-giant star late in its life. These are called Planetary nebulae as the material surrounds its mother star - but they have nothing to do with planets!



Other nebulae are much older and consist of clouds of gas and dust from both the early universe and from previous star formations and deaths. The Eagle nebula (M16) is called an Emission nebula (because it glows with light emitted through ionisation by radiation from nearby stars). It is shown above, in the centre, but it is also the nebula which contains the famous Pillars of Creation and other features (which show up better at different light frequencies as seen on the right).

The next two Astronomy Group meetings will be on Wed, 17 June and Wed, 15 July 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.

June 20 6

CREATIVE WRITING

The group started by admiring Eric's fruit cake before tackling the group exercise. The group was given two empty matchboxes to work with - looking back on childhood and Compo in Last of the summer wine the members had to put imaginary objects in a matchbox. Members then had to write about the object and why they had it e.g. Found it, wanted to scare someone. Each member turned to the member sitting on their left and asked, "Do you want to know what's in my matchbox?" Then slowly pushed the box open so the object could be seen to get their reaction. The imaginary objects were: a diamond, signet ring, sixpence piece, curl of hair, spider, clothes peg, and a single stud gold earring. The play acting between the members caused a few giggles.

Members then read aloud their 500-word homework on guilt.

Shelia chose to write a poem, concerning Danny's mum cooking 12 cookies for his birthday, but one was missing! Danny blamed the dog. His mum asked Max, the dog, "Did he steal it?" but Max gave the game away- he licked Danny's sticky fingers.

June took us on a journey as a meal passes through the digestive system. Starting with the mouth and tongue not feeling very good and passing the blame on the stomach. So the food passed through the stages of the digestive system, blaming each other as the food travelled down. Finally, the journey ended with the rectum and the toilet.

Angela wrote about a man observing a trial of a man accused of murder by stabbing the victim 27 times. The accused insisted that the woman was already dead, but he was still found guilty of murder. The man observing the trial knew the truth because he had poisoned the victim. He asked himself if he could live with himself if he didn't speak up. But, beside the accused, now facing life in prison, he walked away.

Eric wrote about personal guilt, giving a list of examples, e.g. Forgetting your other half's birthday and forgetting to give your wife a present on your wedding anniversary. Eric also gave the excuses that the husband would make; since Eric was about to celebrate a significant wedding anniversary, he was quite able to draw on many sins and excuses.

Carol wrote - she found herself in a strange place in a long queue of people who appeared to be in a bad way. She wondered if she was in hospital, but the man next to her, told her they were queuing to get through the pearly gates. St Peter was talking to the people queueing to see if they were good and go to heaven or were guilty of a sin and go to Hell. When it came to her turn, St Peter found her guilty of murder because she had said, "You'd murder him. So she joined the queue to hell while waiting for a lawyer. Then hot air hit her like an express train, and a disembodied voice called, "Who's next?"

She realized that she was not having a nightmare. She was going to eternal hell for something she said; which made her remark, "That's what you get for electing Nigel Farage as Prime Minister."

Angela

The topic for the 500 word homework is Laughter

FAMILY HISTORY

This month we were continuing our Social History discussion - about living conditions in our ancestors' times, including what life was like in the workhouses and in womens' prisons. We also talked about the various illnesses our forebears suffered with and died of. Next month will not be a structured meeting – it will be a chance for members to look up records for ourselves from the various subscription websites available to us via the Family History Centre and the following month we will discuss what we do with the family records we find. Whether you are an experienced researcher or are just starting to look up your Family History and would like to join our Group, please contact me for more details.

Margaret

HITCH-HIKER GUIDE TO THEOLOGY

CRUCIFIED FOR US?

It's the Big Question in Christianity: why did Jesus die on the cross? Did he have to? And what difference did it make?

Most faiths recognise a discrepancy between the way the world should be, and the way it is, and try to bridge the gap – whether through extravagant sacrifice, or detachment from worldly affairs, or determinedly righteous living. The Christian term for putting this right is the Atonement – literally, 'at-one-ment': the reconciliation of humanity to God. Surprisingly, for such a central piece of theology, there is no single way to understand how and why this came about through the death and resurrection of Jesus, and even the best explanations resort to metaphors and parallels.

Jesus set us an example of endurance and faithfulness to God – as followed by many saints, martyrs and ordinary folk since – and so won our place in Heaven. His death and resurrection demonstrated victory over the powers of evil, depriving evil – personified as Satan – of power; and by becoming followers of Jesus, we too can claim that victory. Influenced by the historical prevalence of slavery and prisoners of war, transferred or released after payment to the enemy or to whoever claimed ownership, early theologians devised the ransom theory – much to the disapproval of those who have never believed in negotiating with terrorists. Some suggested that Jesus' life was a re-run – recapitulation – of the Adam and Eve experiment, where separation from God results from human disobedience, but Jesus' perfect life restored the relationship. The penal substitution theory is still popular in some circles: instead of a ransom paid to Satan, it is God who demands a penalty for human sin. This was paid in full by Jesus, who is the incarnation of God (ie God in person); God raised him from death to demonstrate full satisfaction (another theory) and forgiveness.

Finally, we considered the 20th Century, post-war theory, that by entering into a fully human life, and suffering the worst that human sin and cruelty could throw at him, but then rising from the dead, Jesus showed that nothing at all can separate us from God.

Was all this predicted to happen to the Messiah? According to the New Testament itself, yes: Jesus predicted that he would be killed and rise again (eg John 2:19), and New Testament writers pointed to prophecies such as Isaiah's Suffering Servant Songs, where God's chosen one is abused, 'despised and rejected of men' (Isaiah 53:3 – as famously set to music in Handel's Messiah).

Why did Jesus have to suffer? If it seems unacceptably cruel that God, characterised as full of love and mercy, would demand a human sacrifice, then one explanation is: in suffering, Jesus – God incarnate – identifies himself and suffers with the lowest and most disadvantaged of humanity, rather than floating above our troubles.

Did Christians believe this from the beginning, or was it a hopeful spin on the catastrophe of the crucifixion? Clearly some believed, but like all theories and understandings, it evolved over time.

Despite all this, evil remains in the world. Whilst that might be said to disprove the theory of atonement (which means it's up to us to do all that we can to combat what's wrong with our world), Christians may argue that's because not everyone has taken it seriously enough. Perhaps the image of God we see in Jesus is not so much an omnipotent deity who changes everything in one fell swoop, as a God who understands and remains with us, no matter what. In the words of famous theologian Jurgen Moltmann (1926-24): 'What kind of a poor being is a God who cannot suffer and cannot even die?'

Next time... join us at 2pm on June 1 at the Church of Jesus Christ and Latter-Day Saints in Newcastle Emlyn, for a talk about the religious movement sometimes colloquially referred to as 'Mormons'.

Carol

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PATCHWORK AND QUILTING

We had almost a full house for patchwork in May. It's not very often that happens because of appointments and other commitments but it was nice to see so many of us there. It was a very busy 4 hours with everyone working on their own projects but we still found time for chatting as well as sewing. Patchwork bags are always a very popular subject because a girl can never have too many bags and they are also good to give away as presents. We also had hexagons on the go and a new project for a rag quilt, something I've always liked the look of but never done - yet.

Our next meeting is 12th June.

Ruth

PHILOSOPHY

Can you justify going to war?

Two quotes to start us thinking -

Most pre-modern corridors of power were unpleasantly blood thirsty (Mary Beard)

Thucydides (460-406BCE) Strong states must maintain their position by constant expansion. Thucydides trap; inevitable conflict between rising and established superpower; original Persia vs Athens.

Gwyn led us through a list of Western philosopher's reasoning on going to war, starting with Ancient Rome.

Here are only some of the topics provoking lively discussion, reviving memories, and relating to today's justification.

There has to be legitimate authority to go to war (KIng)

Protect non-combatants, women and children, etc. Not possible with indiscriminate bombing.

Do not destroy whole cities (Dresden and Hiroshima)

Military action proportionate to objective.

Negotiate peace before declaring war (Neville Chamberlain, "peace in our time")

A better peace and a swift return to normality to post-war (repatriation for Germany)

This subject provoked not only lively discussion, but Gwyn's informative knowledge made for a very interesting meeting.

If anyone would like to add to the discussion, please email Angela at blakemore12@btinternet.com or join our next meeting: when the subject will be :-

Men are superior to women?

Angela

PHOTOGRAPHY

The Group had an excellent meeting this month where we were able to review all the Black and White photos which was the homework topic for May. The standard was very high as you will see from the attached photos. Next month we are looking into the use of various filters that are available on the market as well as possibly try our hand at producing some homemade filters. We are also in the process of selecting the Photographs that will be appearing in our 2027 Calendar. We are planning to have the Calendar's available for purchase sometime in August.





Pete & Ian

SCIENCE

This month we discussed 'AI Agents - should we be worried?'

If you are not sure what an AI agent is or what it is capable of doing then have a look at the video we watched by Prof. Hannah Fry.

<https://youtu.be/WnzR5aOElvw>

We also reviewed the launch of the new Version 3 Booster and Starship on a new pad and the first attempt to use this new configuration. There were 50 cameras on board providing some great shots of the launch, separation, landing of the booster and re-entry of Starship. Also for the first time the Pez Dispenser released mock satellites with cameras so Starship was viewed from a distance.

Follow this link if you want to view the launch, etc.

<https://www.spacex.com/launches/starship-flight-12>

Colin

STROLLERS

The May Walk was from Cenarth back to Newcastle Emlyn. Melvin and I were not able to go on the walk so Pat and Richard Webb led the group, thank you both. Seven members and Basil the JR, met at the bus stop in Newcastle Emlyn to catch the bus to Cenarth. On arriving at Cenarth, everyone set off across the bridge and walked along the boardwalk to the side of the river and falls.

The walk continued up a woodland path and would normally of then crossed a field. However, there was a herd of cows with calves in the field, so it was decided to continue along the road which led the group to the Cwm-Cou Road. After a short walk along the road, the group turned left and followed the road to Adpar hill and back down to Newcastle Emlyn. There were various views along the way including the river and a waterfall also of NCE from up high. The weather was dry, and sunny and the terrain was good with a few hills up and down. The walk was approx. five miles. Melvin and I then joined Pat and Richard for lunch at the Bunch of Grapes, where we enjoyed a chat and a nice meal.

Pam

TABLE TENNIS

We meet twice a month in Rhydlewys Village Hall. It's always a lot of fun – and good exercise. All equipment is supplied, though you're welcome to bring your own bat if you have one. New members will be very welcome – you don't need to be super-fit. There is a small charge of £2 or £2.50 each to pay for hire of the hall.

Margaret

WELSH GROUP

At our May meeting we learnt how to express emotions, using the words for laughing, smiling, crying, worrying etc. We made up questions and then answered them in sentences related to how we feel about various things such as the weather, hobbies and events.

Next time we will be looking forward to the summer. So, we'll be discussing what we will be doing, where we will be going, how we'll be getting there and what or who we'll be seeing.

Our next meeting is on Tuesday 2nd June, starting at 10.30 in Capel Iwan village hall.

Vicky

WRITE NOW

We welcomed a new member, Tony, to our May meeting. He shared a story for children with us which fitted well with the homework pieces read by others in the group. We also heard the gripping and well-paced introduction to a novel he is writing.

Gwyn's homework 'I like trains' can be found below - along with Julia's response to an earlier task of including the title of a famous novel in a piece of poetry or prose. Julia's work made an interesting contrast to Carol's previous use of the same title 'Gone with the Wind'. It was suggested to Eric that his story could readily be extended, with more detail, to a novel for 7-10 year olds.

We continued our focus on writing for children and young adults as the class undertook a writing task from a GCSE English language exam. They were guided, via the senses and use of simile and metaphor, to a description of their first day at primary school. Some found it tricky to remember so far back!

Poem of the Month was 'The Water Diviner' by Gillian Clarke

Our next meeting is on Monday 8th June from 11am-1pm at The Church of the Latter Day Saints in Newcastle Emlyn.

Homework is an exercise in suitability of style and content when writing for children or young adults.

Write 3 short pieces

1. A postcard from a grandparent to a 4/ 5 year old
2. A child's thank you letter for an 8th birthday present from an aunt or uncle
3. A conversation, or online messages, between two teenagers arranging a Saturday night out

Your Last Request

We always loved being by the sea, watching the waves crash over the rocks or running barefoot along the sands.

When the children were young and the money was tight we spent our holidays in a caravan. It was a squeeze with two boisterous children and a dog but we did have fun and the beach was where we spent our time, building sandcastles and flying kites rain or shine. The boys loved it especially when the whole family came along. That's when we'd play rounders and cricket and run races up and down the sands.

Then when times were better we'd travel further afield, sometimes to warmer climes but our destination was always by the sea. We'd all swim and sail, go diving and so much more.

Then the children grew up and travelled on their own and our holidays became more relaxed. We'd explore the many beautiful cities of Europe and enjoyed the countryside and the culture but it was being near to water you loved best. If it wasn't the sea and the beaches it was the lakes and rivers.

You bought a boat on one of your whims. Not a big one. Enough for the both of us and space for a few friends and of course, the family. The grandkids loved it when you took them out on the water especially when we spotted dolphins and seals. It was great fun for a good few years.

The years rolled on and there was just the two of us most of the time but still we came to see the sea. The promenade was best as it was long and flat. We could drive there and park easily and then we could walk, no, saunter to our hearts content.

You limped a bit with your dodgy hips and I used my stick in case I wobbled over. A strong cup of tea and a tasty bite always finished the afternoon whilst we looked out to sea.

Now here I am, once again with our two boys, standing at the edge of the shore. You didn't want fuss you said. It had to be just the four of us. The day is biting cold but your cosy in the urn whilst we're wrapped up in coats and scarfs. The wind is strong, just right for your last request. I open the urn and give it a gentle shake and there you are waiting to be released. Together the three of us hold up the urn and as we say our last goodbyes you are lifted up on a swirling gust of air. We watch as you twist and twirl, rising higher and higher and then, quite suddenly, you disappear and you are gone with the wind.

I like trains

The ones that hiss and puff

But as my friend explains

They don't go fast enough

I've seen them on the telly

The fire glowing red

I know they're really smelly

Just as my friend has said

But I like to see the smoke as it puffs from out the funnel

And I like to hear the whistle

as it's coming to a tunnel

And I like to see the wheels go round

accompanied by the hissing sound

But my favourite train of all

As everyone will know

Is the one with Father Christmas

As it trundles too and fro

What's On in Newcastle Emlyn u3a June 2026

Monday	1	Hitch hikers guide to Theology	Ffostrasol Village Hall
Monday	1	Petanque	King George V playing Fields
Tuesday	2	Welsh	Capel Iwan Village Hall
Tuesday	2	Outdoor Bowls	Newcastle Emlyn Bowls Club
Wednesday	3	Main meeting	Newcastle Emlyn Rugby Club
Wednesday	3	Pickleball	Llandysul Leisure centre
Thursday	4	Art	Penboyr village hall
Monday	8	Walkers	Venue Varies
Monday	8	Write Now	Church of Latter-Day Saints
Monday	8	Don't Get Me Started	Susan's in Pontgarreg
Tuesday	9	Sketchers	National Wool Museum
Tuesday	9	MOTO coffee morning	
Tuesday	9	Table Tennis	Rhydlewis Village Hall
Wednesday	10	Crafty Crafters	Penboyr Village Hall
Wednesday	10	Strictly Basic Ballroom	Holy Trinity Church Hall
Wednesday	10	Badminton/Pickleball	Llandysul Leisure Centre
Thursday	11	Art	Penboyr village hall
Thursday	11	Creative Writing	Rhydlewis Village Hall
Friday	12	Patchwork and Quilting	Penboyr village hall
Sunday	14	MOTO Sunday Lunch	Venue Varies
Monday	15	Outdoor Bowls	Newcastle Emlyn Bowls Club
Tuesday	16	Petanque	King George V playing Fields
Tuesday	16	Games	Penboyr Village Hall
Tuesday	16	Local History	Church of Latter-Day Saints
Wednesday	17	Pickleball	Llandysul Leisure Centre
Wednesday	17	Astronomy	Coracle Hall, Llechryd
Thursday	18	Art	Penboyr village hall
Thursday	18	Philosophy	Penrhiwllan Village Hall
Thursday	18	Wine Appreciation	Venue Varies
Monday	22	Talk About Science	Phat Forks, Cenarth Falls Resort
Tuesday	23	Book Club	Zoom meeting
Tuesday	23	French	Sue's in Penrhiwllan
Tuesday	23	Family History	Church of Latter-Day Saints
Wednesday	24	Lunch Group	Venue Varies
Wednesday	24	Badminton/Pickleball	Llandysul Leisure Centre
Wednesday	24	Digital Photography	Coracle Hall, Llechryd
Thursday	25	Art	Penboyr village hall
Thursday	25	Table Tennis	Rhydlewis Village Hall
Friday	26	Strollers	Venue Varies

[To add or amend events to this monthly calendar contact neu3anewsletter@hotmail.com giving date, venue ar](mailto:neu3anewsletter@hotmail.com)

[Closing date for newsletter contributions is the 24th of the month.](#)