

learn
laugh
live

u3a

dysgu
chwerthin
byw

Newcastle Emlyn Newsletter



Cylchlythyr Castellnewydd Emlyn

October 2026

Foreword from the Editor

Welcome to the October edition of the Newcastle Emlyn u3a Newsletter.

You may be aware that, after years as our Editor, Nigel Jones recently asked if anyone would be willing to take over producing Newcastle Emlyn u3a's monthly newsletter. Well, someone was foolish enough to volunteer! My name is Paul Edwards and I am a member of the committee. I will be producing future newsletters. If you are a group leader and would like a group report to be included in the newsletter, or you are a member of NCE u3a and would like to contribute an item for inclusion, please send your article to me using the following email address:

u3anews@mail.uk

Please ensure that I receive any articles for inclusion by the 24th of the month. I appreciate that some groups may have meetings after the 24th and would ask that you get any related reports to me as soon after the 24th as possible.

On behalf of the NCE u3a Committee and, I am sure, all of you, I would like to thank Nigel for all the time and effort he has dedicated to producing the monthly newsletter for our entertainment and edification.

Books and jigsaw puzzles

Talking of volunteers, Kathy and Steve Ost have stepped up to manage the books and jigsaws table at the monthly meetings. I am sure you would like to join Kathy and Steve in thanking their predecessors, Jill Spiteri and Elaine Thompson, for their years of sterling work. They would also like to remind members that if they bring a book or puzzle to share, then they need to take away a book or puzzle, otherwise the volume gets too much to handle.

Dates for your diary

Our forthcoming monthly meeting will be on 7th October at the Newcastle Emlyn Rugby Club with arrival from 10.30am. Our guest speaker is Steve Halton, a West Wales-based ecologist, artist, writer, poet and musician working for nature, landscapes and wildlife. His topic is "How I got into ecology".

Looking ahead, the Newcastle Emlyn u3a exhibition, coffee and chat planned for 29th September has now been re-scheduled for 10th November.

Do you struggle with your mobile phone, tablet or laptop? Are there questions you have about technology, how to use apps, scams, QR codes, banking, shopping, etc.? Then the ICT Support meeting, on Wednesday 18th November, may well be of great use to you.

The session will be run by Jo Thomas from AbilityNet, working with BT. <https://abilitynet.org.uk> It will start at 10.00 and finish around 12.00 with time for questions and discussions, and there will also be time for you to book individual free sessions with Jo on your particular issues.

As yet a venue has not been booked but we will let you know soon. There will be a small nominal charge to cover the cost of a hall and refreshments.

Don't miss this great opportunity! If you are interested, please contact Hazel, the ICT Support Leader.

Christmas will soon be upon us. Don't forget to keep the 2nd December clear for the NCE u3a Christmas social and lunch.

Paul

Chair's report

On October 7th our monthly meeting will be a talk by Steve Halton who is a West Wales-based ecologist, artist, writer, poet and musician. His talk will be 'How I got into Ecology'.

Details of the Christmas Lunch on 2nd December will be circulated shortly.

Don't forget our annual exhibition – come and see what some of the Interest Groups are doing and have a chat and refreshments.

Colin

Exhibition of Photographs, Art, Writing and Crafts



Trinity Hall
Newcastle Emlyn
Tuesday, 10th November, 2026 - 10am to 2.30pm
Refreshments available

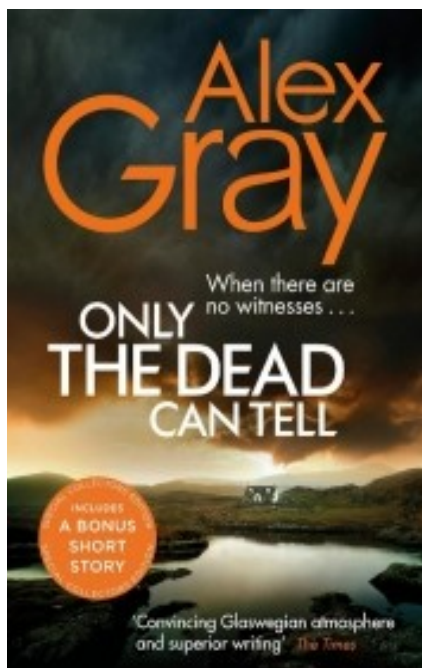
Our Groups

October 2026

Art Every other Thursday, 10am, Penboyr Village Hall	Group leader: Amanda
Astronomy (joint with Cardigan) 3 rd Wednesday, 2pm, Coracle Hall, Llechryd	Group leader: Adrian
Badminton 2 nd & 4 th Wednesday, 2.15pm, Llandysul Leisure Centre	Group leader: Nigel
Book Club 4 th Tuesday, 10.30am, via Zoom meetings	Group leader: Vicky
Bowls (April to September) 1 st Tuesday & 3 rd Monday, 2pm, Newcastle Emlyn Bowls Club	Group leader: Julia
Crafty Crafters 2 nd Wednesday, 10.30am, Penboyr Village Hall	Group leader: Ruth
Creative Writing 2 nd Thursday, 11am, various venues	Group leader: Angela
Digital Photography (joint with Cardigan) 4 th Wednesday, 2.30pm, Coracle Hall, Llechryd	Group leader: Peter Mears
Don't get me started 2 nd Monday, 2pm, Susan's house in Pontgarreg	Group leader: Sue
Family History 4 th Tuesday, 2.30pm, Church of the Latter-Day Saints, Newcastle Emlyn	Group leader: Margaret
French 4 th Tuesday, 11am, Sue's house in Penrhiwllan	Group leader: Sue
Games 3 rd Tuesday, 10.30am, Penboyr Village Hall	Group leader: Paul
Hitch-hiker's Guide to Theology 1 st Monday, 2pm, Rhydlewys Village Hall	Group leader: Carol
ICT Support Sessions As and when required	Group leader: Hazel
Kayak Paddlers Various dates and venues during the summer	Group leader: Nigel
Local History 3 rd Tuesday, 2.30pm, Church of the Latter-Day Saints, Newcastle Emlyn	Group leader: Peter
Lunch Last Wednesday, every other month, various venues	Group leader: Tracy
MOTO (Members on their own) 2 nd Tuesday, 10am, Café Twts, Newcastle Emlyn 2 nd Sunday, Sunday lunch at various venues	Group leaders: Felicity & Cyndy

Patchwork and Quilting 2 nd Friday, 11am, Penboyr Village Hall	Group leader: Ruth
Pétanque 1 st Monday, 2pm, King George V Park, Newcastle Emlyn 3 rd Tuesday, 10.15am, King George V Park, Newcastle Emlyn	Group leader: Trevor
Philosophy 3 rd Thursday, 11am, Penrhiwllan Village Hall	Group leader: Angela
Pickleball Wednesday, 12.15pm, Llandysul Leisure Centre	Group leader: Nigel
Talk about Science 4 th Monday, 2pm, Ffat Forks, Cenarth Falls Resort	Group leader: Colin
Sketchers 2 nd Tuesday, 10am, Leeky Barrel, Henllan	Group leader: Lee
Strictly Basic Ballroom 2 nd Wednesday, 10.30am, Holy Trinity Church Hall, Newcastle Emlyn	Group leader: Julia
Strollers Last Friday of the month, various venues	Group leader: Pam
Table tennis 2 nd Tuesday, 2pm and 4 th Thursday, 10.30am, Rhydlewys Village Hall	Group leader: Margaret
Walkers 2 nd Monday, 10.30am, various venues	Group leader: Nigel
Welsh 1 st Tuesday, 10.30am, Capel Iwan Village Hall	Group leader: Vicky
Wine Appreciation 3 rd Thursday, 2pm, various venues	Group leader: Hazel
Write Now 2 nd Monday, 11am, Church of the Latter-Day Saints, Newcastle Emlyn	Group leader: Julie

Book Club



Alex Gray is a Scottish crime writer who was born and educated in Glasgow. After studying English and Philosophy at the University of Strathclyde, she worked as a visiting officer for the DHSS which has provided her with a rich source of character studies. She then trained as a secondary school teacher of English. Alex began writing professionally in 1993 and had immediate success with short stories, articles and commissions for BBC radio programmes.

She has published 19 novels, all set around Glasgow, featuring the character of Detective Chief Inspector Lorimer and his psychological profiler Solomon Brightman. The novels have sold more than a million copies worldwide.

Only the Dead Can Tell is book 15 in the Detective Lorimer series. The novel begins with the death of a middle-aged woman, Dorothy Guildford, in her own home, the evidence pointing firmly towards her husband, Peter, as the person responsible for the knife embedded in her chest. Pathologist Dr Rosie Fergusson isn't convinced, however, and she clashes with the detective who's in

charge of the case. While DC Kirsty Wilson searches for evidence that will convict Peter, she discovers a link with a vast human-trafficking operation that Detective Superintendent William Lorimer has been investigating for months. But before he can be questioned, Peter is brutally attacked. With one person dead and another in intensive care, DC Wilson and DSI Lorimer try to follow the evidence. Then one of their team is kidnapped.

As so often happens, opinions in our group varied. Some of us really liked the book, finding it an easy but compelling read, leading to a curiosity in what would happen in the lives of the characters in the next book in the series. Others did not like the reading style, thought there was too much going on that was peripheral to the main story, or conversely that there was insufficient background information to flesh out the characters. Our scores for the book ranged from four to seven, with an overall average of six out of ten.

Our book for October will be *The Death of Grass* by John Christopher. Our next session is on Tuesday 27th October and we will be meeting on Zoom, starting at 10.30.

If you enjoy reading and would like to share your thoughts about different books, why not join us. New members are welcome.

Vicky



Table Tennis

Twice a month, we meet in Rhydlewis Village Hall to play Table Tennis for fun and exercise. Do come and join us – you don't have to be super-fit, or have your own bat, though you're welcome to bring it if you have one.

Margaret



Crafty Crafters

We had a good attendance of 16 at our September meeting. We also welcomed another new member, Marion.

Hazel introduced many of us to 3D felting and as a starting point we all made a small Halloween Pumpkin. No plasters were needed although there were a few 'ouches' heard! Felting uses wool tops or rovings and uses a variety of sharp needles to shape items. The more you stab the firmer things become. All sorts of things can be made and we are going to continue in October with making other Halloween or possibly Christmas items. Here are some of the items we could make and a photo of all of our pumpkins.



Our next meeting is on Wednesday 14th October in Penboyr Village Hall. New members very welcome.

Hazel



Family History

This month, we did something slightly different – rather than concentrating on stories just from our own ancestors, we took one census record and looked at the people who lived in the rest of the street or village. The aim was to build up a picture of the area – what were the occupations, family groups, ages, etc., of the neighbours. It was quite a fascinating exercise and put our own particular family into context.

All the England and Wales censuses from 1841 to 1911 are available for free now on www.familysearch.org.

The topic for our next meeting will be Tragic Lives – families who lost many children, a spouse died very young, any major trauma in the family.

If you are interested in joining our group, please contact me for more information and to be included on the mailing list. I try to send out details of any special offers I hear of on the subscription websites and any important updates that may be of interest.

Margaret



Creative Writing

The meeting started with an exercise - taking a chapter heading (Life is full of possibilities) from “The Gospel of Loki” by Joanne Harris.

In relationship to when you first wake up, those few precious moments before everyday life with its problems kicks in.

The members wrote waking up and first -

Focused on a picture on the wall of the countryside with chickens.

Realised that he was still alive and then checked to see if his wife was still alive.

Felt so comfortable and happy, until she moved and remembered she had a disability.

The lists of everyday issues crowding in were long and various.

The issues that were raised by this subject were discussed and somehow went on to discussing dying – with one member playing his chosen music for his funeral.

The 500-word homework on “Heatwave”.

June took a surprising angle on the subject and used her experience of hairdressing. She told of the heatwave perm before the cold perm was devised. Finally, she ended with how the home perm took over.

Angela didn’t complete her homework, which was to be based on Mickey Mouse in the Orlando Disney World. He was very friendly with the children, but as the heat rose he became more and more grumpy.

Eric wrote a very scientific space event – there were many exchanges between the captain and the mining ship. As the heat rose, the men were trapped in a cave when a wave of heat melted their equipment and injured the men. To be continued, so I’m ready for the next part!

Gwyn wrote a poem using all the words describing a heatwave.

Ending with -

I hate
Those roasting, toasting
Boiling, broiling
Torrid, horrid
Record breaking
Summer days.

Angela



Games Group

The Games group meets at Penboyr village hall 10:30 on the 3rd Tuesday of the month. We play a number of different games and often members bring their own games in to share, as well as those we keep in stock. Even if the games are strange to you, the emphasis is on ones that are easy to pick up and people are always willing to help you learn new ones.

Paul and Linda



MOTO (Members on their own) Group

We started September with an enjoyable boat trip on the river Teifi. We cruised from Cardigan downstream to Gwbert, turned around and headed upstream as far as the Wildlife Centre. We saw lots of water birds along the way, including a heron. Afterwards, we had lunch in Cardigan.

We ended September with a Dolphin Spotting boat trip departing from New Quay. Unfortunately, we didn't spot any dolphins, but we did see 2 seals basking in the sun on the rocks. There were 13 of us and we had the boat to ourselves, which was good. The weather was very warm and sunny, but clouded over once we were at sea. Afterwards, 5 of us had lunch in New Quay.



In October, we have the usual coffee morning in Newcastle Emlyn, a Sunday Carvery and a trip on the Vale of Rheidol steam railway from Aberystwyth to Devils Bridge.

Cyndy and Felicity



Patchwork and Quilting Group

September's meeting saw six of us in Penboyr hall, most of us with our sewing machines but not all, for 4 hours of uninterrupted (ish) sewing. Free from seeing other jobs that ought to be done before we allow ourselves to indulge in our passion is something it is difficult to achieve at home so we always look forward to our patchwork Fridays. We work on our own projects and there is always someone around to help or advise if it's needed.

Our next meeting is on Friday, 9th October at the usual time of 11.00am until 3.00pm.

Ruth



Philosophy Group

The group discussed the topic of music. We had to decide what music was.

- Is the piece 4 minutes and 33 seconds of silence, by composer John Cage, music?
- Does music express emotions, or are the emotions only in us and the music evokes them?
- How might music evoke the appropriate emotion?

These and other topics are among those we discussed in an enjoyable session.

New members are welcome.

Angela



Newcastle Emlyn Strollers

The September Strollers Walk was around Henllan. Melvin Jeffery and Liz Broadbelt led this walk, thank you both. I was unable to go on the walk, but I met thirteen members at The Leeky Barrel/Bedwen Plants at Henllan. The group walked along the road and then crossed a field into the woods. This led to the river with some lovely views, although a tad slippery over the rocks and fallen leaves. The walk continued along the river and over the bridge then along the road to Penrhiwllan. Back through some more woods and a cross another field to Trebedw to the road back to the car park. The walk was approx. three and a half miles.



I re-joined nine members for lunch in The Leeky Barrel where we enjoyed a lovely lunch and relaxed chat. Our October Walk will be on Friday 30th October at The Parrog, Newport. Anyone interested in joining the Strollers, or finding out more information, please contact me on pamjwalks@aol.com New members are always welcomed.

Pam



Welsh Group

After our break in August we met on 1st September and welcomed several new members to our group. Our topic was to describe what sort of books, plays and films we liked and did not like and why. This then extended to discuss our favourite authors and actors.

Our next meeting will be on Tuesday 6th October in Capel Iwan village hall starting at 10.30. This time we will be revisiting some previous work where we learn and practice how to ask for and pay for things in shops, buy a cake and a coffee and so on.

Vicky



Science Group

This month we were fortunate enough to get Brenda Ainsley to give a Zoom talk to us on 'The Climate Crisis – some solutions'. This talk was open to all u3as in Wales and a number of other u3a members joined in the session.

Brenda Ainsley is a passionate u3a member and trained climate reality leader who brings science, solutions and hope to the heart of the climate conversation.

A founder of the u3a's online 'climate matters' group, Brenda has empowered hundreds of members through national talks, workshops and u3a magazine contributions, and in November 2025, Brenda was invited to attend the national emergency briefing in Westminster.

The next meeting is on 26th October at 2pm and is a visit to Sea Trust at Goodwick.

Note: as our normal venue has now closed we will be meeting on 23rd November at Felin Geri in Newcastle Emlyn.



Colin



Wine Appreciation



In September the wine group met in Capel Iwan to taste 4 different dessert wines sourced by one of our members. The wines were all from Laithwaites but included one from South Africa, one from New Zealand, one from Hungary and one from France.

Historically, sweet wine was once the most popular and coveted style of wine in the world, and the very first demarcated wine region – recognised in 1737 – was east Hungary's Tokaji, which specialises in sweet whites. Nowadays, sweet wines make up a significant share of the collectibles market, with the likes of vintage ports, Sauternes and the afore-mentioned Tokaji – among others – ranking highly in terms of market share, ageing potential and value. Sweet wines often fall under the catch-all of 'dessert wine,' and while there is no standard guidance for what constitutes a dessert wine, it generally comes down to sugar. Dry wines have no perceptible residual sugar, sweets wines do.

None of us claimed to actually enjoy sweet wines but found some of these quite palatable especially if they were to accompany a dessert. Our host had kindly provided a few small sweet treats for us to enjoy alongside the wine. Most of the grapes used in the wines are from a late harvest and rely on a friendly fungus known as noble rot or botrytis.

The least liked wine was from New Zealand, from Riesling grapes and the favourite was the one from South Africa called Diemersdal. Interestingly the ABV content was not that high in any of the wines. Most dessert wines are sold in half bottles or smaller.

Our next meeting is on Thursday 15th October when we are going to look at German Wines and then we are having a trip to Llaethlliw Vineyard near Aberaeron in November.

Hazel



WRITE NOW!

At the September meeting we shared our homework pieces describing a night out with a famous literary character. Oscar Wilde, William Blake and Jane Austen were among those featured.

The Poem of the Month was 'The Bright Field' by R S Thomas.

The ten minute writing task was to write a rhyming verse for a greeting card. Carol's 'sympathy card' example can be read below.

Homework is to write a poem/ short story/ or act of a play in which a character experiences a life changing moment.

Next meeting is on Monday 12th October between 11am and 1pm at The Church of the Latter Day Saints in Newcastle Emlyn.

I am so sorry for your loss
It must have been a shock
For, though old Ifan was a bore,
He must have been your rock
No more he'll meet us down the pub
To drink 'til half past seven
And then down to the Workmens' Club
And stay 'til half past eleven.
We'll never see his face again
Or see his stupid grin
Or standing in the pouring rain
Soaked down to his skin.
'Twas just to shrink his suit', he said
'Cos 'twas too big for him.
Well, he won't need it now he's dead
And looking pretty grim.
I am so sorry for your loss.
I'll miss the things he did
But I will miss him most
Because he owes me twenty quid.

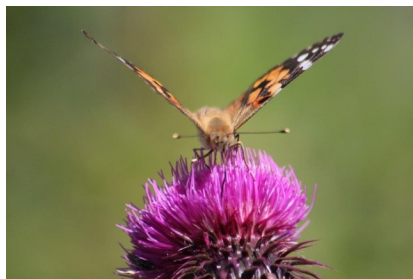
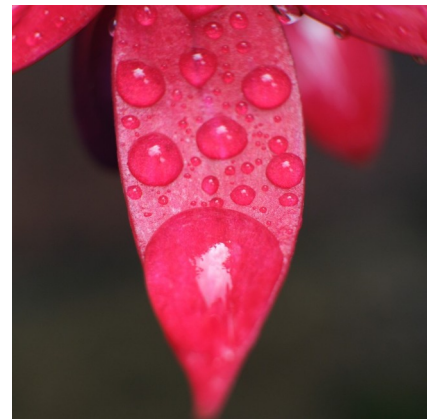
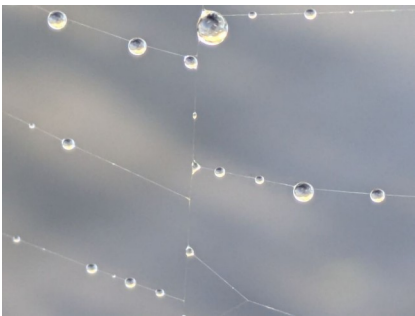
Julie



Digital Photography

Well, it was an interesting meeting this month when the results of the Homework were shown. The subject was Macro Photography which involves taking pictures very close up to the subject and everyone really produced some excellent photos.

We had a presentation from Andrienne Thorpe, a member of the Group, and the subject was taking photos using a mobile phone or iPad. It was a brilliant presentation where by we learnt so much about our devices and how well they can take photos. It is something I think many of us will be trying out in the near future.



The subject for the October meeting is 'Rust' and we cannot wait to see the results at our next meeting. Watch this space!!

I know some people think that they are not good enough at taking photos to think about joining the Group. Well, I can tell you that we welcome any level of photography as we are all on the same learning curve within the Group. So, if anyone feels that they would like to come along and see what is involved then you are more than welcome to join us at the Coracle Hall, Llechryd on 28th October at 14:30.

Pete and Ian



Hitch-hiker's Guide to Theology

NEW HITCH-HIKERS WELCOME!

After 3 years of Hitch-Hiking around the theological galaxy, accompanied by a few new travellers, September saw a slight course correction. We started our new term by decamping from Ffostrasol to the luxurious surroundings of Rhydlewys Village Hall, where following Kari's brainwave to send an email advertising our Hitch-Hiking voyage to all U3A members, we just about managed to squeeze in a bumper crowd of 15+ eager theologians with a variety of faiths and ideologies, but all united by a desire to explore the galaxy and have fun along the way.

How do we learn what to do? "By our mistakes!" was the first unanimous cry from the assembled Theological Hitch-Hikers, as we set about some hands-on theologising about real-world questions and dilemmas.

Other sources of wisdom and instruction quickly emerged, as we added to the list with Parents, Law, Society, Other People, History, Science, Stories, more - and even Divine Revelation. These mapped neatly on to the classic theological quadrilateral of Scripture, Tradition, Reason and Experience - although they don't usually crop up in that order.

After reflecting theologically on how the quadrilateral applied to a dilemma explored in song (that famously philosophical duo Flanders & Swann, in 'The Reluctant Cannibal'), we set about examining such pressing questions as 'Should we drill for new oil and gas in the North Sea?', 'Should I vote Reform?', or 'Is it wrong to kill animals for food?'

What are the facts? What has happened in the past? Are there any parallel examples in our scriptures?

As one Hitch-Hiker afterwards remarked, any one topic could have sustained a whole session! With the object not to solve the problem, 4 o'clock came before we collapsed in exhaustion - and we all went home happily buzzing with ideas and arguments, eagerly looking forward to Theology for Atheists with Colin on November 2.

We won't be meeting in October (Carol's skiving off on hols) but do join us at Rhydlewys at 2pm on November 2nd.

To (mis)quote a famous phrase: if this goes on, we're gonna need a bigger room!

Carol Wardman



Local History

The local history group started their September meeting earlier than usual with a working lunch at the Bunch of Grapes Inn in Newcastle Emlyn. This was a convivial lunch which yielded useful information on the history of the establishment once called in the 19th century 'The Gin Shop'. There are a number of early features in the building, which is alleged to have been built, or possibly rebuilt, in the mid- 17th century using stones from the nearby castle. The history of the town's listed buildings is the group's contribution to a u3a national project. After the lunch members returned to the usual venue and continued with the meeting.

The next meeting will be on Tuesday 20th October at The Church of the Latter Day Saints, starting at 2.30pm.

Peter Berry Ottaway



Newcastle Emlyn u3a Calendar, October 2026

Day	Date	Activity	Venue	Time
Thursday	1	Art	Penboyr Village Hall	10.00
Monday	5	Pétanque	King George V Park	14.00
Monday	5	Hitch-hiker's Guide to Theology	Rhydlewys Village Hall	14.00
Tuesday	6	Welsh	Capel Iwan Village Hall	10.30
Wednesday	7	Monthly meeting	Newcastle Emlyn Rugby Club	10.30
Wednesday	7	Pickleball	Llandysul Leisure Centre	12.15
Thursday	8	Creative Writing	Rhydlewys Village Hall	11.00
Friday	9	Patchwork and Quilting	Penboyr Village Hall	11.00
Sunday	11	MOTO Sunday Lunch	Various venues	
Monday	12	Walkers	Various venues	10.30
Monday	12	Write Now	Church of Latter-Day Saints	11.00
Monday	12	Don't Get Me Started	Susan's in Pontgarreg	14.00
Tuesday	13	Sketchers	Leeky Barrel in Henllan	10.00
Tuesday	13	MOTO coffee morning	Café Twts, Newcastle Emlyn	10.00
Tuesday	13	Table Tennis	Rhydlewys Village Hall	14.00
Wednesday	14	Crafty Crafters	Penboyr Village Hall	10.30
Wednesday	14	Strictly Basic Ballroom	Holy Trinity Church Hall	10.30
Wednesday	14	Badminton/Pickleball	Llandysul Leisure Centre	12.15
Thursday	15	Art	Penboyr Village Hall	10.00
Thursday	15	Philosophy	Rhydlewys Village Hall	11.00
Thursday	15	Wine Appreciation	Venue Varies	14.00
Tuesday	20	Pétanque	King George V Park	10.15
Tuesday	20	Games	Penboyr Village Hall	10.30
Tuesday	20	Local History	Church of Latter-Day Saints	14.30
Wednesday	21	Pickleball	Llandysul Leisure Centre	12.15
Wednesday	21	Astronomy	Coracle Hall, Llechryd	14.00
Thursday	22	Table Tennis	Rhydlewys Village Hall	10.30
Monday	26	Talk About Science	Fatt Forks, Cenarth Falls Resort	14.00
Tuesday	27	Book Club	Zoom meeting	10.30
Tuesday	27	French	Sue's in Penrhiwllan	11.00
Tuesday	27	Family History	Church of Latter-Day Saints	14.30
Wednesday	28	Lunch Group	Various venues	12.00
Wednesday	28	Photography	Coracle Hall, Llechryd	14.30
Wednesday	28	Pickleball/badminton	Llandysul Leisure Centre	12.15
Thursday	29	Art	Penboyr Village Hall	10.00
Friday	30	Strollers	Various venues	10.30

To add or amend events to this monthly calendar contact u3anews@mail.uk giving date, venue and time. Closing date for newsletter contributions is the 24th of the month.