
Newsletter December 2018 / January 2019

Chairman's message – Andrew Padfield

First, a reminder that there will not be a monthly meeting next month. Should you have an irresistible urge to travel to the Bowling club on 27th December I would be very surprised if there would be any other members, though the meeting would no doubt be very short! There will, however, be the Christmas lunch at The Falcon in Lammas Street on 13th December. If you have not yet told Marie that you wish to come then it is very likely that you will need to make your own arrangements with The Falcon.

It is always good if a U3A caters for its members' interests. If it should be that there is some interest or activity which is not covered by a particular group then, between now and the January meeting, perhaps you could give some thought to forming a new group. "Third Age Matters" always contains a list of subject advisers. If you do wish to form a new group then please would you contact our Secretary, Hazel so that not all groups meet on the same day.

It is the chairman's privilege to welcome new members to Carmarthen U3A- and long may they continue to join. As the greeting at the October meeting was rather short, I can now more formally welcome our new members, namely Ann Davies, Jo Fawcett and Kate O'Dell and to welcome back Jo Pritchard Jones. Croeso cynnes iawn I chi gyd.

Once again, the U3A is holding a Short Story Competition. In the Bible, Ecclesiastes warns that "Of making many books there is no end; and much study is wearisome to the soul". If, despite that health warning, you wish to submit a story you will find the link on the U3A webpage. U3A suggest that it might be advisable to send an email first requesting an acknowledgment as that might stop the story disappearing somewhere in cyberspace.

Finally, may I wish you all the message, which was delivered at the 1st Christmas 2000 years ago but which is still

namely peace and goodwill to all.

No monthly meeting in December
January Meeting - Thurs. 31st
Speaker - Angharad Harding
'Yr Atom'

Music @ No. 8 – Betty Marshall

We all enjoyed our first session with Patrick in charge. No errors, for a change, and a great relief for me. It certainly is a cosy meeting, I wonder if someone with a larger room would consider accommodating us.

We will start our winter meetings at 1.30 to allow everyone to be home before dark. There will be no meeting in December, so, see you all on November 25th and January 27th.

Welsh – Mike Perry

The group will be pleased to welcome back Angharad, whose daughter is a great deal better after her accident. On the 13th of November we will have tried to say something about the traditions of a Welsh Christmas. We will have decided at the meeting whether we shall have a meeting in December.

History – Mike Perry

On Wednesday the 21st Rhian Rees, from the Swansea History Association, will have given us a talk on the history of The Mabinogion. There won't be a meeting of the group in December but in January we will welcome back Mary Thorley.

Walking – Jenny & Eric Anscombe

Our October walk involved a change of plan caused by Storm Callum and possible flooding of the roads and coast path on the

Gower. Our planned walk had meant us crossing a river on stepping stones and we had no time to check a high tide route. We decided to explore locally and commenced our walk from the long stay car parkin Old Station Road. Walking along the Parade and Esplanade we came across an information board which explained the existence of the Black Book of Carmarthen and the history of Carmarthen Priory which had been situated nearby, by Bishop Bernard of St. David's (1115 to 1148), although this site may have had a longer history of religious occupation originating in the 6th century.

From this point we made our way across Parc Hinds and crossed the road to the Roman Amphitheatre and explored the area. We continued to Reservoir Road and climbed up to the Cwmoernant Reservoirs located in Tanerdy. This area has good surrounding paths for walkers. After a circuit we continued along Bronwydd road to a footpath alongside a leat to cross the road to walk a footpath around the back of Glanwili Hospital and emerged on the Abergwili road. We crossed the road to reach our final path of the day back to the car park. Most of the group had a lunch in the Tanerdy Arms.

The walk in December will be on Tuesday the 18th December and will be in the Llandysul area. Please meet in the Carmarthen Museum car park at 9.30 a.m. Members who wish to go directly to the start please contact the leaders on (01267235357).

The January walk will be on Tuesday January 22nd and will be in the Laugharne area. Please meet at the Park And Ride car park, Nantyci at 9.30 a.m. or the main car park in Laugharne at 10 to 10.15 a.m.

Tea Rota	
January	- Poetry Reading
February	- Garden Visits
March	- Jazz

Gardening – Angela Pennell
On Friday 25th January we are visiting the National Botanic Gardens at Llanarthne. Entry is free, refreshments available in the cafes. Please meet at the entrance at 2pm.

Philosophy - Charles Griffin

Most people think Yoga is about knees-bends and twisting, but Yoga is really a profound philosophy which claims to explain the true nature of the universe and Man's (and Woman's!) place in it. We'll be taking a quick look at it in our November meeting . If you are interested, I recommend 'Fourteen Lessons in Yogi Philosophy' by Yogi Ramacharaka. It is available in print or as a free download.

Art Group – Chris Driver

The final meeting for 2018 is Wednesday 12th December. Dates are arranged for 2019 beginning on Wednesday January 16th. Whilst most dates run fortnightly consecutively as normal there are some that do not because of prior bookings made with Cartref Cynnes.

For the benefit of new U3A members residents of Cartref Cynnes are welcome to join us as they wish and U3A members are welcome to come and try us out. Season's greetings to all.

Current Affairs – Chris Driver

The final meeting for 2018 is December 17th. We return as normal the 3rd Monday of January 2pm at Hanover Court.

Digital Group - Peter Loughran

'The won't be a digital session this month however if any member would like support, I am happy to meet up with them in town - perhaps the library where the wifi is very good. Other venues possible! Your digital skills may need a boost before Christmas'

U3A Lunch – Gwyon Nethercote

U3A lunch will be on January 20th at The Railway Inn, Nantgaredig at 12 30. My contact telephone number is 01267 236627.

Discussion Group - Ray Garner

For our November meeting our topic was, **"What has happened to humour?"** We discussed humour in its many forms and exchanged side splitting jokes and hilarious anecdotes. It was no surprise that we unanimously agreed at the conclusion of the

meeting that humour is very much alive and well in this part of Carmarthen U3A.

Our next meeting will be on Wednesday 12 December. As always, at this time of year, our topic will be in keeping with the festive season. We shall have a light hearted discussion on the subject of, “**Random acts of kindness**”. It might be a good idea for all potential attendees to bear the title in mind as we approach the festive season and make a note of the many and varied acts of kindness that are bestowed upon us. It is also a tradition for the group that anyone is welcome to bring along a recitation, a poem or reading that is on the seasonal theme for the entertainment of the group and to get us all in a fun festive mood ready for the U3A Christmas dinner the following day.

Our first meeting of the New Year will be on Wednesday 9 January with the topic, “**Do we ever reach the age when we have had our day?**” This subject came out of the blue following the summing up of our humour discussion and looked likely to lead into a hot debate.

Finally I would like to wish all the Carmarthen U3A members a very merry Christmas and a happy and healthy New Year, and remember, you will all be made to feel very welcome at any of our meetings.



Art Appreciation – Marie Geary

Art Appreciation is changing its venue. We are moving to Y Atom in Kings St in January. The sessions will start at 2.00pm. It continues to be held on the 2nd. Monday of the month.

Interesting quotes

‘ One loses so many laughs by not laughing at oneself. Alexander Dumas 1824-1895

‘Let me tell you something about silence. The bullshit stops’ Dominick Dunne.

‘you can lead a man up to the university, but you cannot make him think’

Dunne Findlay Peter.

‘hope deceitful as it is, serves to lead us to the end of life along an agreeable road’

La Rochefaulcauld duc de. 1613-1680

Committee meeting
Tues29th Jan. 2019

10.am

Carmarthen U3A Programme – Dec.2018 / Jan. 2019

Date	Activity	Venue	Facilitator
Thurs 6 th Dec.} Thurs 3 rd Jan.} 2 pm	Literature	Myrddin Cresc.	Pat Thacker
Friday 4 th Jan. 2pm	Scrabble	St John's Court	Judy Taylor
Tues. 8 th Jan. 2.pm	Creative Writing	Cwmffrwd	Mhari Dobson
Mon. 14 th Jan. 2pm	Art Appreciation	Yr Atom	Marie Geary
Tues 11 th December Tues 8 th January	Welsh	Yr Atom King Street Carmarthen	Mike Perry
Tues 8 th Jan. 2pm	Jazz	Coronation Road	Terry Cook
Wed 12 th Dec.} Wed 16 th Jan.} 10.am	Art	Cartref Cynnes Craft Room	Chris Driver
Wed 12 th Dec. 1.15pm	Discussion	Hanover Court	Ray Garner
Thurs.17 th Jan. 2pm	Philosophy	Cwm Adlais, Pibwrlwyd	Charles Griffin
Sun. 20 th Jan. 12.30pm	Sunday Lunch	Railway Inn, Nantgaredig	Gwyon Nethercote
Mon.17 th Dec.} Mon. 21 st Jan.} 2pm	Current Affairs	Hanover Court	Chris Driver
Tues 15 th Jan. 2pm	Poetry Reading	Hanover Court	Terry Cook
Wed 16 th January	History	Library	Mike Perry
Sun. 27 th Jan. 2pm.	Music Appreciation	Devereaux Drive	Betty Marshall
Tues 27 th Jan 10.30	Cttee Meeting	Pibwrlwyd	Hazel Drew
Tues 18 th Dec Tues 22 nd Jan.	Walking		Eric Anscombe
Friday 25 th Jan. 2pm.	Gardening	National Botanic gardens	Angela Pennell
Thursday 31 st January 2019.	Monthly Meeting	St Peter's Bowling Club (Tea / Coffee 1.15pm)	Hazel Drew

Committee Members

Chair	Andrew Padfield
Vice Chair/Membership	Marie Geary
Secretary	Hazel Drew
Treasurer/Membership	Sandra Steel
Speakers' Secretary	Judy Taylor
Minutes Secretary	Kathy Regan
Publicity Officer	Mike Perry
Network Representative	Shirley Collins
Web Master	Peter Loughran
Committee Member	Charles Griffin