



<b>DATE</b>	<b>TIME</b>	<b>GROUP</b>	<b>WHERE/NOTES</b>
Wed 1 <sup>st</sup> Apr	10:30	Short Walk	Walk to Llanwnda, back through fields to Harbour Village
Thu 2 <sup>nd</sup> Apr	12:30	Social	Di Barton will be "In conversation" with us at the Phoenix Centre
Tue 7 <sup>th</sup> Apr	10:00	Camera Group	Meeting at Wolfscastle hall
Wed 8 <sup>th</sup> Apr	10:30	Strollers	A walk around the by-pass path and up Maesgwynne Rd
Wed 8 <sup>th</sup> Apr	10:30	Long Walk	Park at Poppit sands CP. Cemaes head to Cwm yr Esgyr valley.
Thu 9 <sup>th</sup> Apr	10:00	Exercise to Music	Meeting at the Phoenix centre Wern road Goodwick
Fri 10 <sup>th</sup> Apr	10:00	Birdwatching	Location Minwear Wood off the A4075
Mon 13 <sup>th</sup> Apr	13:30	Bridge Group	Ocean Lab cafe, upstairs area
Tue 14 <sup>th</sup> Apr	10:00	Art Group	Meet at the Wolfscastle Chapel Hall 10 - 1pm
Tue 14 <sup>th</sup> Apr	14:00	Writing Group	Meeting in the Council Room, Fishguard
Wed 15 <sup>th</sup> Apr	10:30	Short Walk	Meet at Middle Mill. Walk to Caerfarchell, then Solva.
Wed 15 <sup>th</sup> Apr	10:30	Book Group	Meet at the Royal Oak. Book for discussion is Songbirds by Christy Lefteri
Wed 15 <sup>th</sup> Apr	19:30	Music Appreciation	The theme this month is duos and trios
Thu 16 <sup>th</sup> Apr	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Mon 20 <sup>th</sup> Apr	13:30	Canasta	Upstairs area of the Ocean Lab Café, Goodwick
Tue 21 <sup>st</sup> Apr	10:00	Camara Group	Meet at Pwllgwaelod Beach
Wed 22 <sup>nd</sup> Apr	10:30	Long Walk	Parking at Login Village. The walk goes up towards Efail-wen.
Wed 22 <sup>nd</sup> Apr	10:30	Strollers	A walk to Cwm-yr-eglwys and back
Thu 23 <sup>rd</sup> Apr	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 24 <sup>th</sup> Apr	10:30	Social	Visit to the Bug Farm, St. Davids
Fri 24 <sup>th</sup> Apr	10:30	Welsh Group	Meeting in Jane's cafe, Fishguard
Mon 27 <sup>th</sup> Apr	13:30	Bridge Group	Ocean Lab cafe, upstairs area
Tue 28 <sup>th</sup> Apr	10:00	Art Group	Meet at the Wolfscastle Chapel Hall 10 - 1pm
Wed 29 <sup>th</sup> Apr	10:30	Short Walk	A circular walk of approx 3 miles around Mynydd Caregog and across Parc Mawr.
Thu 30 <sup>th</sup> Apr	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
	10:30	Discussion Group	No meeting in April

**More details for all events are in the diary section of this newsletter**



## From the Chair:

Welcome to the April newsletter.

It really does feel like spring has arrived and very welcome to after such a wet and windy winter. We have a social with guest presenter so I hope to see you all there.

### **Mollie Roach**

I am saddened to announce the passing of Mollie - she was an active member of our u3a for several years. She led the Big Book Group and participated in other groups with much enthusiasm and enjoyment and will be missed by all her friends. Farewell Mollie.

Dave Mercer  
+44 7950032448  
[davidmercer1@sky.com](mailto:davidmercer1@sky.com)

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## News from the Secretary

We had a great turn-out at the last Social Meeting so I hope that we will see many of you at the next one. Di Barton will be "In conversation" with us. Di has a background in TV and film after studying at RADA. Expect some interesting stories and discussion!

As always please bring your own mug/cup for tea or coffee and £1 to cover costs. The Social upstairs in the Phoenix Centre, Goodwick on **April 2nd** opens at about 10.30 for refreshments and chat followed by Di's "conversation".

There will be a committee meeting on April 17th. If there is any issue or comment you would like discussed or recorded, please contact any member of the Committee.

[s.johnson719@btinternet.com](mailto:s.johnson719@btinternet.com)  
07772 051715

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## The Social Secretary's news

The visit to the Bug Farm has now been confirmed for Friday 24th April at 10.30

I will be in touch with the members who have already shown an interest in coming along and those who haven't yet decided please do contact me to obtain a discounted price.

Email [cathy@grangepk.co.uk](mailto:cathy@grangepk.co.uk)

Tel: - 01348 875420

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**POTENTIAL SCRABBLE GROUP** - A request has been made to see if we can establish a Scrabble Group. If you are interested and/or would be prepared to lead the group, could you let me know.

Gill Taylor, Groups Coordinator, Tel 07900274011/01348840038 or [gillandtonyt@aol.com](mailto:gillandtonyt@aol.com)

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## **GROUPS / ACTIVITIES**

### **All members participate in activities at their own risk.**

**Will members please remember to buy a drink when attending meetings at hospitality venues who allow groups to meet free of charge.**

#### **Art Group:**

The art group will be meeting on the **14th & 28th of April 10 - 1pm** in the Chapel Hall Wolfscastle. A light airy space with kitchen facilities and disabled access.

An informal, friendly group of varying artists, using watercolour, charcoal, abstract, coloured pencils, and oils, so if you like getting creative, doing your own thing, this group is for you!

New members welcome, need more details contact [trishadumont@gmail.com](mailto:trishadumont@gmail.com) or 01348 841292 or Helene on 01348 840163.

#### **Birdwatching Group**

**Friday April 10th** at 10.00 am

Guest Leader - Clare Ryland. Location Minwear Wood off the A4075.

Email address for contact [kateedge@btinternet.com](mailto:kateedge@btinternet.com)

#### **Book Group:**

**Wednesday 15<sup>th</sup> April**, 10.30, Royal Oak.

Marches book had a mixed response from the group which generated a lively discussion. The book for April is Songbirds by Christy Lefteri.

For further information contact Judith on 07586243110 [thidedwards@yahoo.co.uk](mailto:thidedwards@yahoo.co.uk).

#### **Bridge Group**

Bridge will be on **Monday 13th Apr & Monday 27th Apr** at **13:30** in Ocean Lab Cafe, upstairs seating area.

Everyone welcome, including newcomers.

Contact: Judith Maddison on 07791692491 or e-mail [judith.maddison1@btinternet.com](mailto:judith.maddison1@btinternet.com)

### **Camera Group:**

Our first meeting for April is on **Tuesday 7th** at Wolfcastle hall.

As well as looking at March's themes photo's we'll be deciding which photos to put forward for our exhibition.

The theme for April is, "Easter"

The venue for the next meeting on **April 21st** is to go to PWLLGWAELOD Beach where you have the option to walk on the coastal path or a short flat valley walk to Cwm yr Eglwys Beach.

Contact: Francis White, email [francis@hakin.me.uk](mailto:francis@hakin.me.uk)

### **Canasta Group:**

Unfortunately, due to the Easter BH's there is only one session in **April** on **Monday 20th** at 13.30 in the upstairs seating area in Ocean Lab.

This group is aimed at all levels, so even if you have never played cards before, please come along to play this very 'social' card game. There is no need to commit to attending this group as we just arrange into groups of players depending on the numbers present, but because of that can you please arrive promptly for 13:30.

For further details please contact: Paul Dumont on 01348 841292 / 07923 991227 or email: [pauldumont99@gmail.com](mailto:pauldumont99@gmail.com)

### **Discussion Group:**

The March topic "Is Britain broken?" remains to be decided due to the rearrangement of dates. The group meeting was moved from the first Friday in March to the final Friday (March 27th).

There will be no April meeting due to Good Friday.

Parc-y-Felin

Tel. Tony Taylor 01348 840038

### **Exercise to Music Group:**

Dates for this month are, Thursdays **9th, 16th, 23rd and 30th**.

Although we are at full capacity, we no longer have a waiting list.

For further information contact Judith on 07586243110 [thidedwards@yahoo.co.uk](mailto:thidedwards@yahoo.co.uk)

## **Music Appreciation Group:**

The theme for **April 15th @ 7.30** is, Duos and Trios. Any act who have released a song or instrumental played only by themselves without backing musicians or orchestra etc.

Last month's most popular track was Blackmore's Night, Play Minstrel Play (featuring Ian Anderson).

We normally meet at Clive and Margaret's. Please bring one or two tracks on CD (preferred), phone, tablet, vinyl or YouTube link.

This group is currently well attended but has a stand-in list. So, anyone who is happy to come along on an occasional basis, please contact [cliveousley@outlook.com](mailto:cliveousley@outlook.com) or Tel: 07475 918295 to be added in.



## **Walking Groups:**



All walks start at **10:30** (*unless stated otherwise*). Contact: Gill Taylor on 01348 840038 / 07900 274011

### **Note**

**Please consider only attending the walks you know you are prepared for and able to do. Not being able, or prepared, places an unfair duty on the walk leader/leaders. Also, informing the walk leader you are aborting or doing a shortcut is important. Thankyou. Gill Taylor, Walks Coordinator.**

## **Long Walks:**

### **Wednesday 8<sup>th</sup> April**

Parking and starting at Poppit sands car park. The ticket machines here do not accept cards, only cash.

The first 1.1/2 miles is on a single-track road, and is a gradual climb up to Cemaes head. Then it's on to the coast path, with great views and interesting rock formations. Returning on bridleways and paths through Cwm yr Esgyr valley. Some parts of the coast path are steep. Total distance is 7 miles.

Contact Mike Watson on 07970544426

### **Wednesday 22<sup>nd</sup> April**

I decided to repeat this walk as so many people were away when we did it last year. We will start in the centre of Login Village where there is a large parking area above the river. The length is just over 6 miles and the walk goes up towards Efailwen, in some places following the Landsker Borderland Trail. From there, the return to Login is through the wooded area surrounding the Afon Wenallt. Coming back down, the path is steep in a couple of places. The reward, at the end, is tea/coffee and cake in Cafe Becws Bets, which is a short drive on the road back above Login village and where the views are amazing.

Map reference: SN 165 233.  
Contact: Liz Morris, 07980 599524

## **Short Walks:**

All walks start at **10:30**. Enquires: **to walk leader** or **Gill Taylor** on **01348 840038 / 07900 274011** or email: [gillandtonyt@aol.com](mailto:gillandtonyt@aol.com)

### **Wednesday 1<sup>st</sup> April**

Meet at Harbour Village car park, SM948 390

Walk inland to Llanwnda, back through the fields to Harbour Village. Easy, fairly level walk, not too much mud! About 3 miles.

Contact Liz Bowyer 07483839685 / 01348 872059

### **Wednesday 15<sup>th</sup> April**

Meet at Middle Mill. SA626XD.  
Please park on the side of the road next to the quarry.

The walk goes through the chapel graveyard and up a back road to a path leading over Solva Valley towards Caerfarchell. We take a path around the back of Caerfarchell (if not too muddy) and then rejoin Solva Valley path and then head back down the road to Solva. About 3.5 miles. Uphill at the start then fairly level and downhill at the end. One rough patch over a stream.

Contact Mary Hannah - 07894123838

### **Wednesday 29<sup>th</sup> April**

Meet at Bedd Morris SN 039 365

A circular walk of approx 3 miles around Mynydd Caregog and across Parc Mawr. Moderate walk, not too muddy. Hopefully fantastic views over Dinas Head & Newport.

Contact: Judith Maddison 07791692491

## **Strollers Walks**

### **Wednesday April 8<sup>th</sup>**

We will make another attempt at the walk around the by-pass path and up Maesgwynne Road back to Cresswells for coffee.

### **Wednesday April 22<sup>nd</sup>**

On April 22<sup>nd</sup> we will walk to Cwm-yr-eglwys and back. You may want to bring a flask of coffee/tea to drink at Cwm-yr-Eglwys as Croeso will be closed!

Contact: Sue Johnson - 07772 051715 or email: [s.johnson719@btinternet.com](mailto:s.johnson719@btinternet.com)

## **Welsh Group / Grwp Cymraeg:**

Grwp Cymraeg/ Welsh Group.

During April we will meet at Jane's on the last Friday of the month.

Yn ystod Mis Ebrill byddwn yn cwrdd yng nghaffi Jane ar y dydd Gwener olaf o'r mis.

Dydd Gwener 24 ar hugain o Ebrill am 10.30 yb.

**Friday 24th April** at 1030am

Ymunwch a ni am sgwrs a choffi.

Join us for coffee and a chat.

Cysylltwch a Eira Davies ar:

01348 87230

[liz.davies222@btinternet.com](mailto:liz.davies222@btinternet.com)

## **Writing Group:**

The Writing group have lost another member. Very suddenly in early March we lost Mollie. She is a great loss to the group and to the village of Solva. Mollie was the inspiration behind Solva Care, a co-ordinated volunteer group that gives help as needed. Mollie was very active in the Labour Party and has served on Community Council and the Hall Committee. She was an English teacher and avid reader. After retiring she started on several new activities, two of these being involvement in the u3a Discussion and Writing Groups. With all her previous activities she had an interesting contribution to make to both groups. She will be sorely missed.

Our numbers are now quite small but Brigid will be welcomed back from New Zealand in April.

The Group will meet in the Council Room, Fishguard, on **14 April**, and on the second Tuesday of the month throughout the year. We would welcome some new members, so come along and give us a try. For more information contact Fran Barker on 07377059265 or email [fran34hb@gmail.com](mailto:fran34hb@gmail.com).

A story by Mollie including the three random given words - Raft, Hummingbird, Monk.

When I used to set this kind of thing in class, the youngsters would try to combine them in as silly a way as possible. It was recognised as a test which most youngsters can't resist. So I would get 'The monk sat on the raft with his humming bird', or 'the raft capsized, the monk fell into the sea, As he sank, he saw a humming bird resting on the floating raft.' They would draw a line across the page and hand it in. Thirty minutes homework done in ten minutes! Others would try to write a story, with the monk helped by the humming bird and the raft floating down below the monastery, ready for escape or rescue or just for going across to the mainland. Occasionally, the humming bird would be able to speak and the monk, marooned on the island would teach it more words, so that when the monk set sail on his raft, the bird went along and fetched help from the ship which was too far away for those on board to see the raft.

It seemed to me that youngsters can find their own mysteries and write their own strange stories without us giving them words. Very few youngsters ever ask you for a word. They get them from home or from TV or their phones and from books. Some don't have books at home, but get them in school. One boy once asked me what use they were if you were a builder or worked in the market. He could see the use of papers which gave you race winners and football news, things you really wanted to know, but not stories. 'Life's bad enough', he said 'without making things up'.

We went to the theatre, to the pantomime and once we went to see a play. 'Better than the tele' they said as we were on our way back. The bus stopped to drop them off at telephone boxes 'I let it ring three times and Dad comes to fetch me' and at crossroads 'The car will come Miss; I told Dad about half eleven'. And the bus would pull away leaving them in the phone box or on the corner, waiting. Monks and humming birds and rafts seemed something to wonder at, but not real, not something you could hold on to. I would say – "use your imagination, think differently, make it work as a story." And they would look at me and say "Why? It isn't real. It's OK for a story, but it's not real".

Mollie Roach Topic 1. March 2024

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I said to this American guy, 'I bet you'd like to see where Dick Turpin lived.'

He replied, 'sure would.'

I said, 'no, that's Robin Hood's place.'



**u3a Preseli Committee Members:**

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Secretary	Sue Johnson	07772 051715	s.johnson719@btinternet.com
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