



DATE	TIME	GROUP	WHERE/NOTES
Mon 1 st Jun	13:30	Canasta	Upstairs area of the Ocean Lab Café, Goodwick
Tue 2 nd Jun	10:00	Camera Group	Our first meeting for June is at the Wolfcastle hall.
Wed 3 rd Jun	10:30	Short Walk	Meet and park by The Sloop hostelry, Porthgain
Thu 4 th Jun	10:00	Social meeting	The speaker will be one of the four Pembrokeshire women who rowed the Atlantic in 2025
Fri 5 th Jun	10:30	Discussion Group	Is the UK moving back towards Europe
Tue 9 th Jun	10:00	Art Group	Meet at the Wolfscastle Chapel Hall 10 - 1pm
Wed 10 th Jun	10:30	Strollers	Meet at Dinas Viewpoint CP north of Dinas
Wed 10 th Jun	10:30	Long Walk	Start at the village hall in Llawhaden
Thu 11 th Jun	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 12 th Jun	10:30	Birdwatching	Meet at Cardigan Wildlife Centre.
Mon 15 th Jun	13:30	Canasta	Upstairs area of the Ocean Lab Café, Goodwick
Tue 16 th Jun	10:00	Camara Group	The next meeting's venue is yet to be decided.
Wed 17 th Jun	10:30	Short Walk	Meet at the free parking behind Morrison's.
Wed 17 th Jun	10:30	Book Group	The book for discussion is The Absolutist by John Boyle
Wed 17 th Jun	19:30	Music Appreciation	The theme this month is party or dance songs in any musical genre.
Thu 18 th Jun	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 19 th Jun	12:30	Social Lunch	12.30-1pm at The Ship Aground, Dinas
Tue 23 rd Jun	10:00	Art Group	Meet at the Wolfscastle Chapel Hall 10 - 1pm
Wed 24 th Jun	10:30	Long Walk	A walk round Foeldrygarn via Carn Gwr and Caraw settlement.
Wed 24 th Jun	10:30	Strollers	Meet in large lay-by west of A40 in Scleddau.
Thu 25 th Jun	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 26 th Jun	10:30	Welsh Group	Meeting in Jane's cafe, Fishguard
Fri 26 th Jun	14:00	Writing Group	Meeting at Brigid's house.
Mon 29 th Jun	13:30	Canasta	Upstairs area of the Ocean Lab Café, Goodwick
		Bridge Group	No Bridge meeting until September

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



to new members, Jennifer Billett, Teresa Bisset, Rosemary Grogono-Thomas, Anne and John Parker

From the Chair:

Welcome to the June newsletter. After watching the rest of the country have summer weather our share of the warm sun finally arrived today, just in time for the bank holiday weekend but despite the cool spring the hedgerows seem particularly colourful this year. We have a social this month with a speaker so I do hope you will be able to make it.

SALLY FRANCIS

It is with deep sadness I announce the passing of Sally who died peacefully in hospital on April 25th.

Sally was a very valued member of u3a Preseli - being with us from the very early days. Over almost 18 years her contribution was significant and included serving as a Committee Member, Groups Coordinator and leading the Writing Group whilst also participating in many other groups. One of her specialities was recruiting members and finding them a job.

She touched so many lives not just in the u3a but several other organisations too. Sally was so well liked and respected and already greatly missed. We have been very fortunate to have known her and it has been a privilege to have participated and worked alongside her.

Just a nod to Sally's love of music. "The song is ended, but the melody lingers on"

Our condolences to Rhun, Heledd and family.

Dave Mercer
+44 7950032448
davidmercer1@sky.com

News from the Secretary

The Social Meeting on **June 4th** gives us the opportunity to hear about the 2025 crossing of the Atlantic Ocean by 4 women from Pembrokeshire. Janine Williams, one of the crew, will tell us of the highs and lows of this amazing endeavour. The crew have been raising money for two charities since their return - Cystic Fibrosis and Paul Sartori Hospice Care - so there will be a 'bucket' for your donations.

As always, please bring your own mug/cup and £1 to help cover costs!

s.johnson719@btinternet.com
07772 051715

The Social Secretary's events

Please remember, if you wish to come to the lunch on **Friday 19th June** and haven't yet sent me your choice of menu, can you please do so by **Sunday 7th June**.

I have had some interest in visiting Velfrey Vineyard and Wolfscastle Pottery, so if you would like to participate in either of these activities, please contact me and I will proceed with the arrangements.

The Ship Aground, Dinas
01633 226359

Starters

Prawn cocktail.....£7.00
(Served with Salad and Bread. GF on request)
Garlic Mushrooms.....£7.00
(Served with Bread. GF on request)
Chicken Pate and Toast.....£7.00
(GF on request)

Mains

Veg Quiche, Salad and Chips.....£14.00
(Made with Leeks, Courgettes, mixed Peppers and Cheese)
Traditional Beef Chilli and Rice.....£14.00
(The Ships Special, Slow cooked chunks of Beef, not hot, very tasty)
Sausage, Mash, Peas and onion Gravy.....£14.00
(Local Butcher Sausages)
Fish Pie, Seasonal Veg.....£14.00
(Topped with mashed Potato)
Hunters Chicken.....£14.00
(Served with Mash or Chips)

Desserts

Raspberry Eton Mess.....£7.00
Lemon Posset.....£7.00
Trillionaire Tart.....£7.00

12.30-1pm at The Ship Aground, Dinas

Cathy Wells
Email cathy@grangepk.co.uk Tel: 01348 875420

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 have our last two sessions on **Tuesday 9th and 23rd of June**, in the Chapel Hall Wolfscastle 10 - 1pm.

We are breaking for the summer but will resume again in September.

If you are interested in joining our group and would like more information, please contact me on 01348 841292, trishadumont@gmail.com or Helene on 01348 840163.

Birdwatching Group

The date is **Friday June 12th**. Time 10.30am at Cardigan Wildlife Centre.

Leader is Dave Gardner and his email is david4rugs@aol.com for any further details. He is an ace birder so we expect to have a full day there, with lunch at the cafe at 1.00 ish.

It's a beautiful location with a lot of hides for observation.

Please contact me on my email for details kateedge@btinternet.com .

Book Group:

Wednesday 17th June 10.30 Royal Oak.

Last month we discussed None so blind by Alice Hawkins which is set in West Wales just after the Rebecca riots. There was a mixed reception, most thought the history, culture and portrayal of blindness was well done, but the murder mystery was weak.

June 17th's book for discussion is The Absolutist by John Boyne.

For further information contact Judith on 17586243110 or thinedwars@yahoo.co.uk

Bridge Group

We will be taking a break in June and July and resume in September.
The next Bridge session will be on **Monday 14th September**.

Contact: Judith Maddison on 07791692491 or e-mail judith.maddison1@btinternet.com

Camera Group:

Our first meeting for June is at Wolfcastle hall on **2nd June**.

Our theme for June is:
Abandoned. Neglected. Distressed. Left open to personal interpretation.

The next meeting is **June 16th**, venue yet to be decided.

Contact: Francis White, email francis@hakin.me.uk

Canasta Group:

As April and May sessions were both affected by BH's we will try for all three dates in **June, Monday 1st, 15th, & 29th** 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

Discussion Group:

Friday June 5th, 10:30am

Last month produced agreement that we seem to be living through a period of social discontent, but whether personal responsibility is primarily to oneself or society (?), or which would produce greater social harmony, was less clear. 'Unto thine own self be true?'

The June topic will start as "Is the UK moving back towards Europe even as the Union seems to be fragmenting?"

Parc-y-Felin
Tel. Tony Taylor 01348 840038

Exercise to Music Group:

The exercise class will be held on **11th, 18th and 25th June**.

Meeting at the Phoenix Centre, Goodwick

For further information contact Judith on 07586243110 or thidedwards@yahoo.co.uk

Music Appreciation Group:

The theme for **June 17th @ 7.30** is, party songs and dance music. Any up-tempo piece in any musical genre, as usual.

Last month's most popular track was Mr Blue Sky by ELO

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 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 10th June 10:30am

The walk starts at the village hall in Llawhaden. It follows the river down one side to the bridge and then back up the other side. It's mainly on paths, tracks and a couple of fields. It is reasonably flat with only two assents, but one unfortunately is at the end of the walk.

For further details contact Judith Edwards on 07586243110 or thidedwards@yahoo.co.uk

Wednesday 24th June

A walk round Foeldrygarn via Carn Gwr and Caraw settlement.

7 miles mostly exposed and a section with no clear path. Meet at parking layby ref 167333, it is 1.25 km west of Crymych. Limited parking so please car share.

Peter Sutcliffe

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

Wednesday 3rd June

Meet and park by The Sloop hostelry, Porthgain, for a quick trot down to the Blue Lagoon and back.

Contact Tony Taylor 01348 840038

Wednesday 17th June

Meet at the free parking behind Morrison's, SM. 955 163.

To get to the car park from the Fishguard Road, go straight on past Morrison's as if for Lidl and then do a U-turn at the traffic lights to come back the same way taking the second left turn just before the roundabout down a lane running by the side of the supermarket. Follow the lane round past the site of the old cattle market to where, behind Home Bargains and in front of the Haverfordwest football pitch, there is a large car park.

This route around Haverfordwest includes urban and rural walking. There are a lot of steps, both up and down in a few places along the rural footpath and the bypass has to be crossed. We will return to the town via the footbridge over Cartlett Rd and then over the new river footbridge to stop for refreshments at Waldo's, before going rural again for the last mile of easy walking along the riverside path, up one side, across another footbridge and down the other side before turning off left for the car park.

3.20 miles in all.

Contact Liz Morris 07980 599524 with any queries.

Strollers Walks

Wednesday 10th June - 10.30

From the viewpoint above Dinas we will stroll along the road before branching off onto a footpath and walking along, down and round back to the Viewpoint. Coffee in Dinas.

Wednesday 24th June - 10.30

We will walk along to the old church and up the field to look across the valley. Back to the lay-by and coffee at the Red Onion.

Contact: Sue Johnson - 07772 051715 or email: s.johnson719@btinternet.com

Welsh Group / Grwp Cymraeg:

Ar diwedd Mis Mehefin byddwn yn cwrdd yng nghaffi Jane, Abergwaun ar y dyddiad canlynol:
Dydd Gwener 26 ain o Fehefin am 10.30yb
Friday 26th June at 10.30.

Join us for coffee and a chat.
Ymunwch a ni am goffi a sgwrs.

Cysylltwch a Eira Davies ar:
01348 872301
liz.davies222@btinternet.com

Writing Group:

The Writers group continues with enthusiasm. Our last subject was "three limericks in varying styles", which gave rise to a lot of amusement!

We are very happy that three new members have come forward in response to my recent call for reinforcements, and we very much look forward to hearing their contributions.

Our next meeting will be at my home between Solva and Croes-Goch on **Tuesday 26th May** at 2.00, and a fortnight later we will be back at the Town Hall in Fishguard.

Please get in touch if you would like to join us or just come and give us a try!

Brigid Southwell
brigid7561@gmail.com



Last night I went to see the Bermuda Philharmonic Orchestra play, and the guy on the triangle disappeared!



u3a Preseli Committee Members:

Chair	Dave Mercer	07950 032448	davidmercer1@sky.com
Treasurer	Paul Dumont	01348 841292	pauldumont99@gmail.com
Secretary	Sue Johnson	07772 051715	s.johnson719@btinternet.com
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Social Secretary	Cathy Wells	01348 875420	cathy@grangepk.co.uk
Groups Coordinator	Gill Taylor	01348 840038	gillandtonyt@aol.com
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	Judith Maddison	07791692491	judith.maddison1@btinternet.com



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