



DATE	TIME	GROUP	WHERE/NOTES
Wed 1 st Jul	10:30	Short Walk	Meet at Caffi Festri CP Dinas Cross (ex Croeso)
Thu 2 nd Jul	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 3 rd Jul	10:30	Discussion Group	Discussion. 'The rich get the gravy, the poor get the blame.'
Mon 6 th Jul	13:30	Canasta	Upstairs area of the Ocean Lab Café, Goodwick
Tue 7 th Jul	10:00	Camara Group	Meeting at Wolfscastle Hall.
Wed 8 th Jul	10:30	Strollers	Meet at layby opposite chapel in Croes Goch.
Wed 8 th Jul	10:30	Long Walk	Meet at Salem Chapel/Tunnel CP just off the A40. A walk around Treffgarne.
Thu 9 th Jul	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 10 th Jul	10:00	Birdwatching	Llangloffen Fen, a reserve on the Castlemorris road
Tue 14 th Jul	14:00	Writing Group	Meeting at the Town Hall, Fishguard,
Wed 15 th Jul	10:30	Book Group	The book for discussion is What We Can Know, by Ian McEwan
Thu 16 th Jul	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Mon 20 th Jul	13:30	Canasta	Upstairs area of the Ocean Lab Café, Goodwick
Tue 21 st Jul	10:00	Camara Group	This meeting's venue is yet to be decided.
Wed 22 nd Jul	10:30	Long Walk	A walk along Ramsay Sound towards Porthlysgi Bay.
Wed 22 nd Jul	19:30	Music Appreciation	The theme this month is any music from Ireland
Thu 23 rd Jul	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Tue 28 th Jul	14:00	Writing Group	Meeting at Brigid's house
Wed 29 th Jul	10:30	Short Walk	Meet at car park near Carnau Meibion Owen
Thu 30 th Jul	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
Fri 31 st Jul	10:30	Welsh Group	Meeting in Jane's cafe, Fishguard
		Art Group	No meeting in July
		Bridge Group	No Bridge meeting until September
More details for all events are in the diary section of this newsletter			



to new members, David Morton and Marilyn Collins

From the Chair:

Welcome to the newsletter for July.

Summer is certainly in full swing and at the time of writing the temperature is soaring.

I wasn't able to attend but understand that the luncheon at the Ship Aground was a great success, with thanks to Cathy Wells.

I do hope you all have a wonderful summer.

Dave Mercer
+44 7950032448
davidmercer1@sky.com

News from the Secretary

Thank you to all those who came to hear Janine talk about her trans-Atlantic row. She has sent a message to say how much she appreciated all your generous donations to the two charities.

The last couple of Social meetings have been well attended and I hope this will continue once we resume the meetings in October. If you have any ideas about speakers or topics you would like, please let me know and I'll find out what can be arranged.

Enjoy summer!

s.johnson719@btinternet.com
07772 051715

The Social Secretary's events

A visit to Velfrey Vineyard has been arranged for Friday **14th August** starting at 11am. The cost of the tour and wine tasting is **£20**.

For an **extra £22** you can have a Monmouthshire charcuterie board, selection of artisanal cheeses, locally baked focaccia, Pembrokeshire chutneys plus mediterranean sundries. Or if you wish, a Welsh cheese board, served with focaccia, Pembrokeshire chutneys plus mediterranean sundries for **£17**.

For those members who previously showed an interest and would still like to come, could you resubmit your name.

Please let me have your choices as soon as possible as this event is limited to 25 people.

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 are taking a summer break in July and August but will resume again in September.

If you want any details regarding this group, please contact me on 01348 841292 or trishadumont@gmail.com or Helene on 01348 840163.

Birdwatching Group

Friday 10th July

Guest Birder - Mike Hayes.

10.00am at Llangloffen Fen, which is a reserve on the Castlemorris road.

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

Book Group:

Wednesday 15th July 10.30 Royal Oak.

June's book was set in the first world war and lead to a lively discussion about bravery and cowardice in relation to fighting and homosexuality.

July's book is What We Can Know, by Ian McEwan

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

Bridge Group

We will be taking a break in July and resume in September.

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 on **July 7th** is at Wolfscastle Hall.

The theme for July is "Animals & Birds"

The venue for the second meeting on **July 21st** is yet to be confirmed.

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

Canasta Group:

July dates are **Monday 6th & 20th** at 13.30 in the upstairs seating area of 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 July 3rd Parc-y-Felin, 10:30 am

Last month's discussion on our present social divisions (little disagreement here) implied some causality from the Brexit decision without really wanting to return to that debate. However, for a nation so heavily dependent on trade, the movement back towards our biggest market seemed/seems inevitable.

The July topic will start on the paper circulated to the group concerning the impact on all of us of the deep and continuous structural inequality and concentration of wealth in fewer hands throughout the world - 'the rich get the gravy, the poor get the blame' and it is getting worse!

Parc-y-Felin
Tel. Tony Taylor 01348 840038

Exercise to Music Group:

The exercise class will be held on 2nd, 9th, 16th, 23rd and 30th July

Meeting at the Phoenix Centre, Goodwick

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

Music Appreciation Group:

The theme for **July 22nd @ 7.30** is, Music and songs from Ireland. Any Irish singer, orchestra or band in any musical genre.

Last month's most popular track was a track by Ed Sheeran, called, Sapphire

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

Contact cliveousley@outlook.com or Tel: 07475 918295.



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 8th July 10:30am

Meet at Salem Chapel/Tunnel car park just off the A40 (SM 960 230) at the usual time of 10:30.

The 6-mile walk begins with a significant uphill to Little Treffgarne woods and then along the wooded path above the gorge. Dropping all the way down to the railway tunnel by Lower Danbach we reach the A40 just north of Nant-y-coy. After crossing the A40 there is another significant uphill to eventually skirt west of Maiden Castle and Poll Carn (the Treffgarne rocks) and across the fields of Great Treffgarne Mountain with open views across the county (there is some possibility of cows in the fields, although there were none on the reccie). The last two miles are unavoidably on road to reach Treffgarne village and go back across the A40 to the car park.

For any pre-walk weather queries or other questions contact Dave (07740 582830) or Sue (07790 528279).

Wednesday 22nd July 10.30am

A walk along Ramsay Sound towards Porthlysgi Bay and back.
Parking by the life boat station.

Tony Taylor 01348 840038

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 1st July

Meet at Caffi Festri Car Park, Dinas Cross (SA42 0XG).

A circular walk along some quiet lanes to the footpath running above Pwllgwalod, and then onto the coast path to Aberbach. Thereafter a gentle climb up some wooded paths back to Caffi Festri. 3.5 Miles

Contact: Mike 07969 098696 or Jen 07496 179207 Stevens

Wednesday 29th July

Head towards Brynberian and meet at car park near Carnau Meibion Owen
SN 094 360

Limited parking so please car share if possible.

A three mile walk into the Nature Reserve at Ty Canol Woods. Beautiful moss-covered trees and lichen covered boulders, in amongst sessile oaks.

A steep sided valley so some challenging moments on stony paths, walking poles advisable!

Vicky and Liz
01348872059
07483839685

Strollers Walks

Wednesday 8th July - 10.30

Meet at layby opposite chapel in Croes Goch.

We will walk down a track along a footpath and field margins, through a wooded area and then drive to Delishi for coffee. It's a 2 mile walk with some tree roots to contend with.

It's a longer walk than usual as there is no walk on **22nd July** - I'm away!

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

Welsh Group / Grwp Cymraeg:

Grwp Cymraeg/Welsh group.
Byddwn yn cwrdd yng nghaffi Jane, Abergwaun ar ddiwedd Mis
Gorffennaf ar y dyddiad a'r amser canlynol:

Dydd Gwener 31ain o Orffennaf am 10.30 yb
Friday 31st July at 10.30am

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

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

Writing Group:

July meetings are **14th** at the Town Hall Fishguard, and **28th** at my house, both 2.00.

The writer's group's last topic was "A time that wasn't fair" which brought about very varied contributions ranging from historical injustices to the many meanings of the word 'fair' in the English language. Our next topic. "Roots" promises further variety. The DNA mysteries revealed through a hair follicle? The magical communication between tree roots and mycorrhizal fungi? We shall see! Do get in touch if you would like to join in.

We are very excited to have agreed a collaboration with the photography group to produce a joint exhibition featuring their photographs alongside our pieces of writing inspired by them. I hope this will be successful and possibly lead to more collaborations with groups both here in Pembrokeshire and may be from other areas in the UK - or beyond?

Brigid Southwell
brigid7561@gmail.com or phone 07969 601460.



Someone went to a psychiatrist and told him, 'I keep thinking I'm a teepee or a wigwam.'

The psychiatrist thought about the problem and replied, 'try to relax, you're just two tents.'



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
Beacon Website	Harry Thomas	01348 872899	aicht@gmail.com
Membership	Margaret Ousley	07929 191003	preseli.u3a.membership@gmail.com
Social Secretary	Cathy Wells	01348 875420	cathy@grangepk.co.uk
Groups	Gill Taylor	01348 840038	gillandtonyt@aol.com

Coordinator			
Committee	Judith Edwards	01348 872143	thidedwards@yahoo.co.uk
	Judith Maddison	07791692491	judith.maddison1@btinternet.com



Newsletter compiled by: Clive Ousley Tel: 07475 918295
email: preseliu3anewsletter@gmail.com