



DATE	TIME	GROUP	WHERE/NOTES
02/11/2026	14:00	Canasta	At Yr Hen Ysgol (Dinas community centre).
03/11/2026	10:00	Camera Group	Meeting at Wolfscastle Hall.
04/11/2026	10:30	Short Walk	Meet at Long Street car park in Newport
05/11/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
06/11/2026	10:30	Discussion Group	Meeting at Parc-y-Felin
09/11/2026	14:00	Bridge Group	Meeting at Yr Hen Ysgol, Dinas
10/11/2026	10:00	Art Group	In the Chapel Hall Wolfscastle.
10/11/2026	14:00	Writing Group	Meeting in Fishguard Town Hall
11/11/2026	10:30	Strollers	'Flags' Car Park opposite Seaview Hotel.
11/11/2026	10:30	Long Walk	Meet at St Brides church car park
12/11/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
13/11/2026	10:30	Birdwatching	The location is, The Gann, Dale
13/11/2026	10:30	Scrabble group	Ocean Lab upstairs seating area
16/11/2026	14:00	Canasta	At Yr Hen Ysgol (Dinas community centre).
17/11/2026	10:00	Camera Group	The venue is to be confirmed
18/11/2026	10:30	Book Group	At the Royal Oak, Fishguard
18/11/2026	10:30	Short Walk	Meet at Allt Clun Car Park, Gwaun Valley
18/11/2026	19:30	Music Appreciation	Meeting at Marg & Clive's house
19/11/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
23/11/2026	14:00	Bridge Group	Meeting at Yr Hen Ysgol, Dinas
24/11/2026	10:00	Art Group	In the Chapel Hall Wolfscastle.
25/11/2026	10:30	Strollers	Car Park below old Convent
25/11/2026	10:30	Long Walk	Meet at the car park at Porthole Clais
26/11/2026	10:00	Exercise to Music	Meeting at the Phoenix Centre, Goodwick
27/11/2026	10:30	Scrabble group	Ocean Lab upstairs seating area
27/11/2026	10:30	Welsh Group	Meeting in Jane's cafe, Fishguard

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



to new members

Carolyn Denman, Sandra Dray, Sarah Norton, Alan and Kathryn Wilkinson

From the Chair:

Welcome to the November newsletter.

You will have received the papers for our AGM which is once again being held virtually. Do please make sure that you complete your return. Please also look out for news on the Christmas luncheon which will I believe be again held at Crug Glas.

Dave Mercer
+44 7950032448
davidmercer1@sky.com

News from the Secretary

Please remember to read the AGM documents and vote when the voting form arrives this month.

Thank you!

Next month we will be holding our Christmas get-together and quiz on **Thursday December 3rd** - hope you will be there.

s.johnson719@btinternet.com
07772 051715

The Social Secretary's event



Our Christmas Lunch will be held at Crug Glas on **Friday 18th December 12.30-1pm**. The menu will be in the December newsletter, so now is the time to put the date in your diary.

Kind regards,

Cathy Wells



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



ADVANCE NOTICE

of special Christmas events

Christmas lunch at Crug Glas on **Friday 18th December**

If you are on your own during the Christmas week, or just want to get away from the festivities, there are also two special afternoon events this year.

Monday 28th December @ 2.00 - a board games and simple card games afternoon.

Tuesday 29th December @ 2.00 – A music appreciation afternoon.

More details in the December newsletter



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 meet in **November on Tuesdays 10th & 24th**, in the Chapel Hall Wolfscastle 10am to 1pm. The hall is light and spacious with kitchen facilities if required, there is also disabled access. We are a small, informal, friendly group and at £4 per session, why not give us a try.

For further information contact trishadumont@gmail.com or 01348 841292 or Helene on 01348 840163.

Birdwatching Group

Friday 9th October

Date is **Friday 13 November**, start time 10.30am and the location is The Gann, Dale.
Grid ref.SM822066

The Leader is Gill Shepherd. Please contact her on 07791 376332. if you are interested.

If you would like any further information then please contact me on my email for details kateedge@btinternet.com

Book Group:

Wednesday 18th November, 10.30 Royal Oak.

Klara and the Sun by Kasuo Ishiguro had a mixed reception but it generated much discussion about robots and AI, its benefits and dangers, its morality and control and what makes us human.

The book for **November 18th** is the satsuma complex by bob Mortimer.

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

Bridge Group

Bridge will be on **Monday 9th Nov & Monday 23rd Nov at 2pm** in Yr Hen Ysgol (Dinas Community Centre).

Cost will be £2 per person but will include free tea, coffee and biscuits.
Everyone welcome including newcomers.

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

Camera Group:

Our first meeting for November is **Tuesday 3rd** & we'll be meeting at the hall in Wolfscastle. The second meeting of the month is on **Tuesday 17th**, the venue yet to be confirmed.

The theme for November is 'Colours of Autumn' so let's hope we have some good colour in the foliage this year.

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

Canasta Group:

November dates are **Monday 2nd and 16th at 2pm** in our new venue, Yr Hen Ysgol (Dinas community centre). The cost is £2.00 per person but includes free tea, coffee and biscuits.

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 2pm.

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

Discussion Group:

Last month's topic on introducing non-native species of flora and fauna suggested that there were few dislikes. The grey squirrel and Asian Hornets had few friends, and Himalayan Balsam would have been best left in Asia. Even so levels of disapproval seemed well matched by beneficial introductions. Agricultural reasons are obvious, Rainbow Trout seems fair game, muntjac deer? coniferous woodlands? ... and rhododendrons are not so bad ... in Spring. We never got going on the introduction of 'non-native' homo sapiens, which was probably wise.

The November meeting is on **Friday November 6th** when the topic will begin as "Would/Will a change in the voting system in the UK to some form of Proportional Representation be an aid to democracy?"

Meeting at Parc-y-Felin

Tel. Tony Taylor 01348 840038

Exercise to Music Group:

Exercise to music will take place on **Thursdays 5th, 12th, 19th and 26th.**

I would like to thank the group for their understanding and willingness to pull together while my health is unpredictable.

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

Music Appreciation Group:

The theme for **November 18th @ 7.30pm**, is Songs or instrumentals with sound effects that add to the atmosphere of the piece. Examples – Tchaikovsky, Canons in the 1812 overture, Kate Bush – Breathing, with breathing and dream effects, Dolly Parton – 9 to 5 with typewriter sounds. Loads more. Any musical genre as usual.

Last month's most popular track was, The Sounds of Silence, by The Disturbed.

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

Although the group is often full, we have a stand-in list in case anyone is unable to attend, which happens fairly often. If you would like to be added to this list for occasional attendance please message me.

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

Scrabble Group

Scrabble will be on **Friday 13th Nov & Friday 27th Nov** at 10:30am in Ocean Lab Cafe, upstairs seating area.

Everyone welcome including newcomers.

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



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 11th November 10:30

Meet at St Brides church car park (109/801).

Figure of eight walk with lunch back at St Brides car park, followed by small loop coastal walk for the harder ones. Walk is fairly uneventful and well known to many.
Length of walk max 6.5 miles. First part 4, second 2.5 miles approx

Contact Neil and Silvia 01348 881833.

Weds 25th November 10:30am

Meet at the car park in Porthole Clais. Typical coastal path with ups and downs, some heath-land and a minor road.

SM 740 242 distance 5.5 miles.

Judith E, 07586243110 thidedwards@yahoo.co.uk

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 November 4th 10:30

Meet at Long Street car park in Newport (OS 057 394). Easy walk across the river to the golf course and back.

Approximately 3 miles / 4.82 km.

Contact Tony Taylor 01348 840038.

Weds 18th November 10:30am

Meet at Allt Clun Car Park in the Gwaun Valley (SN 004 349)
Riverside and woodland walk to Llanychaer and back: a lollipop walk.
A couple of moderately steep sections, not too muddy.
Approx 3 miles.

Contact: Judith Maddison 07791692491

Strollers Walks

November 11th - 10.30

'Flags' Car Park opposite Seaview Hotel.

The walk will be along the Parrog, round the harbour and up to Harbour Village Road - then down into Goodwick, through the village and back past the Ivybridge. All tarmac! Coffee at Ocean Lab.

November 25th - 10.30

Car Park below old Convent.

We will walk along Marine Walk and back to Cresswells for coffee. All tarmac tho' up and down!

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

Welsh Group / Grwp Cymraeg:

Byddwn yn cwrdd yng nghaffi Jane, Abergwaun ar yr amser a'r dyddiad canlynol;

We will be meeting at Jane's cafe, Fishguard on the date and time stated below;

Dydd Gwener 27ain o Dachwedd am 10.30 yb

Friday 27th November at 10 30am

Cysylltwch a Eira Davies ar:01348 872301

liz.davies222@btinternet.com

Writing Group:

The writers group continues to thrive, with constant surprises in what members produce. We are considering ways in which our work might be shared.

The next meeting will be in Fishguard Town Hall on **November 10th, 2.00**, bringing two subjects, "A funny thing happened to me on the way to....." and "Being Serious".

If anyone would like to join us, please contact me, Brighid Southwell, on 07969 610460 or email brighid7561@gmail.com "





U3A walkers taking a break at Barafundle Bay. Photo by Sue Livingston

If anyone would like to include a photo or short article in future newsletters, please send to Clive – my email address is at the end of this newsletter.



The other day a neighbour said to me, ‘I hear you have tattoos at the top of your back.’

I replied, ‘yes, and when people are feeling upset, I let them colour one in.’

She looked surprised, ‘why would you do that?’

‘Because sometimes they need a shoulder to crayon!’



U3A Friends newsletter

Here’s a link to sign up to receive news about the U3A nationwide. The u3a Friends newsletter shares news, learning opportunities and member stories from across the u3a movement.

The Friends Newsletter also includes a link to the Friends Extra benefits website as well.

<https://www.u3a.org.uk/what-we-do/newsletter>

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	aitcht@gmail.com
Membership	Margaret Ousley	07929 191003	preseli.u3a.membership@gmail.com
Social Secretary	Cathy Wells	01348 875420	cathy@grangepk.co.uk
Groups Coordinator	Gill Taylor	01348 840038	gillandtonyt@aol.com
Committee	Judith Edwards	01348 872143	thidedwards@yahoo.co.uk
	Judith Maddison	07791692491	judith.maddison1@btinternet.com



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