

# Cardigan u3a Newsletter

No 154 MARCH 2023



## **Editorial**

I am starting this on Mother's Day after taking the dogs out and then coming home to a telephone group call from my four children. One in Australia, one in Thailand, one in Pembroke and my daughter with her partner, new baby and the 2 year old in London. She is getting a passport to go to America to visit her partner's family in California whilst doing some sight - seeing too. My son in Thailand has just finished helping to build his new house for him and his wife in a mountainous and beautiful area near Chang Mai. He had enough trouble with Lego when he was a toddler -I cannot believe he has achieved building a house! He sent me a video of gibbons swinging from tree to tree- absolutely beautiful. My son in Australia has spent the day on the beach with his daughter, and was then complaining that the sun is too savage! My oldest son in Pembroke had just come in from a 3 mile sea swim and 3 mile run – he is obsessed with sea swimming- even takes the spaniel - attached to his foot with a special lead and wearing a dog- life jacket!! Apparently the sea was a cool seven degrees today – left the dog at home today however.

Last but by no means least my husband has just invested in a 70 yr. old MG saloon. He bought it from an online auction - perhaps some of you have

heard of the 'Bangers and Cash' car auction television programme.

The car has arrived – by trailer. It was dropped it off at a local garage, Martin went up to meet it and then drove the car home. All legally I might add!!!

The garage has been prepared for days- definitely cleaner than the house. Said husband is polishing what does not need to be polished and generally behaving like a new dad with a baby. What is it with men and classic cars?!!! Answers on a postcard please --- or even better - a postage stamp!



Shirley Cole

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## **A New Digital Era.**

In arguably the biggest social project since analogue television was retired in

2012, the UK's telephone and broadband network is also going digital.

Openreach, part of BT, is phasing out its copper wire in broadband and telephone lines.

1. The UK's **telephone** network is going digital on 31<sup>st</sup> December 2025.

The UK's analogue network PSTN (Public Switched Telephone Network) and ISDN (Integrated Services Digital Network) run over copper wires, so upon switch off, these services will cease.

All landline phone calls in the future will be made over an internet connection using Voice over Internet Protocol (VoIP), which is a technology that allows you to make voice calls using a broadband internet connection instead of a regular (or analogue) phone line.

2. **Broadband** is due to go digital, using ultrafast full-fibre FTTP (fibre-to-the-premises), by 2027.

ADSL (Asymmetric Digital Subscriber Line) broadband is outdated and has mostly been replaced by FTTC (fibre-to-the-cabinet) hybrid/superfast broadband or ultrafast full-fibre FTTP.

Eventually FTTC will be replaced by FTTP. However, some UK premises, especially in remote rural areas will never get an FTTP connection. At the moment, just under 50% of homes in the UK have FTTP broadband.

**NB** FTTC broadband will **not** be affected by the switch off, since the copper lines which run from your home to the cabinet will be kept live until you have a new FTTP full-fibre service, even **after** the switch off date.

## Landline

If you wish to keep your current landline phone number you need to have an internet phone service in place before December 2025. You should to speak to your phone service provider about moving to one of the alternatives.

**NB** Once you have moved to a digital phone line, anything else plugged into the old telephone wall socket, such as a personal alarm, may stop working, or need additional equipment to be purchased and plugged in to enable it to work.

<https://taking.care/blogs/resources-advice/will-personal-alarm-work-after-digital-telephone-switchover>

## Why keep your landline?

Making calls – The main reason for having a landline is obvious – if you still prefer to make calls from it.

Receiving calls – Naturally, incoming calls are free. If you prefer not to give out your mobile number to everybody, you may still want to give them your landline number.

Once you have committed to a new package without a landline, you won't be able to get your home phone number back if you later decide you want a landline again. You will be allocated a new number.

## Why choose broadband only?

You could save money by having **broadband only** (no landline) and make calls using a mobile phone, assuming that you have a good signal locally.

**Tip:** Before the 31<sup>st</sup> December 2025, monitor the usage and cost of your landline and then at a later date, decide whether you really need it.

**NB** Changing your ISP (Internet Service Provider) can be a fraught process since the broadband market is a minefield, with dubious sales claims, unreliability, poor customer service and scandalous termination fees. You only need to do a Google search for customer feedback from some ISPs to see what I mean.

The UK telecoms regulator, OFCOM has very recently proposed new guidance that would only allow broadband ISPs to use the terms "*fibre*" and "*full-fibre*" on their websites and in contracts "*if their network uses fibre-optic cables all the way from the exchange to the home*" (i.e. FTTP).

To check what broadband is available at your local exchange, visit:

[https://availability.samknows.com/broadband/broadband\\_checker](https://availability.samknows.com/broadband/broadband_checker)

**How will the digital upgrade affect me?**

<https://www.openreach.com/upgrading-the-UK-to-digital-phone-lines/for-my-home-or-business>

E & OE  
*Godfrey Green*

### **A message from Brecon u3a**

Brecon U3a will be celebrating its 40th year, commencing this June and are planning to set off a long programme of events with a 'bang' on Thursday 29th June 2023.

This will be held in Theatre Brycheiniog, Brecon and the brief outline of the day will be:

Coffee 10-1030

Main Speaker (yet to be announced)  
1030-1200

Buffet Lunch 12-1400

Afternoon concert of singing and music, with solo instrumentalist 1400-1530

Cost of the day is still to be finalised.

We would be delighted if any of your members could come and join us with this celebration. Further details will be confirmed nearer the time but I would be very grateful if you could announce a 'Save the Date' to your membership. If you have any questions regarding this event, do please contact me.

Best regards

Taniya Keoghan

Co-ordinator, Brecon U3a@40 Working Party.

### **Open Garden News**

Liz and Will North will be opening their garden through the National Garden Scheme on Sunday the 25th of June from 11.00-5.00 and Sunday the 20th of August from 11.00-5.00. Admission is £4 and children are free. Home-made teas are available. Visits by arrangement occur from the 3rd of June till the 27th of August for groups of 5 to 30. Teas can be provided on request when booking. There are already some groups booked.

The garden is recently established designed to attract bees and butterflies, including trees, flowers, fruit and vegetables with greenhouse and ponds. Most areas are wheelchair accessible.

The garden is situated in Hermon near Crymych. 01239 831663 or

[elizabethmmnorth@gmail.com](mailto:elizabethmmnorth@gmail.com)

All monies go to various charities including health charities. To find out more visit :

[ngs.org.uk/beneficiaries](http://ngs.org.uk/beneficiaries).

## **Meeting held 23rd March**

Cardigan u3a was lucky enough to have a return visit from 'The Teifi Estuary Man' – Glen Johnson, who continued to tell us about the fascinating history of Cardigan High Street. His extensive photographic archive, covering at least the last 100 years and may have brought back memories to some of our more long-standing members. The opportunity to see the long-gone buildings and shop fronts was a thoroughly enjoyable experience for everyone.

Names –such as the Three Mariners, J.R. Daniels – cabinet makers who diversified into makers of coffins, Brook & Evans Butchers ( now Dewi James) and Edward Mathias Drapery live on through stories handed down through the ages. One of these was the cow which took fright whilst being driven down the road and decided to detour through the window of the draper's shop which was shattered, causing an injury to one of the employees. This prompted an emergency call to Mr Thomas- the chief surgeon at the local hospital, who stitched the wound!

Amongst other characters brought to life by Glen were the Evans brothers, herbalists Daniel and John. Alongside

their main employments – one a shipbuilder and the other a farmer, they developed a cure for cancerous growths- apparently so successful that their shop became a mecca for visitors from far and wide.

Glen then went on to ask for any questions that the audience might have regarding any of the local history. He was able to produce old photographs including Cardigan Hospital, Priory Street, the railway station and the old Ford garage belonging to William James. Outside the garage was a beautiful array of early 1900 open top motor cars.

Once again we thank Glen – not only for giving up his time but for giving us an enjoyable and educational session. For people who are comparatively new to this part of Wales, it was an incredible insight into the lives of the tradespeople who lived and worked so hard to make a living.

For anyone who would like to learn more of Glen's research into the local history, please visit his website at

[www.glenjohnson.co.uk](http://www.glenjohnson.co.uk)

*Judi Allan*



## **INTEREST GROUPS**

### **Creative Writing**

Hello,  
The month seems to have passed so quickly.  
Spring is with us, bringing the season's flowers to greet us once again. Crocus and daffodils delightfully paint the roadsides and gardens with their bright

colours, even the snowdrops are still here with brilliant dashes of white. What a delightful start to the year. We are looking forward to this month's get together at the writing group, passing through Jean and Colin's uplifting garden which is strewn with spring time colours .....a thank you to you both for your invitation to your home and garden, we love how beautiful it is.

*Pam Rossiter.*

### The Journey

A programme on the car radio permeates this road journey. Pieces of sound bite news: a spokeswoman from a Ministry Speaks on health & safety, with a slight hint of Swansea Weaving through her vowel sounds, she fields Defensively, a farmer's protestations about some new policy, "No, it is not nanny-ism"..... The farmer thinks otherwise.

The landscape slides on past.

What remains of the journey?

Recollections: jackdaws and crows arranged on phone wires, Or electricity cables, silhouetted against a sky, turning blood orange. The inevitable dotting of sheep, mainly indistinct and smudgy grey, their edges As soft and blurred as the birds were dark and hard.

The road veers north- west after Llanon, the engine labouring on the gradient, A flock, no herd, turn their neat black heads like a silent choir

In untrained unison, their body language united by some unseen intrusion:

Tight in the hedgerow's shadow a fox, a hedgehog or a feral cat Works its sulky way along the field edge, Galvanizing the sheep into pearl grey jewels Set in the sap green field. You think I exaggerate? But as dusk draws close, the ewes have made their way up to the field's top end To get the benefit of the last rays of sun, Giving them, and their grass, a rich golden glaze before nightfall.

On the radio the argument drags on.

I gather up these impressions, these interventions, Looking for the bones of the landscape beneath. I mouth the place names, Questioning their meaning and how to pronounce them

Practising their sounds in my mouth, as I pass through them.

*Peter Rossiter*

### Still

What have we learnt in these long, long, days ?

Are we still at a standstill, Where first we lifted a stone to slaughter those We thought as enemies?

Are we still saying we have learnt the lessons? "War No More"

Sentences that stay as sentences,

If still we stay here,  
We will learn no lessons.  
What a long, long sentence.

And HERE,  
RIGHT NOW,....IS THE PROOF.

Pam Rossiter  
Sat. 11/3/23



## **SINGERS**

On the first Monday of this month we went to sing at Maes Mwldan. The audience was not large, but the residents seemed to enjoy our programme – even the gentleman who had been barred from singing at school was tapping in time to the beat!

We took the opportunity to sing several of our old favourites :- *The Rose, Hallelujah, I Dreamed a Dream.*

Everyone could join in if they wanted, and we sang several pieces that had well known choruses.

These included: *A Bushel and a Peck, Do Re Mi, Lawr ar Lan y Môr and Calon Lân.*

The song '*Underneath the Spreading Chestnut Tree*' provided an opportunity for a little gentle exercise.

Unfortunately when we sang '*It's a lovely Day Today*' it was very grey and overcast - but funnily enough the sun did come out when we had finished the programme and we were enjoying a cup of tea!

You are welcome to join us singing for fun at the hall in Sarnau on Mondays at 2-00pm.

Remember '**He who sings, scares away his woes**'.

Adrienne

Diana Rogers



## **DIGITAL PHOTOGRAPHY**

The aim for March's homework was 'using your camera in the manual setting' with any choice of subject. Once again, we had a brilliant session, lots of discussion about using the cameras in 'manual mode' and it was very pleasing to hear that lessons have been learnt and 'manual mode' will be used more often 😊

Tutorials are shown in group each month to assist everyone with the homework set. The homework for April is 'attention to detail' with any choice of subject. The group were asked to consider; the positioning of the primary subject; ensuring the camera is straight, both side-to-side and front-to-back; staging the photo and moving clutter, trailing cables or removing unnecessary items the shot; grouping items in 3's; filling the frame with colour; using just 2 colours; using a plain background; using patterns, circles, stripes or diagonals; using texture; etc.

The photography tutorial videos, tip and books that I am collating are growing and I now have, 27 tutorial videos, 44 tip sheets and 343 e-books for members to choose from.

New and existing members are welcome to bring their camera equipment to group for discussion/tips, etc.

Beginners, intermediates and advanced digital photographers are welcome to join us. There is a £3.00 per person fee to cover the cost of the hall, tea/coffee and a biscuit or two, but please email me (Dave) at [digitalphotography@cardiganu3a.org.uk](mailto:digitalphotography@cardiganu3a.org.uk) or [davejthomas66@gmail.com](mailto:davejthomas66@gmail.com) with your name and contact numbers prior to the next meeting. I will then send you a welcome email and links to the tutorial videos to aid you with the month's homework.

Our next meeting is 10.30am to 12.30pm on Tuesday 11th April 2023 in Coracle Hall, Llechryd. (Please arrive around 10.15am ready for a 10.30 start.)



Michele Courtenay



Colin Luker



Adrian Milner



Janice Hollick



Teresa O'Ryan



Ron Hill



John Leigh

Kind Regards / Cofion Cynnes

*Dave*



## Ukulele

Unfortunately our concert which was supposed to be held 2 weeks ago was cancelled due to a covid outbreak in the nursing home. Fortunately however, a founding member of the group –

Sandra Wilde, has written a short history of how the group was formed.

## A Potted History

### 2012 - 2023

by Sandra Wilde

The Teifi Ukulele Group came into existence in 2012 when, at an AGM of the Cardigan U3a, one of their members, Sam Wharburton, enquired as to whether there was a local Ukulele group she could attend. Sadly, no such group existed at that time which prompted her to ask other people present if anyone would be interested in forming one. Thankfully someone was and that person was Peter (Pete) Ward.

Pete asked various friends if they would like to help which culminated in Sam, Pete together with his wife Pam and their friends, Sandra and John Wild, becoming the founder members of the Teifi Ukulele Group which then became included into the many group activities offered by the Cardigan U3a. The group's first meeting was at the Cliff Hotel, Cardigan where they quickly realised that amongst them, Sam was the only one who possessed a Ukulele and more importantly, that none of them had the faintest idea of how to play one.

According to U3a rules members were supposed to find teachers/tutors (unpaid) from within their own groups which for most worked well. Not for us however so unless a suitable person could be found from outside the organisation and one whom we could pay, our group would cease to exist.

As new members were hoping to join, the U3a realising the situation, agreed and we were able to find a suitably qualified person to teach us. We were the first group



allowed to do this which then opened the door for other U3a groups countrywide to be able to do the same.

Pete put himself forward as group leader, sourcing and arranging all the music and Sandra agreed to help as and when necessary. The membership grew to around eighteen, meeting in the Old School Hall, St. Dogmaels, every second Tuesday of the month.

Then came the Pandemic and all things ceased. Pete became ill, although not with Covid and we very sadly lost our dear friend and group leader just before Christmas 2020.

The group reformed in 2021 when a vote was taken as to whether to stay with the U3a or to become independent. However, after meetings with the U3a it was decided that it would be more beneficial to us to stay with them. Pete had told the U3a that Sandra would become the group leader after him but she didn't wish to assume this position unless the group wished it. They did and Sandra then asked Chris Yeandle if he would become her second and run it with her, to which he readily agreed together with two more members of the group to form a Committee.

Unfortunately due to access/parking issues we also needed to find a new venue. The Reading Room at Newchapel then became our meeting place and is to this day where we meet every Tuesday morning from 10.00am to 12.00noon.

Along the way we have lost many valued members of our group and we have missed them. To date, eight of our original members are still with us. New people have joined and there are now twenty three in the group and we would be happy to welcome more.

As well as our amazing ukuleles we now

have a guitarist and a bass player and make use of kazoos, bells, train whistles and anything else we may find to make our performance fun and enjoyable.

Our group performs by invitation, at various venues throughout the year including the Fishguard Folk Festival. We have also been invited to participate in the Welsh Ukulele Project taking place at Pembroke Castle on Saturday 1<sup>st</sup> July 2023 where we will be showcasing two of our songs.

No experience is necessary so why not come and join our happy band.

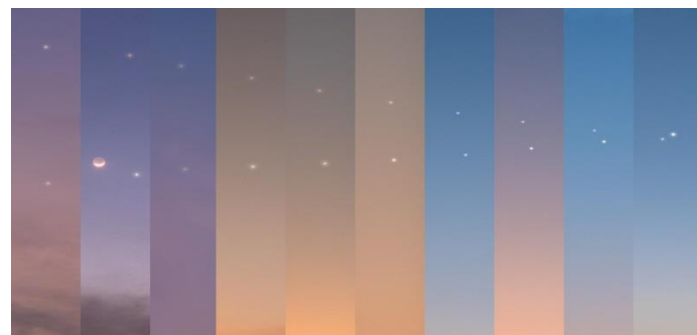
Long may it continue.

*Sandra Wilde*



## **Astronomy**

The Cardigan and Newcastle Emlyn joint u3a Astronomy group met on March 15<sup>th</sup>, i.e. the regular 3<sup>rd</sup> Wednesday afternoon of the month – and, as usual, we had a look at which planets and stars are easily visible in the coming weeks. Venus and Jupiter have been very prominent after dusk for some time, and have been getting closer to each other. On March 1<sup>st</sup> and 2<sup>nd</sup>, they were about the width of a full-Moon apart and changed places, with Jupiter, having been higher in the sky hitherto, moving progressively lower.





We had a look at a number of web photos for this event – and the two here are from India, where the observer photographed the two planets getting closer every day for 10 days (20 Feb to 1 Mar), and from the Czech Republic on 1 March.

As we approach the end of March and later sunsets, Jupiter will probably have moved too low in the west to be seen at dusk – so only Venus will remain as a really bright “star” in the west, until it too sets at about 8pm GMT (9pm BST).

We spent much of the time talking about aurora, as they had been seen at lower latitudes than usual on Feb 26<sup>th</sup> and 27<sup>th</sup>- and this first pic is from the Brecon Beacons.

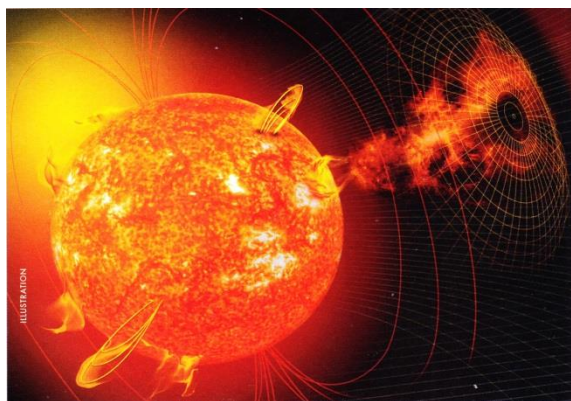


We learnt that aurora are formed when very energetic electrically-charged particles in the Solar Wind (principally negatively-charged electrons and positively-charge hydrogen ions) are drawn down the Earth’s magnetic field lines towards the magnetic poles (which are close to the geographic North and South poles). In the upper atmosphere, when these plasma particles reach 250km above the Earth’s surface (and down to around 80km above), they collide with oxygen and nitrogen molecules and – if the energies of the particles are in the right range, not too low or too high – they energise electrons in the oxygen or nitrogen molecules. These molecules then lose that energy by emitting light photons of the colours we see (a bit like fluorescent lights do).

The density of our atmosphere decreases with altitude and this affects the colours in the aurorae – as shown in the second picture. At the highest altitude (200-250km) we usually get red emissions and these come from oxygen – but further down at 150km the oxygen emission is green – the

most common aurora colour seen. Down at 100km, nitrogen is the main player and its colours are blue, violet and pink.

Unfortunately (maybe fortunately as they can be associated with havoc amongst our electrical systems(?)), we don't get aurorae every time electrically-charged plasma are magnetically drawn down to Earth at the Poles. This actually happens to some extent with our Solar Wind for much of the time - but it generally takes much denser and faster-moving, more energetic flows of plasma from the Sun to give us extensive visual aurorae or ones which extend beyond the arctic regions.



Fantastic aurorae usually follow enormous ejections from the Sun of hydrogen plasma in the direction of Earth, typically billions of tonnes travelling at a million miles per hour – as shown in the graphic. (This is what happened 2 days before the Feb 26<sup>th</sup> aurora.) Being electrically-charged particles, their flow generates its own magnetic field and when that reaches the Earth's magnetic field, the field lines of the two magnetic fields interact.

Some of Earth's field lines are broken and they reconnect with the magnetic field lines of the Solar Wind – which allows (and accelerates) more plasma particles into the atmosphere above our Poles, and a bigger chance of creating extensive aurorae.

When it does, we get displays like this one seen from the International Space Station:



These Coronal Mass Ejections from the Sun are not predictable, but they are more likely to occur when there are more visible sunspots on the Sun's surface – and this number tends to rise and fall over an 11-year cycle. The next maximum for sunspots should be in 2025, so we could be in for a period of more frequent aurorae – like this one over Loch Glascarnoch in the middle of the Highlands, or the next one further north at Durness on Scotland's North coast.





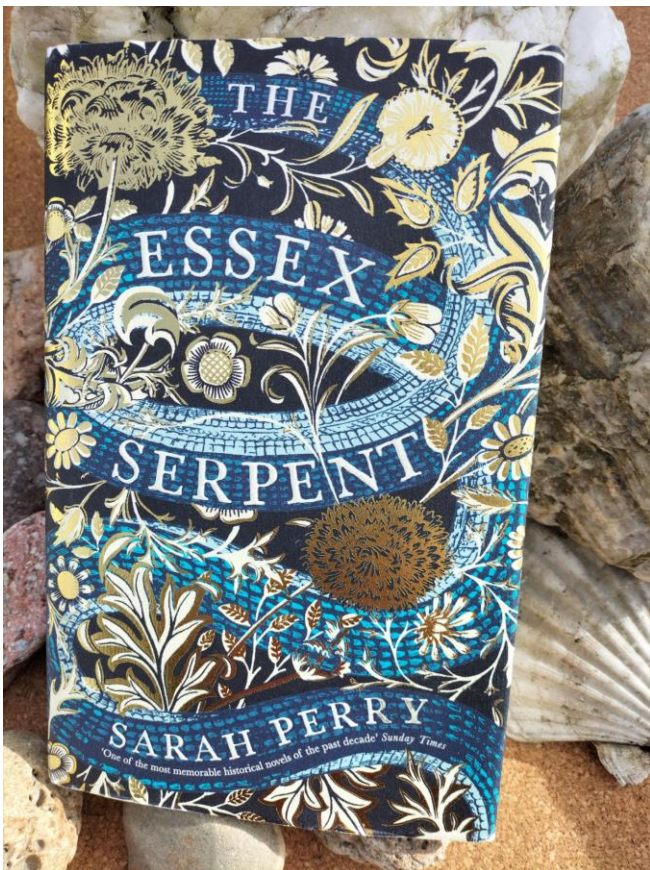
Our next meeting will be on Wed, 19 Apr at 2pm in Llechryd. Please come and join us if you are interested, or ring 01239-891549 if you want more information.

### **Newcastle Emlyn U3A and Cardigan U3A Astronomy Group**

*Galileo*



### **Book Group**



### **THE ESSEX SERPENT** by Sarah Perry

The story is based on the appearance of a monster on the Essex coast. The book is set in London, Colchester and Aldwinter (a fictional village at the estuary of the River Blackwater)

Apart from Martha, originally a nursemaid to Francis, later a companion to Cora and who has a strong social awareness, the main characters are from the richer members of Victorian society where the inequalities of the sexes are still evident. The book explores the varied relationships between all these characters but centres mainly on the fortunes of Cora Seaborne. Cora following the death of her abusive husband, embraces her freedom, and travels to Colchester with her son Francis and Martha to continue collecting interesting specimens from nature. Then she learns about the serpent, her imagination is piqued and she travels further east.

A major theme in the book is that of mass hysteria. The villagers (and their children) become traumatised by the idea of a serpent and ignore the vicar's lack of belief in it.

The writing has very good descriptions of people and some beautiful descriptions of the countryside.

There was some discussion about the possibility of historically chronological inconsistencies in the book but it was, after all, a work of fiction and we were agreed that it was a really enjoyable read!



## Cardigan u3a Meetings

### Dates for your diary

**Thursday April 27th** will be the **Annual AGM.**

This was a formal notice made originally eight weeks prior to the above date. Please DO try to come along and support this as we need a certain number present to be Quorate. Elections to the Committee are necessary and we have a number of posts on the Committee to be filled. If you would like to stand and want more information, contact Linda Miles our secretary, at any of the previous meetings or of course, myself.

**To follow the AGM we have arranged a Celebration Coronation Tea as this is the nearest date to the Kings Coronation on May 6th. Everyone is cordially invited to this.**

*Howard Lillyman* (Chairman)

**25<sup>th</sup> May.** We now have two speakers for this date, each taking up half the time for their presentations.

They are **Sarah Tagg** from the Ceredigion Council exercise schemes and **Carys Owens** from the council who is a community connector who puts people in touch with local groups.

**On the 22nd June we are planning to hold an Open Day to promote our u3a.** We will be asking groups to come along to show what they do. There will be more details on this later- nearer to the date.

Our last **July** meeting before the summer break, will consist of a talk by

someone from **Marie Curie** – further details will follow in the next newsletter.

For the benefit of the new members- and welcome to those who have recently joined U3a - all meetings usually take place on the last Thursday of the month in the Guildhall.

We have our own website for all information. It is **cardiganu3a.org.uk**. We are also on **facebook**. Google it.

[cardiganu3a@yahoo.co.uk](mailto:cardiganu3a@yahoo.co.uk)

*Howard Lillyman* (Chairman)

As you know the newsletter comes out on the last Thursday of every month (February excluded). **I would be grateful if all newsletter entries could be in to me by that last Thursday afternoon at the latest-** preferably before if possible!! Howard needs to receive the newsletter on that last Thursday for distribution.

### **CHRISTMAS ENTERTAINMENT**

Some of us are thinking of putting on some light entertainment at Christmas in the form of a short pantomime!!! We are thinking of basing it on Snow White as I already have a script for this.

If there is anybody who would like to participate in any way –then please contact me for further details. We already have some people who are willing to ruin their reputations by going on stage!!! There will be singing, some dancing and quite a lot of hilarity- both planned and unplanned!

Thank you.

*Shirley*

