

# Cardigan u3a Newsletter

No 155 APRIL 2023



Hello again everyone.

Just when I thought the weather was going to improve and the much awaited sunshine was here to stay for a while, here we are again - dull and overcast!

Still- my granddaughter, Hattie, was two years old Tuesday 18<sup>th</sup> and my daughter came with her partner and the latest addition to the family – Thea, 3 months- to visit for a few days so there was certainly sunshine in my house! We are planning a trip to the beach today. My son in Pembroke is arriving shortly with his family, so sunny or not I am armed with buckets and spades to see what Hattie makes of sand castle building.

I hope everyone had a lovely Easter. Perhaps many of you managed to manage a much needed break- if so please let me have any anecdotes and/or photos for the next newsletter.

The car by the way- mentioned in last month's letter- has been viewed and admired by quite a few people. It is only brought out of the garage if the weather is sunny!! The brakes just need some adjusting but it runs so well considering it is over 70 years old. Better condition than me – that is definite!! Martin is getting it ready for Barley Day and I am sure he would sleep in it if he could- mmm- that could be arranged!!!

*Shirley Cole*

Website: [www.cardiganu3a.org.uk](http://www.cardiganu3a.org.uk)

Email: [editor@cardiganu3a.org.uk](mailto:editor@cardiganu3a.org.uk)



## SUMMER OUTING

Following on from a recent Committee meeting it was decided to organise a u3a outing by coach to **Powis Castle and Gardens**. Although it has been featured on the BBC Antiques Roadshow television programme and looked very impressive, it had been decided to visit it before the TV show.

The date is Thursday 29th June and the coach will be leaving Finch Square in Cardigan at 08.30 and will be picking up people en route going through Penparc up the A487 coast road to Aberystwyth for a mid- journey break. Powis Castle is just south west of Welshpool.

The cost of the 48 seater coach from Lewis Rhydlewis will be £12 each return- yes amazingly cheap! That includes a toilet as well!! Entrance to the castle will require payment and at present that is £15 at the door although we have managed to get a group booking discount of 50p! This will be confirmed in the next newsletter.

For those of you who are National Trust Members entrance is FREE.

The castle opens from 12.00 to 16.00. and the courtyard Cafe and Gardens from 10.00 till 17.00. There are plenty of picnic tables and seating around so take a nice lunch and enjoy one of Wales premier historic sites with beautiful gardens. We plan to make

another stop on the return journey for those who would like a meal break - again this will be confirmed later.

Put it in your diaries as we are going to be taking bookings and the money upfront to ensure your seat on this 'not to be missed trip of a lifetime!' Bus passes will not be accepted.

(apologies for the humour)

I hope I have outlined everything. I will keep you informed of entrance ticket cost when we definitely know.

Regards and best wishes

Howard Lillyman Chairman

## **ATTIC THEATRE NEWS**

Following the interesting talk given by two members of the Attic Theatre at one of our monthly meetings, I have received the following brief news of their forthcoming productions. I know that some of our u3a members went to their last production.

Please would you tell your members about our upcoming productions? Both are comedies but very different to each other. I have written 'Something About Love' and it will I think resonate with older members of the community as it looks back at lives of three women friends and reflects on how they chose their partners in life. It's very upbeat.

'A Phoenix Too Frequent' is quite different. It is set in a cave where two friends have gone to die with one of their dead husbands! A comedy but in verse and beautifully acted.

The show is on for 4 nights - 26, 27, 28 and 29th April. Doors open 7.00 and performance starts at 7.30.

Tickets from Fair and Fabulous in Newcastle Emlyn, or online at [www.attictheatre.wales](http://www.attictheatre.wales) (cost £9/£7)

Melanie

I will in the write about their future productions in the forthcoming newsletters.



## **AGM held 27th April**

The Annual General Meeting was well attended – probably, as Howard pointed out- because there was an admirable jam and cream scone tea provided at the end of the more formal proceedings.

Thank you to all those who helped prepare the hall and the food.

It was also nice to see some new faces joining u3a. I am hoping that there may perhaps be some interest in starting a couple of new groups and also some taster sessions of other activities. More information will hopefully follow next month.

Thank you to Howard for all your encouragement and unflappable demeanour.

## **INTEREST GROUPS**

### **Science and Technology**

Colin Luker has asked me to let you know about a Review of Science and Technology over the last 40 Years. The details are shown below:-

Next meeting of the Science and Technology group will be on Monday 24th April at 2pm. We welcome the return of Leigh Edwards who will be

giving a Zoom talk on ' A review of Science & Technology over the past 40 years'.

### **The venue is Coracle Hall, Llechryd.**

Notes:

a) On the programme for 22nd May a visit to the CAT (Centre for Alternative Technology at Machynlleth) If you are interested in going then let me know (colinluker@yahoo.co.uk).

b) If you plan to attend on the 24th April could you confirm that you will be attending on 24th April.

Colin Luker

Glynllan Isaf

LLandygwydd

Aber Teifi

Ceredigion

SA432QU or telephone:-

07866502400/ 01239682341



### **Creative Writing Group**

Hello once again ...

Blue skies as I write and birds are building a nest outside our window. They have found a little crevice in the slate wall. Sunshine lifting the spirits. The weather- off and on, with its sun, rain, hailstones and gales. How we've learnt to adapt and go with the flow!

Jean and Colin's garden was a joy to sit in after our monthly meeting. The Weeping Willow stoops low into the pond and greets a moorhen that paddles beneath its gentle branches. Our group is ticking along, sharing our writings and events of the past month

.....one person mentions how good it was to be together again ....the benefits of the U3A comes to mind.

### **Still Life with bottle and potatoes.**

I bought a drink in a plastic bottle, Inscribed on the bright orange cap: "I am attached to recycle together."

The personal pronoun "I"  
And the grammar, (so much amiss)  
Grate on my mind,  
But I get the gist:  
An intention to encourage me, the purchaser, to consider  
The environment, implying we can all do our bit  
By disposing bottle and lid together, conjoined.

My mind wanders on to consider  
Two small King Edwards on a white plate  
Pinkish reflections in the stoneware glaze  
Slightly tinged with green:  
They are beginning to sprout.  
If they were allowed to speak  
Would they say "We hope to be returned to the earth  
To become more potato"?

Peter Rossiter, April 2023

Creative Writing meet today  
Alas my muse has flown away  
I cannot think of what to say  
Sadly no subject springs to mind  
No inspiration can I find  
Struggling for words I just can't find

I really am so uninspired  
Not sure why I feel so tired  
Even after a really good night's sleep  
In pat I suppose it's this damn back  
That's the reason why energy I lack

It is so slowly improving, I suppose  
But why so long heaven only knows

Sadly this is not a cheerful verse  
Sore back and eyesight getting worse  
Not sure why today I feel so depressed  
Keeping away from others might well  
be best  
No need to spread misery around my  
friends  
So keeping to myself till this black spell  
ends.

Peggy Dalziel.  
April 2023.

*Contrary to what this poem suggests,  
Peggy did come to the meeting, and  
hopefully sharing her poem helped to  
lift her dark mood.*

### **No, I said.**

Cut them down, she said.  
No, the birds love hiding and pecking in  
them.  
She was outside the house.  
My thoughts were inside,  
Where I would watch them,  
The birds flit from tiny branches.  
I watch them every day.  
Through the window.  
Today I saw a wren, no, two wrens.  
Each busy building a nest in the stone  
wall.  
Protected by the shrub, hidden.  
Except from me.  
I saw the twigs, the dry grass,  
In their beaks, back and forth they  
went.  
I imagined the threaded patterns,  
The tight cosy form, the cup called  
home.  
The new born chicks, the fluttering.  
Cut them down she said.  
The tiny branches that held the busy  
birds,  
No, I said.

Pam Rossiter ..... Mon 17/4/23



## **Singers' News**

Last month some of us had a very enjoyable trip to Theatre Mwldan to see Anything Goes - the film of a live stage production. With incredible singing and dancing, stylish dresses, the whole performance was slick and professional. The audience 'got a kick' out of the show and thought it 'de lovely'!

When I returned home, I thought of the contrast between this show and the first musical I saw in London. 'Salad Days' was a very English, simple, light-hearted show about looking for jobs after university. One of my favourite songs was 'I Sit In the Sun' and one by one I collect my thoughts and think things over.

A good rule!

Adrienne



## **Digital Photography**

April's homework was 'attention to detail' with any choice of subject. The group were asked to consider the following regarding their homework:

- Think about the positioning of your primary subject.
- Make sure that your camera is straight, both side-to-side and front-to-back.
- Move that trailing cable or clutter that is in your shot out of the way.
- If staging your photo, you might have to put some items in an odd

spot to make it look natural in the image.

- Fill the frame with colour.
- Just 2 colours.
- Things in threes.
- Plain background.
- Patterns, circles, stripes or diagonals.
- Texture.
- Etc.

The homework for May is 'glass' with subjects such as a drinking glass, a bowl, a vase, a shop window, or anything else that is glass. The group were asked to consider; did they want a reflection from the glass or not!

The photography tutorial videos, tip and books that I am collating are growing and I now have, 31 tutorial videos, 45 tip sheets and 356 e-books for members to choose from.

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

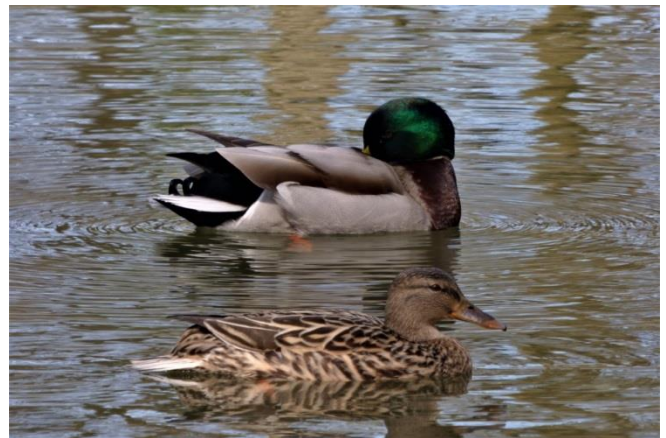
Beginners, intermediates and advanced digital photographers are welcome to join us. There is a £3.00 per person fee to cover the cost of the hall, tea/coffee and a biscuit or two, but please email me (Dave)

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 months homework.

Our next meeting is 10.30am to 12.30pm on Tuesday 9<sup>th</sup> May 2023 in Coracle Hall, Llechryd. (Please arrive around 10.15am ready for a 10.30 start.)



Margaret Taylor



Colin Luker



Michele Courtenay



Dave Thomas



Teresa O'Ryan



Alan Cooper

Kind Regards / Cofion Cynnes

*Dave*

Mobile 07974 590946



## Ukulele

Our ukulele group appears to be gathering momentum as we have a lot of concerts arranged over the next few months. Membership has grown and even the number of ukuleles that group members own has also grown – one gentleman owns six- I can just about manage the one that I possess.

We also now have a variety of percussion instruments to accompany some of the songs in our repertoire and Brenda, who finds playing the ukulele difficult due to a hand injury, is our new percussionist!

We had a very successful concert at Llwyndyr's Care Home in March. The audience was very receptive and many enjoyed singing along from the song sheets which were given out. One very sprightly lady who was directly in front of me said at the end how much she loved my trainers!!! Obviously they took her fancy far more than my playing!!! Mind you- they are somewhat colourful!

After the usual practice session on Tuesday 18th April, the group met up at Adele's cafe in Cilgerran, which had been opened especially for us. It had been requested that we would play and sing some of our music so after a very acceptable lunch, we did just that. A medley of songs had been chosen to include: Hot Tamales, Wagon Wheel, Lawr ar Lan y Mor, Dedicated Follower of Fashion and 'I Wanna Be Like You,'

with David Campbell's wicked, jazz scat.

This was then followed by some amazing solo performances: Chris Yeandle together with Mark Llewelyn, our brilliant guitarist, with 'Highwayman'; Jan Bonham Miles with the spoof – 'Ukulele' to the tune of Leonard Cohen's 'Hallelujah'; David Campbell with his rendering of Billy Connolly's 'D.I.V.O.R.C.E.' which had everyone laughing. Dave the Piper played a French Mazurka, 'Les Cinq Cents' (the Five Hundred) on a set of English Border pipes, then it was the turn of Dave and Rose Parkin with 'Ain't Misbehavin,' Alun Connick, our bass guitarist with his own composition of 'Ukulele Blues' played on electric guitar, and Chris Yeandle with Nick Cave's 'Into my Arms.'

Our heartfelt thanks go out to the very warm and welcoming proprietors and staff of Adele's and lastly, but by no means least, to Chris Balmont who organised everything which made this afternoon so highly successful, including the choice of songs for the group performance and the support and encouragement of our brave soloists, some of whom had never done anything like this before. Chris also performed an amusing 1950's medley and ended the afternoon with the hilarious rendition of, 'Oh Lord It's Hard to be Humble' in his own inimitable fashion.

This was a truly wonderful thing to do with a great and very talented group of special people and – there will be more.

Today – 26<sup>th</sup> April- we played for a craft group at the Coracle Hall in Llechryd. A lovely morning was had by both players and audience. Our repertoire is growing

weekly and obviously the more you play the more confident you become. The audience joined in many of the songs and there was plenty of foot tapping, singing and shoulder movement! At the end of the concert, the audience were given some ukuleles. With Chris- our intrepid leader for the concert- they quickly learnt three chords and to finish a very successful morning actually played 'You are my Sunshine'.





two after sunset. This will continue for at least a couple of months as Venus is still moving out to its maximum distance from the Sun when viewed from Earth, and won't be there until June 4<sup>th</sup>

We were alerted to the situation at the following weekend when Venus would be in close conjunction with a thin waxing Moon. It was New Moon time on Thurs, 20 April so looking west at about 9pm from Eglwysrwrw, gave these two views on Fri, 21 Apr and Sun, 23 April, respectively. In case the scale is too small to see, the crescent Moon was like the 3<sup>rd</sup> pic.



#### FUTURE CONCERT DATES:-

- May 7<sup>th</sup>** - Coronation Event: Newchapel playing field.
- May 27<sup>th</sup>** - Fishguard Folk Festival
- July 1st** - Pembroke Castle
- September 7<sup>th</sup>** - Beulah Vestry

New members are always welcome  
 ❖❖❖❖❖

### **Astronomy**

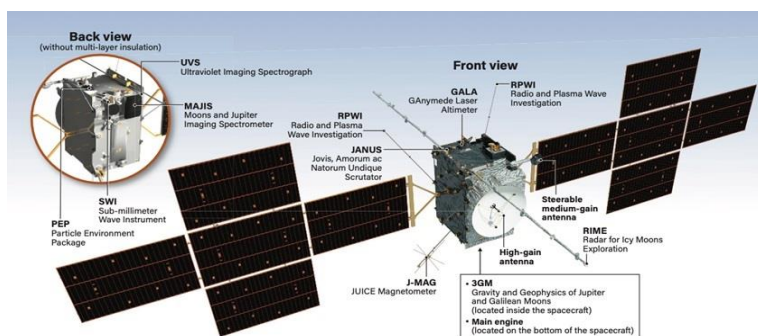
The Cardigan and Newcastle Emlyn joint u3a Astronomy group met again on April 19<sup>th</sup>. We had our usual chat about what is easy to see in the forthcoming week or so – and, as has been the case for some weeks, it is Venus which is the unmissable bright object in the western sky in the hour or





Like the Moon, Venus is often visible well before the sky is dark, and in the two days which separated this images, the Moon moved upwards from the horizon and passed Venus. On the intervening day, when the Moon was much closer to Venus but still below it, they were both visible but it was more cloudy.

Adrian had prepared some slides about Jupiter's icy moons, the European Space Agency's JUICE probe having been launched successfully a few days earlier – so, of course, we looked at the make-up of the space-craft and what it was designed to achieve when it finally reaches Jupiter's planets in 2031. JUICE's main body is about the size of a Ford Transit and weighs about 6 tonnes (on Earth!).

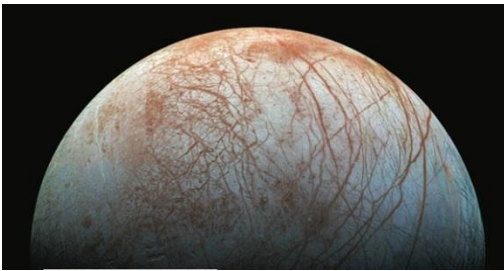


There are 11 main measuring instruments and the more sensitive parts are surrounded by lead to protect them from Jupiter's fiendish radiation - but about 3 tonnes of the weight is the methyl hydrazine and nitrogen dioxide propellants which will be required to react together to fuel the main engine and side thrusters whenever the probe has to change direction or speed. The electrical supply comes entirely from solar cells which, because Jupiter only receives 4% of the sunlight that Earth does, are enormous – 27 metres across.

JUICE will take 8 years to reach Jupiter because its route is designed to minimise the fuel required for the journey, and to leave as much as possible for manoeuvres within the Jupiter system. To achieve this, it is using fly-bys of the Earth (twice), Moon and Venus to gravity-assist (or slingshot) it on its way past Mars and through the Asteroid Belt to the Jovian destination.

When it gets there, it will do around 35 different orbits of Jupiter over 3 years, observing the moon Europa, and Jupiter's magnetic fields, etc, etc, and then go into orbit around Ganymede, the Solar System's largest moon. It will also observe the 3<sup>rd</sup> icy moon, Callisto, before being directed to crash-land on Ganymede (to prevent it accidentally finishing up on Europa and contaminating it). These 3 moons were all found by previous space-probes to have very thick ice-surfaces and under-ice oceans, facts confirmed in part for Europa by the Hubble space telescope.

This water/mineral rock situation gives the prospect of simple life-forms existing in those oceans – particularly Europa’s – like we have in the darkest, volcanic trenches here on Earth. So in the early 2030s we should get (if we are still around!) much more information in this area, as this is the primary aim of the mission.



Previous space fly-bys have captured images of the ice-surfaces of Europa, Ganymede and Callisto – left to right, in the order of their distance from Jupiter.

Our next meeting will be on Wed, 17th May at 2pm in Llechryd’s Coracle Hall. Please come and join us if you are interested, or ring 01239-891549 if you want more information.

Galileo ♦♦♦♦♦

### **Book Group**

There were only four of us at the April meeting of our Book Group where the book of the month was Gutav Flaubert's Madame Bovary. I think it fair to say this was not a good choice as I was the only one there who had read most of it. The other members had given up after less than 30 pages! Only I found anything positive in the book.

Emma had been in a strict convent boarding school and having read very romantic novels had a rosy view of love and marriage. When Dr Charles Bovary comes into her life she has an idealised vision of what married life would be like and was soon very disillusioned. She is naive and shallow, and still hankers after romance.

She has a literary flirtation with a law student, Leon, before being seduced by expert womaniser Rodolphe. When he tires of her she has a breakdown and on recovery falls back on Leon and this inevitably ends disastrously. She commits suicide, Charles dies and no-one lives happily ever after. The translation I read was very old fashioned and the vocabulary was taxing to say the least, but there was humour in the writing of the events in the village and in the characters living there.

"Madame Bovary" is considered to be one of the major landmarks of modern fiction with a meticulous account of provincial manners but it certainly failed to impress our group.

We then went on to discuss choices for the books for the coming year.

Our next meeting is on the morning of Thursday 11th May when we will be discussing "The Marriage Portrait." by Maggie O'Farrell. If anyone would like to join our merry little group you would be most welcome -feel free to contact me for more information.

*Michelle* 01239 654923



## **Cardigan u3a Meetings**

### **Dates for your diary**

**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.

## **ENTERTAINMENT NEWS**

Some of us are thinking of putting on some light entertainment in the near future, probably in the form of a short pantomime!!! Further news of this will be given at the next monthly meeting.

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

Thank you.

*Shirley*