

Cardigan u3a Newsletter

No 156 MAY 2023



What beautiful weather we are having lately but I bet if this keeps up too long we will be moaning about the fact that the lawn looks like straw and the flowers are wilting!

Our grass needs cutting – tomorrow my husband has said. Mmmmm –we will see. He has strict instructions not to 1) disturb the rabbits we have under the hedges, 2) to mow around the mole hills that adorn our lawn and 3) not to disturb the birds nesting in and around our garage by starting said lawnmower near their nests.

The latter he agrees with but the other two requests have not gone down too well. He –who **will** obey ---!!!

The 1950 MG saloon was driven in the Barley Day parade and did look really lovely. Martin (the other half) was like a dog with 2 tails and was actually waving to people out of the sunroof- totally out of character but lovely to see. I was given the job of chief photographer- well, there was no- one else. Unfortunately my expertise with a mobile phone camera is non- existent when it comes to something moving – even at 5 mph. All that I managed to photograph were 20 pictures of the front grill- I forgot to take my finger away- 1 vague picture of a hand waving- no face, just a hand and 20 pictures of the back number plate!! Needless to say I will not be given that job again.

Funny though- I managed to get pictures of all the 100 beautiful stallions as they trotted or cantered down the street!!!

Shirley Cole

Website: www.cardiganu3a.org.uk

Email: editor@cardiganu3a.org.uk



A WEEKEND TO REMEMBER

Hard to believe this was two weekends ago - the most awesome day with a lasting memory!

Pictured are the four House of Lords Whips known as Lords in Waiting and therefore, members of the Royal Household:-
(Lord Davies of Gower, Lord Evans of Rainow, Baroness Bloomfield of Hinton Waldrist and Lord Harlech. He chose to wear his Coldstream Guards uniform as he is a reservist officer).
The golden carriage is the 1690 Speakers Carriage which was only recently taken out of use!
Other pictures are of our unique and privileged position next to the choir in Westminster Abbey.





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

Monday 22nd May – a group of 10 members made the longish drive up to the CAT (Centre for Alternative Technology) at Machynlleth for an informative day of what has been going on at CAT over recent years. An interesting talk was given by Dieter from CAT at the start of our visit. Whatever your environmental interests then CAT is well worth a visit. Luckily it was a beautiful sunny day which made it even more enjoyable.

Next month – 26th June. We are planning to go to the secondary school in Newcastle Emlyn to be brought up to date on what children of today are taught about science. Hopefully things have changed from the rather dreadful and uninspiring teachers of our youth. We shall see?



AGM held 27th April

The Annual General Meeting was well attended – probably, as Howard pointed

For more information on this group
email colinluker@yahoo.co.uk or
telephone:-07866502400/
01239682341

Colin Luker



Creative Writing Group

Hello Everyone ,
So far there have been some beautiful
sunny days this month.
The country lanes have been full of wild
flowers. When the sun shines it
intensifies the colours of each plant,
from the delicate tiny white flowers
(Common Mouse- ear) to the brilliant
green grasses they grow among.
There's the Red Campion beside
bluebells and bright yellow buttercups.
Rows of wild garlic, like snow drifts,
adorn the road side and sloping banks.
What joy they give us!
This month we are fewer in numbers
because of holidays so we decided to
miss a meeting but below are a couple
of pieces, written by members who
have not ventured into far flung places
but have found expression in their
current surroundings.
Happily we have two new members
joining us in June, and we are looking
forward to them contributing to the
News Letter.

Pam

RAIN

"It will rain all over Wales today"

On the community centres
On the railway platforms
On the honesty boxes

Across the entire country
A uniform distribution of rain
Will fall from an even grey cloud
Of indiscriminate
Uniformity, without prejudice
Or discrimination
Without correctness or favouritism

No waiving the rules,
No half measures.

From dawn to dusk

Without taking a breath
Without taking a break for a moment

Today It will rain

It will rain
Despite all the planned parades and
carnivals

Despite the Eisteddfodau
Despite the cornucopia of colourful
brochures in Tourist Information.

It will rain.

Peter Rossiter.

AT ONE

The Lane abundant with flowers
Touches inner depths for
contemplation
Ignorance hidden from our view
Keeps us blind
From those who wander among broken
houses,
Broken lives
We touch petals
Perfume brings pleasure
We fail to see the plight if others
Then as the sun sparkles on the water
We stay for a while mesmerised
A reflection of ourselves brings thought

A voice calls from within
We feel lucky, privileged
Consciousness awakened
Abundance felt
Perfume lingers, flowers stir feelings
The heart opens
Time for contemplation
Ignorance revealed when we find
appreciation
Bouquets are gathered and given with
new understanding,
As we feel at one with those who's
flowers have been broken.

Pam Rossiter



Singers' News

May was a month of Bank Holiday Mondays and, unfortunately, when we were able to meet, holidays and health problems took their toll. We are hoping that June will be better! We are meeting again on the **5th of June, at the village hall in Sarnau, at 2-00pm.** All are welcome.

Adrienne



Digital Photography

Digital Photography celebrates its 10th anniversary this month (May) and still has 4 original members! Our first calendar was produced in 2015 and we did one each year until the 2020 edition, when Covid stopped play. We are considering restarting the calendar, but lack of funding has prevented us from producing one thus far. The group have agreed to increase the monthly attendance fee to £3.00, so that we can start building a pot of money. We love to hear the thoughts of u3a members about a calendar, or is there something

else you would consider buying, such as notelets?

May's homework was 'glass' (e.g. drinking glass, a bowl, a vase, a shop window, or anything else.) Members were asked to consider if they wanted a reflection as part of their images or not. To aid with the homework we watched video tutorials called "Laws of Light: How to Light Glass", "Glass Photography" and "Street Photography: Photographing Thru Windows".

June's homework is 'low light photography'.

Members are encouraged to take photos inside or outside with low light, at sunset, at night, etc., while thinking about putting their cameras in 'manual' or 'bulb' mode, using a Neutral Density (ND) filter, using a tripod and getting to the right spot in plenty of time. The photography tutorial videos, tips and books that I am collating are still growing and there are now, 35 tutorial videos, 45 tip sheets and 356 e-books for members to choose from.

If you are a beginner, an intermediate or an advanced digital photographer, everyone is very welcome to join us, so what are you waiting for!

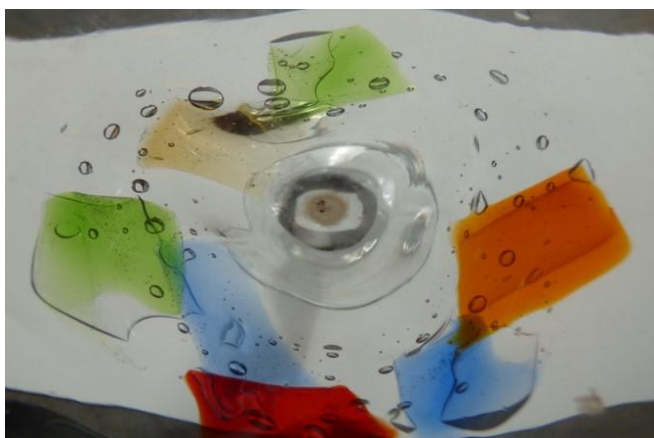
If you would like to join us, please email Dave at:

digitalphotography@cardiganu3a.org.uk
or davejthomas66@gmail.com

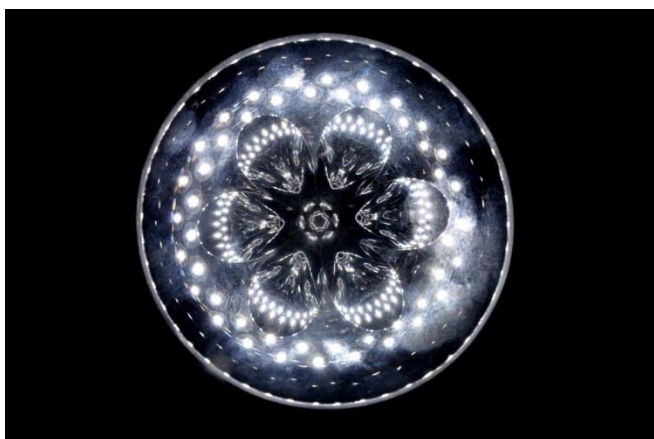
with your name and contact numbers prior to the next meeting. I will then send you a welcome email and links to the tutorial videos to aid you with the month's homework.



Colin Luker



Colin Luker



Howard Jenkins



Howard Jenkins

Our next meeting is 10.30am to 12.30pm on Tuesday 13th June 2023 in Coracle Hall, Llechryd, but please arrive around 10.15am ready for a 10.30 start.

Kind Regards / Cofion Cynnes

Dave Mobile 07974 590946



Ukulele

The ukulele group has quite a few dates at various venues for this summer with more being arranged. Our membership has increased and we appear to be gaining in notoriety!!

We were invited to play at a celebration party for the Coronation in a field at Newchapel. It was a very informal, enjoyable and relaxed atmosphere with an appreciative audience. At the very end -our guitarist - Mark Llewellyn and Sue Leighton treated us all to some amazing singing and equally brilliant guitar accompaniment.

I must at this point apologise to Mark for the misspelling of his name in the last newsletter.

We were also invited to play at the Clynfyw Care Farm in aid of Amnesty International. This open air event took place last Sunday. It was a beautiful sunny day and we played in the open

air with people milling about buying farm produce and chatting over tea and cake whilst also joining in with the songs we were playing.

You may remember that we had a gentleman called Jim Bowen come to one of our meetings to give a talk about the Clynfyw Care Farm and the marvellous work that they do there. It is well worth a visit.

The Fishguard Folk festival is the next venue for us- actually taking place this Saturday. Perhaps I had better practice!!

SOME FUTURE CONCERT DATES:-

May 27th - Fishguard Folk Festival
July 1st - Pembroke Castle
August 11th - Save the Teifi
August 13th - Cilgerran festival
Sept. 7th - Beulah Vestry

The picture opposite is of Sandra Wild being presented with some flowers. After many dedicated years to the group, Sandra has decided to stand down from running the group due to family commitments.

Sandra was a founder member of the group and will be greatly missed in her teaching role. The ukulele group would like to extend their thanks for her dedication, patience and help shown to the group including the many new members who have recently joined and have greatly benefited from her tuition. Me included!

We hope she continues to play with us for as long as possible.

Thank you Sandra- we are all so grateful for all your help.



New members are always welcome.



Astronomy

The Cardigan and Newcastle Emlyn joint u3a Astronomy group met as usual on the 3rd Wednesday afternoon of the month, May 17th in this case. We went over what is easily visible in the sky at the moment – and it is Venus, of course, which is still far and away the brightest object apart from the Moon, and it continues to dominate the western sky for a couple of hours after sunset.

We continued with a light-hearted quiz about our galaxy, the Milky Way – held together by a super-massive black hole at its centre that has mass and gravitational pull 4 million times that of our Sun. We were also tested on our knowledge of a number of easily-seen constellations such as Ursa Major (The Plough), Cassiopeia and Orion

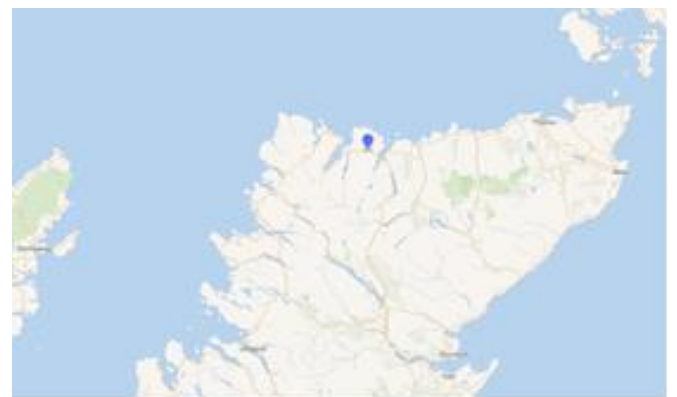


Strictly, we should call these recognisable patterns of stars (the 7 stars of The Plough and Orion, and the "W" of Cassiopeia) asterisms, as they are not the whole of their constellations or sometimes not even just from one single constellation.

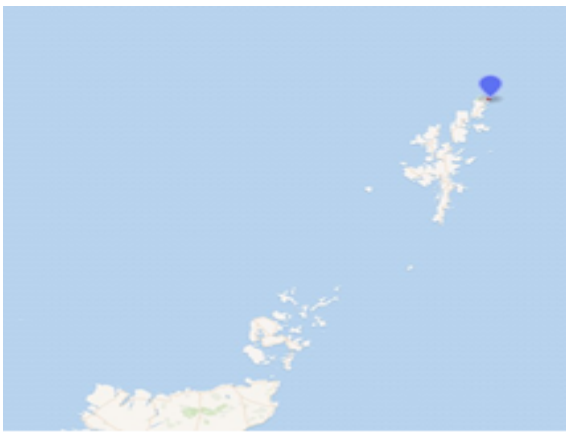
We also had a look at a report that new spaceports for launching satellites into orbit were being built in northern Scotland. Who knew? Anyway, mindful

of the most recent glorious British space failure, Richard Branson's attempt to launch satellites from the jumbo jet that is based at his Cornish spaceport, we wondered how the Brits might get on in Sutherland county this time.

It turns out that the Orbex company is currently making 19m-long rockets capable of lifting 180kg satellites into low-Earth orbit at its HQ near Inverness (shown below) and has started to build a launch site on the North coast of Scotland, on land (at the blue marker) leased from the local crofter cooperative. The site has no land north of it so it is ideal for launching rockets with satellites that are to orbit over the Poles (rather than along the more common routes around the Equator). The rockets are Bio-propane-propelled and are reusable so all operations are aiming to be minimally CO2-producing.



The company has raised most of its capital privately but has had financial support of about £30M from various UK and Scottish government agencies – including around £3M from the Nuclear Decommissioning Agency which is responsible for cleaning up the nearby closed Dounreay Fast-Breeder site now that we don't need any more fissile plutonium for our defence capability. Dounreay was (still is?) the major employer in the area and Sutherland Spaceport will provide some alternative employment opportunities.



We await next year with great interest.

Our next meeting will be on Wed, 21 June 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



Cardigan U3A Walkers

There are three walking groups -
1) Tuesday Walkers - for more serious walkers, usually achieve about 6-7 miles per outing, hills and valleys included ; 2) Wednesday Strollers - Two miles max per outing, easy-going only,

includes walkers who may be hampered for some reason and 3) Friday Walkers.

Friday Walkers -Our usual walking limit is about 4 miles. We rarely do five miles and frequently do three miles or less. Our geographical limits are Fishguard (south), New Quay (north) and, in the Preselis, the high trig point of 536 metres at Foel Cwmcerwyn (we cheat at this one - we start at the car park half way up !). The last half of the walk on 19th. May took place along the beach to New Quay from Cei Bach. Upcoming walks are at Dinas Head (coast path) and Ffynnone Wood (plus waterfall).

Walk details are on the U3A website. We always finish with the option of a meal/snack/drinks in a pub or café at the walk's end. Like the Tuesday walkers we are not put off by rain and we accept mud etc. as par for the course. If you turn up you'll get a walk.

Chris Edwards - programme organiser



Book Group

The book we read in April for our meeting in May was "The Spell of Winter", by Helen Dunmore This was chosen as her previous books had been very well received, and this one had been the first Orange Prize Winner. It is described as a Gothic Novel which means it should have mystery and horror.

It all takes place in Edwardian times. After their mother goes off to leave a Bohemian lifestyle on the Continent and their father, as a consequence ends up in an asylum,

Cathy and her brother Rob, who is two years older than her, are sealed off with their grandfather in a crumbling country estate accompanied by their well-loved maid, Kate, and the predatory tutor, Miss Gallagher. The circumstances of the break-up of the marriage are not made clear. The children rely on each other for company, and this leads to a much closer relationship.

To quote "In true gothic fashion, terror, violence and eroticism collect beneath every dark surface" Eventually Miss Gallagher dies in awkward circumstances. Rob goes off to the Great War and Kate leaves for Canada, and only then does Cathy gradually develop self-reliance and independence. The ending was very abrupt and left a lot of questions unanswered which led to a fruitful discussion.

None of us could say we enjoyed the book. Although we all agreed it was beautifully written, it was unsettling and disturbing. It was very interesting that by sharing our views on it and listening to what we each got out of it we all ended up with a greater appreciation of it. That is the joy of a Book Group!

Our next book is "At The Edge Of The Orchard" by Tracy Chevalier, which we will discuss on June 8th. If you would like to join us, please contact our lovely Group Leader :

Norma Tel:01239621907.

We meet in Cardigan and it is an added incentive that Norma makes the best Wesh Cakes!

Michelle.



A message from our Chairman

Dear Cardigan u3a Member

This is my first time of trying to send out an email to all current members on this system. I hope you receive it OK. This is also just a quick reminder from me that if you have not yet renewed your membership, subscriptions are now well overdue. If you have renewed then 'Thank you and welcome to another year with Cardigan u3a'.



SUMMER OUTING

Our coach outing is taking place on **Thursday 29th June** to Powys Castle- (right spelling this time)

We have a coach **leaving Finch Square in Cardigan at 08.30** and proceeding through town up to **Penparc, Aberporth and the coast road**. Cost is **£12 return, entry to Powys is £14.25** to be paid at the door. If you have NT membership or Gardeners World vouchers then you can get in FREE. Also check first in case you are exempt from paying for some other reason.

The castle opens from 12.00 to 16.00 and the Courtyard Cafe and beautiful 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 the premier historic sites of Wales. We plan to make another stop on the return journey for those who would like a meal break - again this will be confirmed later.

There is an exhibition by an American textile artist- Kaffe

Fassett -from San Francisco. He has produced fantastic colourful quilts and fabrics. Check out the website for more details.

Drop Linda Miles or myself an email to confirm your place on the bus. It is starting to fill up so don't delay.

That's all from me for now

Best wishes to you

Howard Lillyman *Chairman*



Cardigan u3a Meetings

Dates for your diary

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 and are hoping that all groups will be able to put on some sort of visual or even practical display.

At a recent committee meeting it was mentioned by our group Co-ordinator, Adrian, that we need some new groups - obviously headed by someone with the knowledge, energy and willingness to form a new group.

There have been several suggestions in the past but unfortunately they have not materialised.

We had some suggestions at the last committee meeting which may spark some interest. These range from different craft groups such as- knitting, sewing, crocheting, patchwork etc. Suggestions have also been made to start a group interested in languages or family history. I will be visiting the

leisure centre to see if they have any space or facilities for table tennis or some sort of physical activity.

Any other suggestions please let Howard know and then I can put them in the next newsletter.

We are thinking also of ways to increase our membership and are placing an article and also an advert in the local newspaper.

25th June

The beautiful gardens of Liz and Will North will be open to the public from the 25th. June from 11.00 -17.00. through the National Garden Scheme. The address is Cae Bach, Hermon, Glogue, near Crymych SA36 0DS. Home- made teas are available

Our **July** meeting, before the summer break, will consist of a talk by someone from **Marie Curie**. More details to follow.

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

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 would like to receive the newsletter on that last Thursday for distribution.

The May meeting hosted two speakers: Sarah Tagg from Ceredigion Exercise Referral Scheme, and Community Connector Carys Owens, both of whom provided a wealth of information.

The Exercise Referral Scheme is a national initiative designed to support people in becoming more active and thereby benefiting from the curative and preventative aspects of increased fitness. A wide range of medical conditions and physical situations can prevent exercise being taken and this service aims to ensure the right activities are tailor –made for each individual. A medical referral is required as the first step, after which Sarah or one of her colleagues would arrange a one-to-one chat with the intention of starting an appropriate form of exercise within 4-6 weeks. Generally, two one-hour sessions a week are offered (in Cardigan, at the Leisure Centre and St Mary’s Church Hall, but there are other venues in the region). Glowing testimonials were given of the service by several participating U3A members. For anyone simply keen to improve their fitness level, the Fit For Life programme is available to all without referral (underlying medical conditions apart) and self-registration can be done at Cardigan Leisure Centre.

Carys then took the floor and explained the role of the Community Connector within Ceredigion County Council where the role sits alongside the Community Support Team. While the job title could be considered self-explanatory, the remit is very broad and includes any community matters such as well-being, social, domestic - as Carys said, “You can ask us about anything!” Anyone can refer an issue to the Community Connectors although individual consent is required before a person can be

assisted directly. Drop-in sessions with Community Connectors take place in Cardigan Library on the last Tuesday of every month between 10am-12 noon or monthly at Maes Mwldan every third Friday between 10am-3pm. Alternatively, you can email the Carers & Community Team at - **connecting@ceredigion.gov.uk, or phone 01545-574200.** Every county has its own team structure and if contact proves tricky outside Ceredigion, contact can be made initially through Carys’ team who will point you in the right direction.

Both Sarah and Carys were thanked warmly for their time and presented with a token of our appreciation.



ENTERTAINMENT NEWS!

Some of us are thinking of putting on some light entertainment in the future, perhaps in the form of a short pantomime!!! Howard has given his blessing for this extravaganza and it will either be in December or January. Julian has said we can hold it at the Guild Hall.

It would be great if anyone who likes to be on stage would volunteer. It will be kept as simple as possible. I have someone willing to help with costumes although most people could find their own. We already have people who are willing to come and tread the boards and put their reputation on the line-so if there is anybody who would like to participate in any way –then please contact me.

It will be both a simple and short pantomime based on a story that everyone knows.

'Snow White and the Magnificent 7' is one suggestion under discussion but any others are more than welcome.

As I said in the last newsletter -there will be music, singing, some dancing and a lot of hilarity- both planned and unplanned. Look upon it as a light – hearted way to welcome the New Year! Great fun and something a little different!!

A meeting will be held in the near future to discuss further details.

Shirley