

Cardigan u3a Newsletter

No 158 JULY 2023



Editorial

Apart from the odd day of much needed rain, we have had a lot of sun during the last month. The garden flowers have certainly benefited and everywhere looks so colourful. It is times like this I wish I was a gardener but whatever grows in our garden competes with all the local wildlife. If it survives foxes, rabbits and moles- well, that is an added bonus.

Schools have broken up for the holidays and I expect many of you are already thinking of getting away. Some may already have gone- so to anyone who is about to embark on their holiday- I hope you have a great time without problems at airports and any other unforeseen occurrences.

I have a big birthday coming up the year after next and because I will not fly I am planning a cruise. I am hoping that my three sons and one daughter, plus families, will make it from wherever they are in the world to meet up at a given destination. I have a son in Thailand, one in Australia and now the possibility of my daughter going to America. My other son is in Pembroke!

I was once asked at the school where I taught, what I had done to make my children want to leave home.

This remark came from a fellow teacher. She was removed from my Christmas card list!!

Website: www.cardiganu3a.org.uk

Email: editor@cardiganu3a.org.uk

New u3a Members Coffee Morning

Hello fellow Member,

As a follow up to the Flatrock Coffee Morning for new members, Will and Liz North are preparing the groundwork to re-introduce a Coffee Morning and an Afternoon Tea Group.

'We are checking out venues that can host around 12 - 20 member at each event.

The proposal is to operate each Group on a monthly basis with one on the First Thursday and the other on the Third Thursday of each month.

Venues such as The Cliff Hotel, Flatrock Hotel and Bar, G.C., Cardigan Golf Club and Driftwood Café in Aberporth have all agreed to host one or both Groups. The Pavilion Cafe in Penrallt Garden Centre is also a possibility.

If you are interested in joining one or both of these Groups, or have ideas for other venues, please email membership@cardiganu3a.org.uk

Let me know what you think and maybe suggest other venues I can check out.

Once we have the bones of a plan to describe how it will operate and the venues concerned, I will email the u3a members to get an idea of the numbers who would be interested. '

If you are interested in joining one or both of these Groups, or have ideas for other venues, please email membership@cardiganu3a.org.uk

Will and Liz North



As a follow up to what Will has just said, I think the new members coffee morning went very well.

It was well supported by both old and new members. The atmosphere was warm and welcoming with the new members freely circulating and talking to the group leaders who were only glad to talk about their particular interest.

There were quite a few suggestions for new groups which will be mentioned in the shorter newsletter in August. Hopefully these ideas will be followed up.

The idea of a regular coffee morning and also an Afternoon Tea Group as suggested by Will and Liz North are two great ideas for new people to meet on a regular basis and to also get to know those of us that have been members for sometime.



INTEREST GROUPS

Science & Technology Group

The next meeting will look at '**Changes in Computers & Technology over the next 10 years**'

In August (21st) the subject will be '**Climate Change - another hot summer?**'

For anyone interested in science & technology the following items from the Group's newsletter may be worth a look:

a) Worried about a nuclear war??

<https://youtu.be/-xthzy1PxTA?t=224>

b) 1000 kilometres mileage

[Battery breakthrough could power long-range electric cars and planes - Positive News](#)

c) AI & EU regulations

[EU approves draft law to regulate AI – here's how it will work - Positive News](#)

d) Fancy a brain implant?

[Elon Musk's brain implant company is approved for human testing. How alarmed should we be? | Elon Musk | The Guardian](#)

27/11/23 - Group Christmas Lunch

25/12/23 - NO MEETING

Please contact Colin at colinluker@yahoo.co.uk for further information.

telephone:-07866502400/
01239682341

Colin Luker



CREATIVE WRITING

Hello once again,
We had a very productive time together sharing prose, poetry and Haiku (Haiku three lines of 5/7/5 syllables)

Jacqui and Dave, our two new members, made their contribution to the group with Haiku and poetry. Peggy wrote about a frustrating French holiday she'd recently returned from and Peter read the first part of his boarding school recollections. We all contributed Haiku and poems. Some Haiku you can read below.

It was quite a varied and enjoyable afternoon.

Dave 3 Haiku

Breathe a sigh slowly
Sense the relief, breathe deeply
and relax yourself.

Time moves slowly on
We age together as one
As nature intends

Sound of waves whisper
Night falls skies darkens slowly
Sound of waves whisper

Jacqui 3 Haiku

Rose flower petals
Dropping drenched with morning rain
To rest on the earth

The full moon rises
Gilding the sea with silver
Dolphin glides through light

Petal falls with grace
Sinks in frost laden puddle
Pink turns to brown mud

Peter 3 Haiku

The Celebrity

Like a jet bomber
Riding on its own shockwave
She enters the room.

Fobbed

Unknown by owners
Today's car secretes it's key
In a discrete fob.

Potted plant

Dusty Café plant:
You're not sure: is it plastic?
Poke with your finger.

Peggy 3 Haiku

This should be Summer
With bright blue skies, sunny days
Not torrential rain.

Who you ask is he?
My beloved spotty dog
Getting old, like me.

I know I wrote lots
Better verse, by far, than this
At least I did try.

Pam 3 Haiku

Christmas in West Wales
A train to Ffestiniog
Misty steam through trees.

Crows playing in snow
Slip sliding along, such fun
No frozen fingers.

Could it be thunder
Oh no! it's a waterfall
Powerful music.



Digital photography

June's homework was 'Pets and/or Wildlife' and to aid members with their homework we watched various video tutorials in group. Following the meeting everyone was emailed a tip sheet and 2 e-books to assist them too. (We now have 38 tutorial videos, 46 tip sheets and 3746 e-books for members to choose from.)

We discussed a field trip and have provisionally agreed that our 12th December meeting will take place at the Welsh Wildlife Centre in Cardigan, with lunch there too. The Wildlife Centre have confirmed they are normally closed on Monday's and Tuesday's, but if we have sufficient numbers they will open especially for us!

The Digital Photography group welcomes beginners, intermediates and advanced digital photographers. Everyone is very welcome, so whatever camera equipment and level of experience you have, come and join us!

To join – Please email Dave at digitalphotography@cardiganu3a.org.uk or davejthomas66@gmail.com with your name and contact number. Dave will then send you a welcome email, and just in case you want to get started straight away, information to aid you with the months homework!

Our next meeting is 10.30am to 12.30pm on Tuesday 8th August 2023 in Coracle Hall, Llechryd, but please arrive around 10.15am ready for a 10.30 start.



Alan Cooper



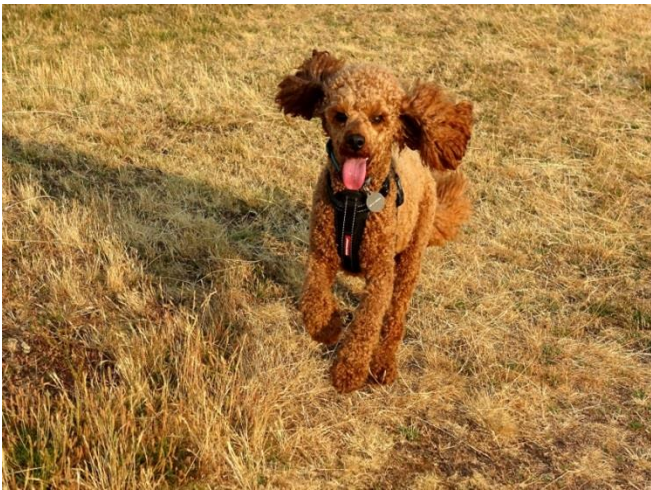
Adrian Milner



John Leigh



Dave Thomas



Howard Jenkins



Margaret Taylor



Colin Luker



Teresa O'Ryan

Don't forget that we would love to hear the thoughts of u3a members about a calendar, or if is there something else they would consider buying, such as notelets?

Kind Regards / Cofion Cynnes

Dave Thomas Mobile: 07974 590946

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.



Astronomy

At the July meeting of the Cardigan and Newcastle Emlyn joint u3a Astronomy group, Jon Gall gave a talk on star-parties. These take place at a number of dark-sky locations in the UK; in Scotland, Kielder Forest, the Brecon Beacon and other places but, as a frequent attendee over the years, the one Jon is most familiar with is at Kelling Heath near Sheringham in North Norfolk - so this was the main source for his presentation



The Kelling Heath star-parties are at the camping site of the same name, run for a whole week and are probably the largest star-parties in Britain with 400-500 dedicated attendees (who are, probably no surprise, overwhelmingly male). Everyone shares their telescopes and their star-gazing experience with each other - so the week is as much about being sociable and making like-minded friends as spending hours peering through your own telescope in the dark. But, of course, as Jon showed us, some amazing pictures of star clusters, galaxies, nebulae, etc, do emerge and are shared around enthusiastically.

We also updated ourselves on the current positions of our brightest planets and stars. Venus has been brilliant in the evening sky after dusk for many weeks - but not any longer. Venus is about to pass between Earth and the Sun ("inferior conjunction", when it is absolutely in line, is Aug 13th) so we will not easily see it again until early September - when it will be visible in the East for a short period before sunrise.

Mars is also close in angle to the Sun (and well away on the far side) so it is also pretty invisible - and will remain so for some months. So that leaves us with Jupiter and Saturn as the planets to see - and both are progressing from being "morning stars, visible only just before sunrise, to being among the brightest objects visible at bedtime or soon after.

Jupiter is currently rising in the East at about 1am, and is the brightest object in the sky (Moon excepted) from then until sunrise when it is about 30 degrees above the SE horizon. Saturn currently rises in the SE at about 11.30pm and progresses across the sky so that it is well past South (and also at about 30 degrees altitude) when the Sun comes up. Though not as bright as Jupiter, Saturn is as bright as most of the brightest stars that we can currently see, so after midnight it is fairly easy to spot – and both planets will become visible earlier in the evening and easier to see as we move into autumn.

We also noted that we are approaching the Perseid meteor shower season. The peak frequency (20+ per hour) for these shooting stars will be on Aug 12/13th, probably best seen just after midnight when the Perseus constellation (from where they appear to originate) is higher in the sky. On this date, the Earth runs into the maximum dust debris left near the orbit of comet Swift-Tuttle, and our gravity accelerates the dust grains into the atmosphere where they heat up and burn up as meteors/shooting stars. These meteor showers are amongst the most reliable and easiest to see – so, if it is a nice night and clear and dark, get your sun-lounger out between Aug 10th and 15th and look up at the sky almost anywhere above 60 degrees but particularly towards the 5-star W of Cassiopeia (which is near Perseus but easier to find).

Our next meeting will be on Wed, 16 Aug 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



Ukulele

Once again we have been busy playing at various venues. The last few venues were at Pembroke Castle, the Shire Horse Centre in Eglwysrwr, Pontgarreg, which was a community gathering and lastly Ray Forget- Me-Not Club in Aberaeron. All of them were very enjoyable but the stand out one – for me anyway – was the ukulele festival at Pembroke Castle. It was a beautiful sunny day and in fantastic surroundings. The fact that we could play with many great groups was an added bonus. Each group played on the stage for a short while and then sat back in the audience joining in with whichever group was on stage. We had been issued with a songbook given to us by the host Pembroke group. Brilliant songs and it was also great to see other instruments being played apart from the ukulele.

SOME FUTURE CONCERT DATES:-

August 10th - Aberporth
August 11th - Save the Teifi
August 13th - Cilgerran festival
Sept. 7th - Beulah Vestry
Sept. 8th - Clynyfw Community

New members are always welcome.



The group at Pembroke castle plus the ukulele mascot.



SINGERS

Although there was no meeting for the singers this last month, three of the singers have made up their own ditties to specific tunes. Each ditty features local beauty spots in this lovely county of ours.

There

These lyrics were written by V.A. Poole

Try singing them to the tune of 'Bells of Aberdovey'

Sparkling seas with foaming tides,
The thermals where the buzzard glides,
The burrows where the puffin hides
By the bays of Ceredigion.

Guillemots and razorbills,
Waterfalls and shady rills,
The hazy light on distant hills
By the bays of Ceredigion.

Walks where seagulls soar and screech
Above each cliff and sandy beach,
The tempting cove you cannot reach –
By the bays of Ceredigion.

Land of castles, song and myth,
Of past and present glories:
Every bay and path and cliff
Tells strange and wondrous stories:-

St. Dogmaels' mermaid caught and held,

A French invasion force repelled,

Llangrannog, where the devil yelled –

By the bays of Ceredigion.



Aberporth by Val

The Legend of Llangrannog Beach

These lyrics were written by Cerith Ollerenshaw.

Try singing them to the tune of 'On Ilkley Moor Bar t'at'

(This tune was written, by a baker in Canterbury, originally for the carol *While Shepherds Watched Their Flocks by Night.*)

Oh how the devil raged in pain
His aching tooth was flaring up again;
He could not stand it any more
So gave an agonising roar
I've got to get it out,
I've got to get it out,
I've got to get it out.

Down to the rocky coast went he
In to the cooling waters of the sea;
He pulled and heaved and pulled again
Far too enraged to heed the pain;
He yanked that big tooth out,
He yanked that big tooth out,
He yanked that big tooth out.

Now on Llangrannog beach we see
The tooth the devil threw into the sea;
That mighty rock with pointed top
Washed by the tides which never stop
The devil's tooth no doubt,
The devil's tooth no doubt,
The devil's tooth no doubt



Pat's Rhyme

A LITTLE TASTE OF HEAVEN

(To the tune of 'What shall we do with
the drunken sailor')

Mermaids and shipwrecks and saints
and devils
Fairies and legends and witches, evils
Under the sea a country levelled
There on our coastline.

Blue seas and sandy beaches
Pebbles, shells where driftwood reaches

Seals, dolphins, seagull screeches
All along our coastline.

Cardigan, Tresaith, Aberporth New Quay
Mwnt, Penybryn, Llangrannog, Cwmttydu
No place in this world I'd rather be
But along our coastline.

Blue seas and sandy beaches
Pebbles shells where driftwood reaches
Seals, dolphins, seagull screeches
All along our coastline.

Smugglers hide salt and French brandy
Little white church, sailors rest, now
that's handy
Curved graveyards hide no devil in a
frenzy
All along our coastline.

Blue seas and sandy beaches
Pebbles, shells where driftwood reaches
Seals, dolphins, seagull screeches
All along our coastline.



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.

Our August Friday walks, about 4 miles:- leaving at 10.30

August 4th - Bridell, near Cardigan

August 11th- Preseli (circular)

August 18th- Cwm Ceri (adpar)

August 25th Drefach Felindre

August Tuesday walks- leaving at 10.00 and approximately 6 + miles

August 1st Brynberian

August 8th Ponthirwaun

August 15th Cwm Cou

August 22nd Golden Road Preseli
8 + miles

August 29th Llanerchaeron

Walk details are on the U3A website. We always finish with the option of either 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



GARDENING NEWS

Readers may be unaware of the fact that 2 of our committee members- Liz and Will North, are avid gardeners and every summer open their beautiful garden to the general public with all proceeds going to charity **NGS.org.uk/beneficiaries.**

There is a group from U3A Newcastle Emlyn gardening group coming by arrangement on the 3rd of August. I just hope the weather is better than it was for the Glandwr WI and the Dyfed Angora Goat society, both times it rained. Luckily, people just seem to laugh it off and still walk round and enjoy the flowers.

Their garden is open again on the 20th of August, when there will be different flowers in bloom as Will and Liz try and have something in flower as much of the year as possible.

What stunning pictures of their garden- thanks to Will and Liz for all their hard work





There will be more cake ready for the tea and cake stall too!!

Liz and Will North.



A message from our Chairman

My Chairman's column this month is a plea for two volunteers to come forward to stand/sit on the Committee in specific roles.

One is as Website admin/manager to take over from Godfrey Green, the other is Group co-ordinator to take on Adrian Milner's role. I have asked them to give a detailed job description and they are below. We have a membership of over 160 and I'm sure one of you has the experience or the ability to

learn what is involved to carry it out. Both outgoing post holders will give guidance and help to you in taking on their vital role. Please think what you could do? We really do need to get these jobs filled ASAP as both outgoing members have given years of service and deserve a break. If you could help please contact me by email....
chair@cardiganu3a.org.uk....

Adrian
Milner...groupcoordinator@cardiganu3a.org.uk

Godfrey
Green...website@cardiganu3a.org.uk

If you take on the role you will have a dedicated email account given to you so your personal email cannot be compromised or hacked.

I'm going to keep asking so please come forward. Thank you in anticipation.

Howard Lillyman Chairman



Cardigan u3a groups Co-ordinator Job Description

U3a is a self-help organisation. Members of individual u3a groups organise themselves into Interest Groups with one or more of the members of that Group taking on the roles of voluntary Group Leader, expert advisor or administration organiser, etc. Very occasionally, where really expert leadership is required -but is not available within the Group- the Group may provide some remuneration to a specialist tutor or leader.

To assist those Group Leaders in setting up their groups, and helping them whenever required in the ongoing running of those Groups, there is an Interest Groups Coordinator – and a short description of his or her role is as follows:

1. To encourage the formation of new and interesting Groups (and start additional groups when some are full).
2. To encourage members to take on leadership roles within Groups.
3. To organise and lead a kick-off meeting for each potential new Group.
4. To support and offer training to Group Leaders in the basic u3a ways of doing things.
5. To be the main u3a Committee contact for any issues in the running of the Group.
6. To maintain the Groups Planner document that shows the dates of meetings of all the Groups each month.
7. To organise a meeting of all Group Leaders approximately annually to share experience.
8. To organise the display of all Groups' activities at the annual Cardigan u3a Open Day.

Cardigan u3a Website manager role.

Summary of role: Payments:

The Cardigan u3a (WordPress) website is hosted by **Astutium**.

(a) Arrange payment of the hosting fee every March.

(b) Arrange payment of the domain fee every February.

General tasks: 1. Regularly updating the WordPress version and plugins. These updates are generally few and far between these days. In the past there seemed to be one every month.

2. Updating the Events page by adding or removing text.

3. Updating the quarterly walk lists for the 3 Walking Groups (Strollers, Tuesday and Friday). This is probably the most common task, with a total of 12 updates per year.

4. Editing pages and uploading media - very little to do here.

5. Editing Committee names and photos. This is a once-a-year job, after the AGM.

6. Keeping the forwarding of e-mails up to date. Again, this is rarely needed.

7. Arrange payment of the annual Astutium invoices for domain name and website hosting renewal. Again, this is once-a-year job.

It would be extremely useful for me to be able to show the new person(s) how to deal with the item #8 above in March and February 2024. It is very simple for me to supply the new person(s) with all the necessary information on a USB drive, or contact website@cardiganu3a.org.uk

Godfrey Green who has been managing this role very effectively for 10 years must stand down by April 24th, therefore we would like a member to come forward sooner so they can learn what is necessary in the job.

It is estimated that it would cost us £600 a year if we had to pay professionally to cover this important position on the committee.

Many thanks:

Howard Lillyman (Chairman)



Cardigan u3a Meetings

Our last talk on the 27th July was supposed to be by a representative from Marie Curie. Unfortunately a text was received on that morning to say that the speaker had caught Covid and was therefore unable to come.

With great aplomb and fortitude Stuart Penny stepped in and gave a fantastic talk on the 'short' walk of 300 miles that he and his wife did in May of this year, mentioned in the newsletter for June.

There is no meeting in August but there will be a newsletter- hopefully shorter than usual !!! The story and photographs of this achievement will be described in more detail.

It is the walk made by thousands of pilgrims every year called 'The Camino de Santiago' (the Way of St. James). The whole afternoon was thoroughly enjoyed by all those who attended.

Thank you to Stuart and Linda – a brilliant account.

August - no meeting

September 22nd 'Amazing Grace- a magical memoire (Grace Albison)

October the 27th Archaeological finds from the Narberth by- pass.

November 23rd Cranogwen - Llangranog Welfare Committee.

December- no meeting.

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

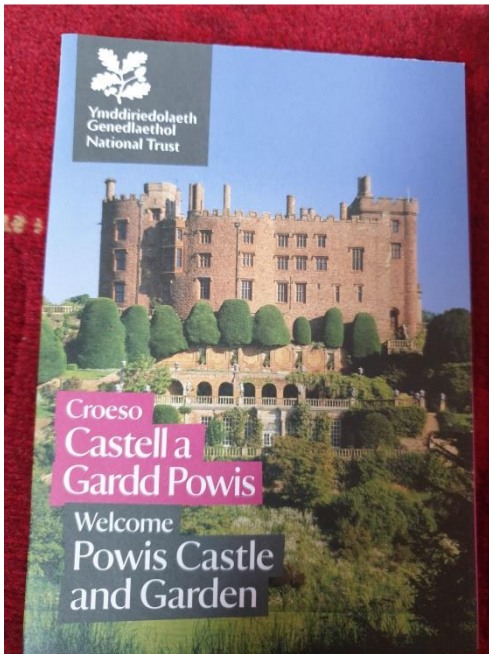
We have our own website for all information. It is **cardiganu3a.org.uk**. We are also on **facebook**.
cardiganu3a@yahoo.co.uk

As you know the newsletter comes out on the last Thursday of every month. **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!!



THE TRIP TO POWIS CASTLE.

A magical place.



A 'beautiful day out' was how this trip was described.

The weather was warm, the sun was shining and the journey there was smooth and uneventful with stunning scenery to be admired – plus of course the necessary stop for a cup of coffee. The coach arrived at midday and as it approached we were totally in awe of the spectacular view of this majestic red- bricked castle.

Set in incredible gardens, photographs alone cannot do this historic building justice.

The castle inside was fascinating. Beautiful wooden floors and dark rooms added to the atmosphere.

Incredible friezes adorned the walls and there was opulence in every room. Each room was immaculate and one can only wonder at the work that is done there in order to keep it in such an excellent condition. The staff seemed to appear through the walls to offer any information or advice when necessary.

We were able to view the beautiful exhibition by Kaffe which showed off his brightly coloured, and individually patterned cushions and quilts.

The gardens were breath-taking. The weather meant that we could sit outside and just admire the Italian style terraced gardens, exquisite herbaceous borders, the walled garden, huge lawns where it seemed as though each blade of grass had been measured with a tape measure. There were wonderful sculptures, topiaries and baroque style planters with an array of the most beautiful coloured flowers – most of which were also popular in the Victorian era.

An exquisitely coloured peacock seemed to adopt us for the afternoon- adding to the beautiful surroundings and atmosphere.





Report by Jan Parcell and Sharon Swift.



U3a members beware.

A Personal View

Last week I answered the phone to a guy with a soft North American accent. He told me he was buying shares for a consortium who were organising a takeover of Centrica. "You have shares in Centrica, don't you?" "Yes". "Did you buy Centrica shares, or were they original British Gas?". "British Gas".

"We are offering a price of a minimum of £5 per share, up to a maximum of £14 per share".
Now, I know that Centrica are currently trading at about £1.25 per share. Naturally, the caller did not want details of the bid to be made public, or the price would go up! He told me he would send me a form by email, then all I had to do was to fill in the form, return it to the address with the share certificates, and Bob's Your Uncle !

My 850-odd Centrica shares would net me a profit of £4,000 plus.
My reply was "Well, I'll have to look at the offer. For all I know you might be a scammer!". He agreed.
After he rang off I rang the number displayed on the phone screen. No such number existed. Naturally, I have not yet heard from him.
I had treated him gently though. Eight years ago, after receiving a phone call from somebody claiming to be from Barclay's Bank, my reply had been

"I don't believe you; you're not from Barclays Bank ; you are a thief".

After he gave a mild expostulation I continued "You are a thief, a cheat and a liar!" He rang off.
Any self-respecting thief will ring off when confronted with the knowledge that you know they're a scammer.

You don't have to raise your voice or swear at them; just state the fact. If they continue to speak, do not reply; do not treat them civilly.

Do not hang up; put the handset next to a radio and play them some music.

Your object should be to make them hang up; make them waste their time

while they're paying for the phone call. Get them to put your phone number on their list of numbers not to call in future.
We've all wasted time listening to music on the phone while waiting. Give them a taste of their own medicine !

It's time to fight back against the scammers !

Chris Edwards