

# Cardigan u3a Newsletter

No 159 AUGUST 2023



## **Editorial**

I was going to tell Howard that I was on a world cruise for the whole of August and therefore the newsletter would have to wait for a month but he had other thoughts-so here we are again!! This will be a shorter version however. Hark - do I hear sighs of relief and murmurs of "Thank heavens for that!!"

Despite the changeable weather I guess many of you have already been away or may be just going for a short break over the Bank Holiday. This year is going so fast- once the children are back at school then thoughts start to turn to Christmas!!!

My youngest son -whom I have not seen for eighteen months, is home for two weeks. He lives in Chang Mai in Thailand and on arrival at Heathrow on Monday 28<sup>th</sup>, stayed with my daughter and her two children in Windsor for that night. They travelled here- arriving on my birthday on the Tuesday- best present ever. He and his Thai wife are in tourism. Dan spends his time doing anything from zip-wiring, hang- gliding, caving, climbing mountains, swimming in rivers and kayaking and also showing tourists the elephant sanctuary that they live next to. His wife will be holding the fort whilst he is here.

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

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



**NEW MEMBERS COFFEE MORNING**

The **new members coffee morning**, which took place at the Flatrock Cafe was thought to be a great success.

A total of 18 new members took advantage of the coffee morning and a great deal of interest was shown. It was mentioned that it is vital for new groups to be started and ran by those who have the enthusiasm and knowledge.

Several suggestions for new or potentially new groups were written on a whiteboard and it is hope that these will be started. Some of the groups mentioned were: kayaking, art, family history, table tennis, quizzes and a bucket list group- the latter appears to be very popular in the Newcastle Emlyn u3a. One activity already tried is zip wiring.

Five members of the committee were at the coffee morning : HL, BJ, WN, LN, SC. Howard welcomed everyone and mentioned the ethos of u3a and emphasised how input from all members was so important to the running of the organisation.

Tea, coffee and biscuits were provided and the whole morning was deemed to be very successful.

## **Dates for your diary**

Following on from this, Liz and Will North are organising regular coffee mornings and afternoon tea groups to take place on one Thursday every month.

**The first Coffee Morning** meeting will be on Thursday, 7th September at Penrallt Garden Centre, Pavilion Cafe, arrival time 10.30 - 11.00am.

**The first Afternoon Tea Meeting** will be on Thursday, 21st September at The Cliff Hotel, in the Carreg Bar at 3.00pm - menu options will be emailed to Group members.

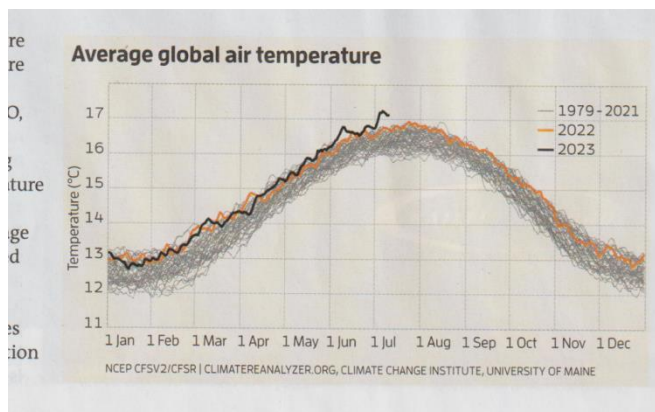
This is a great idea – giving people a chance to meet and get to know other members whilst in lovely surroundings. The locations will regularly change but all details of venues and times will be in the newsletter.

Many thanks to Will and Liz for their brilliant organisation in contacting the different venues and for arranging these social gatherings .

## **INTEREST GROUPS**

### **Science and technology**

The Group met this month to discuss the subject of '**Climate Change – another record summer?**'



As people would have noticed, there have been a lot of fairly drastic climate instances around the world in the last couple of months. Fires seem to have hit the headlines in Greece, Canada & Hawaii. In other parts record average temperatures have been recorded. Yet in other areas flooding has been a

major problem resulting in many deaths.

Are we looking at 3° or 5° for our great grandchildren? For a look at what can be expected by the end of the century in terms of overall temperature increases then have a look at this video which was watched by the Group - mass migration and food production being the main concerns to be planned for. How will humans survive once bulb temperatures go over 40°C ?

<https://youtu.be/uynhvHZUOOo>

Of course, you may be someone who does know how ill humans cope once they think this will happen and all we are seeing is the normal way the earth has been changing over time.

What do you think?

## **CREATIVE WRITING**

We've had some beautiful sunny days for a while...

Sitting in the garden has been so peaceful, especially when we look at all the beautiful flowers around us- what a difference sunshine and flowers make. When I think of the U3A I am so grateful for the opportunity it creates for many people to spend time together and bring their talents for us all to enjoy. This week was no exception. It was a pleasure to share our contributions with each other. Writing gives us the chance to bring forth thoughts, feelings and ideas that perhaps we may otherwise not given time to. So thank you everyone, including all those who have written articles in the U3A Newsletter. It is very much appreciated and enjoyed.

Below are poems and a piece 'I come from' inspired by the Jo Roach poem of the same title.

### SO SAD

I am feeling very sad today  
My spotty boy has gone away,  
Across the rainbow bridge  
He will join friends already gone,  
Like theirs his memory will live on  
The sadness slowly fade

For now the hurt is raw and new  
Letting you go was right for you  
Your time had come I know  
Your heart was strong your body less  
so,

We loved you enough to let you go  
Though tears ran down our cheeks

The last few mornings have felt so  
wrong

No Murray wanting me to go along  
Wagging his tail behind the door  
You were my mate, and my confidante  
Listening to my moans and tales of woe  
Oh Murray I do miss you so

Two weeks ago, he went away  
My spotty boy came back today  
His ashes, just, I know  
Some folk I know might think me mad  
But deep inside my heart I'm glad  
Feeling Murray's soul is home.

Peggy Dalziel.

### ELEPHANTS NEVER FORGET

Elephants never  
Forget to put on all  
Their four socks and boots.

Elephants never  
Forget to step in all  
The biggest puddles

Elephants never  
Forget to keep the ball up...  
Doing keep-uppies

Elephants never  
Forget to blet their medlars,  
Quinces and persimmons.

Elephants never  
Forget to duck underneath  
A swinging jib boom

Elephants never  
Forget to give a wide berth  
To hamsters and mice.

Elephants never  
Forget to line their nests with  
Onesies and duvets

Elephants never  
Forget to whisk their egg whites  
Into mountain peaks.

Elephants never  
Forget to pack a picnic  
When going exploring

Elephants never  
Forget a rose is a rose  
Unless it is not.

Peter Rossiter.

### I COME FROM

I come from a place where I hear the  
siren, which still haunts me and the  
fear takes hold.

I come from a place where we run to a  
shelter in the garden.  
Where candles flicker in the dark and  
my pregnant mother holds my hand  
while dad lifts the youngest, gathers  
him up and clasps him tight.

I come from the sound of a bomb  
whistling through the air and then the  
silence before it explodes

I come from bombed out houses,  
smashed glass on the floor of a church  
and hymn book pages turning in the  
breeze.

I come from the 'all clear' and we tread  
carefully through shrapnel in the  
garden.

I come from frozen milk on the top of  
glass milk bottles and thick cement  
walls in our school shelter.

I come from barrage balloons, like  
cartoons in the sky.

I come from the war ending and Victory  
parties in the streets.

I come from my mother giving birth to  
my brother who will not remember the  
war except for his name is Victor.

I come from a band playing in the park,  
on the bandstand and families with  
children dancing around it, celebrating.

And now I can say ...

I come from thinking of Ukraine and  
wishing their war to be over.

I come from where I am now, years  
older, knowing how it feels.

That's where I come from.

Pam Rossiter.



## **Digital Photography**

Attached are some photos for August's  
Guilty Pleasures photography  
homework.

I'd like to start by formally  
congratulating our former group leader  
Denis True on his recent wedding –  
CONGRATULATIONS TO YOU  
BOTH! **Photographs courtesy of  
Pete Mears.**

August's homework was 'Guilty  
Pleasures'. We all have guilty  
pleasures, such as foods and activities  
we love... Perhaps yours is cream-filled  
donuts or binge watching reruns of your  
favourite sitcom. This challenge was  
set to help us get to know one another  
a little better and possibly bring some  
humour to the meeting, which I think  
was achieved.

Dave Thomas Mobile: 07974 590946

If you would like to join us, please  
email 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.



Dave Thomas-Coffee and Cake





Pete Mears



Ron Hill-Growing veg



Howard Jenkins-Cider



Colin Luker-Podcasts



Margaret Taylor-Garden Photos



Alan Cooper-Wood turning.

As a group, we have agreed to do something a little different this year and our meeting on 12<sup>th</sup> December will take place at the Welsh Wildlife Centre in Cardigan with lunch. The Wildlife Centre is usually closed on Mondays and Tuesdays, but they have kindly agreed to 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](mailto:digitalphotography@cardiganu3a.org.uk) or [davejthomas66@gmail.com](mailto: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 12<sup>th</sup> September 2023 in Coracle Hall, Llechryd, but

please arrive around 10.15am ready for a 10.30 start.

Kind Regards / Cofion Cynnes



## Ukulele

Once again the group has had a very busy month of concerts. We kicked off the month with a concert in Aberporth overlooking the sea. As last year, the weather was warm if somewhat windy but the view overlooking the sea was as always- spectacular. Aberporth was having a festive afternoon with various activities taking place at the same time so the audience listening to us was not exactly large in number. We were very impressed with a young girl who joined in with many of our songs and we were also well supported by various family members. One of our group carried on playing whilst also doing a 'keepy-uppy' with a stray football that came his way!!

Our next venue was Poppit Sands- Save the Teifi was the thought behind this particular musical event. We played behind the CRWST café, with a large and very appreciative audience. Several people commented on our musical ability!! Two enthusiastic ladies- who were not in the first flush of youth- got up and jived to our Elvis Presley medley. One of our members wore a shirt of many colours –also forgot the strap to his ukulele and so to top it all had brightly coloured baling twine attached to his ukulele. There is always one who lowers the tone!!!!

The last two concerts have been at Cilgerran to celebrate their week of festivities. The first concert was played



against the hub- bub of a commentator whose enthusiasm for the various activities seemed to reach a crescendo just as we started to play. The second concert- a week later- was in the community garden and it was probably one of the best concerts we have done. Beautiful surroundings, a lovely warm day and we were made to feel so welcome. I found the whole thing quite magical. The community spirit was so noticeable and –once again- they were very appreciative.

**SOME FUTURE CONCERT DATES:-**

Sept. 8<sup>th</sup> - Clynfyw Community

New members are always welcome.



**Cardigan U3A Strollers**

I am forwarding the pictures taken by David Goddard on our Strollers Walk on Wednesday, 16th August. We were on Dinas Mountain and had fantastic views over Newport, Dinas Head and Fishguard Bay.

As you can see, the weather was fantastic and most of us went for lunch afterwards in the Croeso Cafe in Dinas afterwards.

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 Tuesday walks- leaving at 10.00 and approximately 6 + miles

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. Although they have now finished for the summer I thought readers may be interested in how much was collected for charity this year





## [NGS.org.uk/beneficiaries.](https://www.ngs.org.uk/beneficiaries)

Over the Open Season we raised £1662 for the NGS Charities. We would also like to thank all the Cardigan u3a Members who visited us and made their donations.

Also Liz and I would like to both mention and give a massive thank you to Jane Edleston and Di Green. These very special ladies volunteered their time and contributed plants for sale at the events. Thank you both.

*Liz and Will North.*

### A DATE FOR YOUR DIARY

#### **CLIMATE MATTERS DAY - Saturday 9th September**

Please could you let your members and contacts and FB followers know about this event. Some details are below, and full details can be found on the **FB**

**Event here:**

<https://www.facebook.com/events/999957981259309/> and on the

Cardigan XR Website:

<https://xraberteifi.uk/>

There is to be a day of talks and stalls about climate problems and solutions. We hope that some of these will be of particular interest to your members.

Saturday 9th September 2023 at Small World Theatre, Cardigan, SA43 1JY.

The day will run from 9.30am to 5pm. You can come to the whole day or any part of it, but please arrive 15 minutes before any talk you would like to attend. So please arrive by 9.45am for the first talk. Many thanks.

The event is being organised by Cardigan Extinction Rebellion (XR).

Suggested donation of £2 - £10 for attending the day or any part of it.

### **TALKS**

There will be 4 talks looking at different aspects of the problems being faced because of the climate and nature crisis, and how we can move towards solutions. The 4 talks are:

- 10-11am 'The Colour of Climate Justice' by Jeremy Williams, author of *Climate Change is Racist: Race, Privilege and the Struggle for Climate Justice*.
- 11.30-12.30pm 'Gardening in a Crisis' by Jake Rayson, a wildlife forest garden designer
- 1.30-2.30pm 'Teifi Estuary in Climate Change' by Tim Wright who has been monitoring natural process change occurring in the Teifi estuary and at other locations on the Cardigan Bay coast over the past 15-20 years.
- 3-4pm 'Climate Science and Activism' by Dr Hazel Beaumont, a Senior Lecturer in Geoscience, teaching at the University of the West of England.

Hot drinks and food will be available (for donations) in the breaks between talks.

### **STALLS**

There will be a variety of stalls run by different local groups and organisations which are taking action to respond to the climate and nature crisis in positive ways. The details are still being confirmed, so please return to this website <https://xraberteifi.uk/> for updates.

We also expect there to be these activities:

- E-bikes to see and how to choose one to suit you
- Block printing - printing iconic XR images and words on your own clothing, bags or on patches provided. SO REMEMBER TO BRING AN ITEM TO PRINT ON IF YOU'D LIKE TO!
- An exhibition on the science of climate change
- Free seeds and trees
- Badge-making



### A Message from the Chairman

**My Chairman's column again for this month is – yet again - a heartfelt 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...](mailto:Adrian.Milner...groupcoordinator@cardiganu3a.org.uk...)

[Godfrey Green...website@cardiganu3a.org.uk](mailto: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](mailto: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**

**September 22<sup>nd</sup> 'Amazing Grace- a magical memoire** (Grace Albison)

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

**November 23<sup>rd</sup> 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](mailto: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!!



## **ENTERTAINMENT NEWS**

Those wishing to tread the boards will be really joyous to know that the writing of the pantomime is finished!!!

It is very simple, will be hilarious- without us trying- will not last long - will take place early 2024 and could well lose all u3a members in one fell swoop!!!!

We have quite a few 'volunteers' but obviously would love to have more.

Please e- mail me if you are willing to participate in any form.

*wallaceshirley@hotmail.com*

Last- but by no means least -Sandra Wilde has sent me a short poem.

### **Scarecrow**

You shake and rattle in the breeze,

And sound like crickets when they  
sneeze.

A robin nests inside your hat,

I wonder what you make of that?

Your clothes are rags,

Your nose a fright,

A creaking shadow in the night.

Will you be here another year?

To chase the crows who hoot and jeer?

Inside your heart a door-mouse sleeps,

As you sway gently in the wheat.



## **Archery Group**

After a couple of delays due to the weather 4 members turned up at Newcastle Emlyn Rugby Club on Sunday to have a go. One person has signed up for the 5 week course. If anyone else is interested then please contact me (colinluker@yahoo.co.uk).

The cost is £5 for an initial session and £50 for the 5 week course. This is run in conjunction with The Castle Archers. The meetings are on Sunday (1pm to 4pm) in the summer and 7pm to dusk on a Friday. In the winter they are indoors at the Leisure Centre in Newcastle Emlyn (Sunday 10am to 1pm / Friday 7pm to 9pm).

Colin Luker

