

Cardigan u3a Newsletter

No 161 OCTOBER 2023



Editorial

Before I begin this missive, can I say a massive thank you for all the beautiful pictures and write-ups that have been sent to me this month. I am really grateful for the input. This month's edition is more like a book!!! You need a flask of coffee and a picnic hamper before you start.

As I look out of the window the scenery – as always- is beautiful but I definitely cannot say that about the weather lately. Grey skies and the gentle sound of falling rain, a dejected looking rabbit just sitting on the grass and not the least bit interested in having a nibble. Still, it is almost the end of October so we have to expect more of the same and with the clocks going back very soon, I think we can safely say that winter approaches.

I went to Windsor last weekend to see the two youngest grandchildren and had a lovely time. I even ended up teaching a group of 2 year olds gymnastics- I had my own gym club for over 20 years so was in my element. However, my own 2 year old granddaughter decided that climbing on to the beam and walking along it- unaided I might add (but under the watchful eye of another coach)- was more fun than learning to roll backwards and forwards!!!!

I am going again this weekend- trainers and tracksuit already packed!!

At the end of the newsletter there is a passage from the manager of the u3a organisation in Australia. It is a very interesting read.

Website: www.cardiganu3a.org.uk

Email: editor@cardiganu3a.org.uk



Events for your diary

Do not forget that Liz and Will North are organising regular coffee mornings and afternoon tea groups to take place on one Thursday every month.

The next coffee morning is on the 2nd November at Cardigan Golf Club whilst the next afternoon tea session is at the Driftwood café in Aberporth.

Times for the latter have yet to be finalised but people will be notified.

The last afternoon tea was at Cenarth Tea Rooms. The venue was small and cosy with about 15 members present. The cream tea was delicious, service was excellent and it was a lovely venue for people to meet and chat.

The locations will regularly change but all details of venues and times will either be in the newsletter or people will receive e- mails with the details.

Again - many thanks to Will and Liz for their brilliant organisation in contacting

the different venues and for arranging these social gatherings.



INTEREST GROUPS

CREATIVE WRITING

AUTUMN DAYS

The reds of many berries are vibrant against the deep blue of the sky.

I tip my head to drink with my eyes of their colour.

I smile at the warmth of the sun lipping my freckled skin; the flies landing on my hot cheeks and taking off with furious wings.

The apples cling in bunches to the arthritic- like branches curled with green and splotchy leaves. Who will let go first? The tree is shaken by a sudden gust. The apples fall like stricken soldiers. They thud to the earth in staccato drumbeat sound.

Yes, there is loss in the autumnal round of the year.

The deciduous trees reveal their leaf colour in golds, yellows and oranges which are always there, but hidden under the chlorophyll greens of sunfilled summer days.

Our colour changes too. My freckles and bronze- lit skin will fade to pallid whiteness.

We shed our light summer pastels. We shrug on the wool and rainproof coats to become creatures of dusky late afternoon walks. The dark evenings and early stoked fires speak to us of hibernation and hot toddies.

We look to the rituals and celebrations which only come into our lives with the autumn turn of the year.

Harvest Festival, Guy Fawkes Night, Halloween. Soaking the fruit in brandy for Christmas cake baking. Rituals can invite us to remember and speak of those who first led us into the enjoyment of seasonal times. Times when we were young and eager for the wintry joy hiding around the corner.

Bittersweet memories of our loss perfectly reflected in the dark storm puddles of today.

Go gently, my people.

Hug your autumn days, savour the moments.

Let the dew sparkle in the rising sun on each hard- spun thread of your life.

Take the joy and spin it into your cobwebs. Sit with your memories and your beloved books; the quiet music of inner reflection and stillness. Take pleasure in the use of a favourite mug, a woolly blanket warming the shivering shoulders.

Enter the autumn season with grace and wonder.

One frosty step, one visible breath, one crackling fire at a time.

Jacqui Brown.

FALL (AUTUMN)

A red kite flies majestically in the sky above our heads as we walk through the raw sienna fields. Its hawkish gaze focused on the field below. The kite knows that with the beginning of

autumn tiny creatures are preparing for the coming winter months ahead. A small field mouse pokes its head out of its burrow cautiously looking for a potential predator. It moves slowly, commando style, through the tall grass towards the blackberry bush, unaware that its movement has caught the attention of the hovering red kite. The kite swoops, its wings in a delta shape, pulling its wings back as an airbrake as it approaches the ground, talons extended to capture its prey. The field mouse senses the danger and darts back to the burrow, the talons brush the ground, and the dirt and grass is scattered into an earth coloured cloud. Evidence of a close brush with death. The field mouse gets to live another day but the task of stocking its food store for the winter remains unfulfilled. Tomorrow will come and further attempts will be made. Nature's beauty and majesty retold in an ever changing tapestry.

DAVE BROWN.

THE MIST OF AUTUMN

Once in the mist of autumn I saw you
Flitting here and there between trees,
grassy banks and
shimmering lake.
Like a poem you hid yourself from view
Yet there you were, to my eyes a dance
that floated golden upon the waters
edge.
Spring, summer and autumn now the
seasons become one in their romance
of time passing ...yet autumn hovers,
waiting for the winter frost and snows.

While she hides away as delicate as our
wishes to be seen, yet wrapped in a
mist of secrets, hidden behind gentle
trees.

Her step so light that even autumn
leaves cannot be heard.

What are her shy secrets?

What is it that dares her walk the
woods, knowing the mist will evaporate
and her long golden hair reflect
sunshine ?

I saw her in autumn, was she real or
just me dreaming of myself a little
hidden in the mist?

Pam Rossiter.

AN AUTUMN STROLL

How green are the valleys of Wild West
Wales

Hazy blue are the distant hills
Empty and peaceful the landscape lies

Beneath bright sunny autumn skies

Strolling along a man- made road

The breeze and a bird the only sound

No roaring traffic or loud TVs

Disturb the tranquility I've found

The far above cross the azure skies

The contrail of a jet plane lies

So far away and just barely heard

The humming of a metal bird
And empty though the landscape seems
A countryside of poems and dreams
Just out of sight in a hidden dip
A lonely farmstead or village sits
By one of the rippling streams

Peggy Dalziel



Digital Photography

The homework for October was Perspective, which can be the spatial relationship between subjects in the frame, or the way images are composed to help the viewer see the world from a new perspective - the photographers'.

Our meetings have now changed to 2.30pm on the LAST WEDNESDAY of each month, so our next meeting is 2.30pm on Wednesday 29th November 2023 in Coracle Hall, Llechryd.

We are taking a month off in December from our normal meetings and are having a social get together on 12th December at the Welsh Wildlife Centre in Cardigan with lunch being served around 12.30pm.

If you would like to join us, we welcome beginners, intermediates and advanced digital photographers, so it doesn't matter what camera equipment or level of experience you have!

For more information, please email Dave at davejthomas66@gmail.com with your name and contact number. You will then receive a welcome email with information to aid you with the months homework to help you get started straight away.

Finally, on **Wednesday 1st November at 7.30pm in the Red Dragon Hall, Drefach-Felindre**, the gardening club are having an event with a guest speaker who is a photographer. Entry is only £2.00 and there is no need to book.

Kind Regards / Cofion Cynnes

Dave

Mobile 07974 590946



Adrian Milner



Colin Luker



Margaret Evans



Ron Hill



Pete Mears



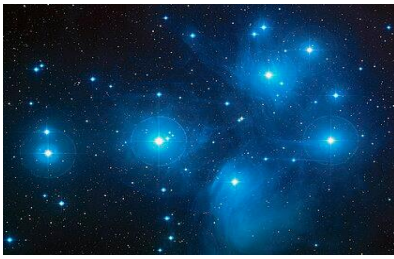
Astronomy

The Cardigan and Newcastle Emlyn u3a Astronomy group met last week, and will meet again for the last time this year on Nov 15th, the 2nd Wed of the month, as usual.

We had our normal review of what is easy to see in the current skies; Jupiter, the Summer Triangle of Altair, Vega and Deneb (still), Orion and the Winter Hexagon, and Venus. Jupiter is up from about 8pm BST in the east, at about 45o above the horizon in the south by midnight and still quite high and visible in the west at 7am before daylight swamps it. Until Venus puts in an appearance at the opposite side in the east between about 5am BST and sunrise, Jupiter is the brightest (and sometimes the only!) thing visible in the sky.

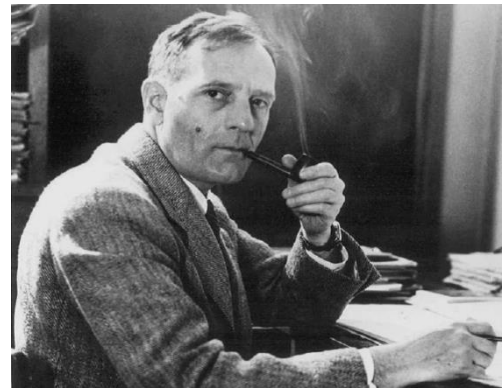
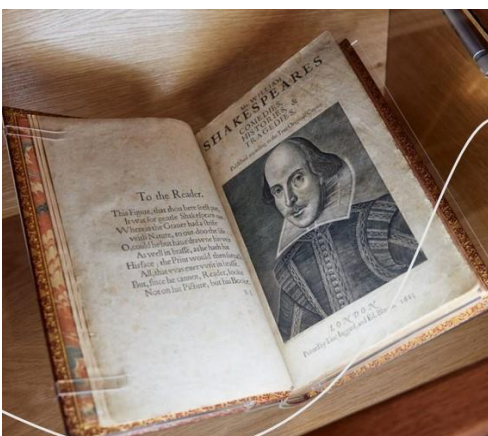
Of the other planets we can sometimes see, Saturn is still around, about as bright as most of our brighter stars. It is about 90o to the right of Jupiter and only about a half as high above the horizon – and it sets below the SW horizon at about 2am BST. Mars, will remain out of sight until next Spring when it is well on its way back towards us. It is almost at its furthest away and behind the Sun now – and from Nov 11th to the 25th, to ensure the integrity of data, NASA and ESA will cease communications with the satellites and rovers at Mars as Mars will be within 2o of the Sun. During this period, even if line-of-sight communications are still technically possible, information (in both directions) might be lost through interference from the many charged solar particles streaming along at these near straight-on angles.

Helen G. then told us about the connection between the Subaru car company and its logo of six stars. Subaru is the Japanese name for the Pleiades star cluster – otherwise known as the Seven Sisters.



Apparently Japanese tradition says one star is invisible! – but, in fact, the cluster has more than 7 stars anyway, as can be seen with good binoculars or a small telescope on a clear night (currently above Jupiter, and always a bit to the right of Aldebaran and further to the right of Betelgeuse). To the naked eye, the Pleiades cluster appears as a fuzzy, diffuse star.

Adrian gave a presentation on Hubble; the man, Edwin Hubble, who's death was exactly 70 years ago, the Space Telescope named after him, and the 400th anniversary of the publication of the 1st Folio of Shakespeare's plays – containing Macbeth and the witches' "hubble, bubble, toil and trouble...", etc". A recent visit to the Queen's College, Oxford where Hubble was a Rhodes Scholar, and where the Library contains one of the few remaining 1st Folios, coincided with Adrian's reading of a biography in an astronomy magazine commemorating Edwin Hubble's achievements on the 70th anniversary of his death. This was a rare set of coincidences which pointed to the subject of his slide presentation for this month. The parts about Edwin Hubble's contributions are as follows.



Edwin Hubble gained a degree in Maths and Astronomy at the Univ. of Chicago but, at his father's bidding, he applied to read Law at Oxford – which he did. But within a year of returning to the States, his father died and Hubble was able to return to his first love – astronomy. He wrote his 1917 PhD thesis "Photographic Investigations of Faint Nebulae", following the use of the Univ of Chicago's good 24-inch reflector telescope – but then the USA entered WW1, Hubble volunteered and went to France but, fortunately, never saw action.

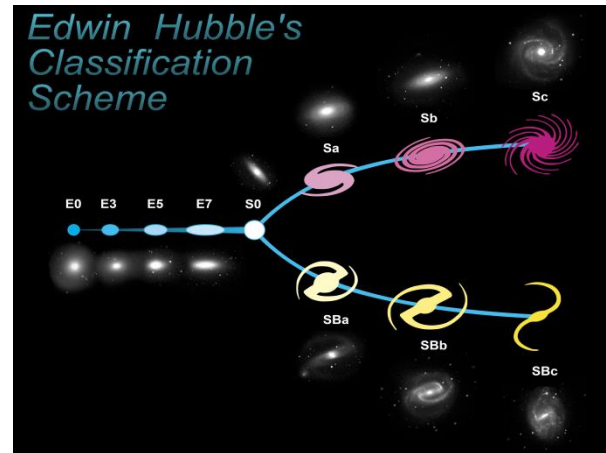
After a brief spell at Cambridge, Hubble went to the Mount Wilson Observatory in Los Angeles County in 1919 – and used their 100-inch telescope to study in detail what was then known as the Andromeda Nebula.

Cutting the story short, he realised that what he originally thought was a supernova in the Nebula was in fact a pulsating variable star of the Cepheid-type - and the relationship between Cepheids' pulsation frequency and brightness was already quite well established. Comparison of the theoretical brightness with the actual brightness he could see, convinced Hubble that this star was a very long way away, further than anything else we had measured in the Galaxy - so it must be in a separate galaxy of its own; the Andromeda Nebula must be another galaxy. In 1925, Hubble was the first to publish results showing there were more galaxies in the Universe than just the Milky Way galaxy.

He and his colleagues were already finding more galaxies, via measurable Cepheid stars within them and in 1929 he published a paper about 24 of them showing almost all their spectra showed a shift towards longer wavelengths, a Doppler effect that showed the galaxies were moving away from us. Hubble was the first to use the term "red-shift" - and in 1929 he published his paper showing the greater the red-shift the faster the separation from us, and also the greater the red-shift and separation, the further away that galaxy is. In other words, the Universe is expanding - the proposition we now call Hubble's Law.

Through observing all these galaxies, Hubble devised a classification scheme which we still partially use today - though it doesn't quite cover all the types of galaxy we are now familiar with, such as irregular or dwarf galaxies, or massive elliptical ones. Hubble's "tuning fork" classification has two main types: elliptical galaxies on the left and spirals

on the right which are sub-divided into regular spirals and barred spiral galaxies.



He carried on working at Mount Wilson Observatory right up to his death in 1953, and few modern astronomers have made a more profound contribution to our understanding of the cosmos than Edwin Hubble. Even Einstein himself visited Mount Wilson in 1931 to thank Hubble personally for showing that his original theory that space was curved by gravity and must be capable of expansion and contraction, was correct after all. He had been persuaded by others some years earlier to change his model and his equations to ones for a more stable universe - a decision he told Hubble was "the greatest blunder of my life".

When Hubble reported on the expansion of the Universe in 1929, he calculated a number for the rate at which the universe is expanding. This number is known as the Hubble Constant but, though we now know through more accurate modern techniques that his 1929 number was about ten times too high, we still don't have a definitive figure for the Hubble Constant. We have 3 figures obtained by different modern techniques and measurements, and each thought to be

pretty accurate, but differing by about 10% - with the latest technique producing an answer bang in the middle of the first two. Unfortunately, even with our current theories involving Dark Energy, we don't currently have the cosmological physics to explain which, if any of the three, is correct - so the work continues to determine how fast the Universe is expanding.

Our next meeting will be on Wed, 15 Nov 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

Singers' News

At the moment, we are meeting in Maes Mwldan retirement apartments, in an alcove on the second floor. (Turn left out of the lift). This is due to the fact that Jane, our pianist, has a problem with her shoulder and has been advised not to drive for a while. Next month, we will be practising Christmas carols and Christmas songs. Hopefully, as well as revisiting old favourites, we will find one or two that are new to us!

We sing for fun and everyone is welcome. We meet at 2-00pm on Mondays. Ring Adrienne on 01239 612460 if you want more info or just turn up...



Ukulele

Our last concert was played at LLwyndrynys Residential Home. This is a warm and welcoming Home where we are treated like royalty. The residents

appear to enjoy every minute and we are very careful in the songs that we choose. Songs from the 60's and 70's appear to evoke many memories and the residents were very happy to sing along with us- tapping feet and nodding heads in time to the music- or perhaps falling asleep!! We had plenty of time to chat to them- it was very heart-warming to hear some of the tales that were told.

It appears that we will be very busy up to Christmas- our popularity has grown!

Further dates include

Friday 3rd November Maes Mwldan

Saturday 4th Gala concert in Crymych

Thursday 16th Living Memory Narberth

Wednesday 6th December Sarnau Craft

Thursday 14th December Ferwig Craft

Saturday 16th December Tesco (this is a swimming pool fundraiser)

New members are always welcome and if anyone knows of a group who would like to hear us play then please let me know and I will forward the message to the committee.



Cardigan U3A Tuesday Walkers

October to December 2023

All walks start at 10.00 am unless otherwise stated

Walks organised by u3a automatically have public liability insurance cover, provided the walkers are u3a members. However, this is not a personal accident insurance and all members should be aware that they walk at their own risk. For further guidance on Health and Safety issues please read Health and

Safety on U3A Walks. Participants should also read the group's Risk Assessment, which details the procedures to be taken to ensure general risks are mitigated and the overall activity is managed in a coronavirus secure way.

Date	Walk Name / Distance	Start Point / Lunch	Leader(s)
Oct 31 st	St Dogmaels Paths and Woods (6 miles)	St Dogmaels car park (SN 164 460) (Lunch – Coach House)	Jenny
Nov 7 th	Rhydlewis Lanes & Woods (6 miles)	Rhydlewis Village Hall car park (SN 347 475) (Lunch – Ffostrasol Arms)	Malcs
Nov 14 th	New Quay Circle (6 miles)	Main / Surgery car park, New Quay (SN 387 599) (Lunch – Packed Lunch)	Katharine
Nov 21 st	Skanda Vale Circle (6 miles)	Skanda Vale Ashram coach park (not car park). Signposted from A485 just south of Windy Corner	Colin

		(SN 426 327) Lunch – Packed lunch)	
Nov 28 th	Tresaith / Penbryn Circle (5.5 miles)	Tresaith car park on the hill before entrance to Glandwr Manor (SN 279 513) (Lunch – Packed lunch)	Jenny
Dec 5 th	Pontgarreg Circle (4.8 miles)	New Inn Car Park, 0.6 miles past Brynhoffnant Garage on A487 Cardigan to Aberystwyth road (SN 338 521) (Lunch – New Inn)	Roy
Dec 12 th	Bedd Morris (~7 miles)	Bedd Morris car park, Newport (SN 039 365) (Lunch – Packed lunch)	Roy
Dec 19 th	Rhydlewis Circle (6 miles)	Rhydlewis Village Hall car park (SN 347 475) (Lunch – Ffostrasol Arms)	Malcs
Dec 26 th	No Organised Walk		
Jan 2 nd	Llangrannog - Pigeonsford	Llangrannog top car park (SN	Roy

	(5 miles)	316 539)	
		(Lunch – Pentre Arms)	

Cardigan U3A Strollers

These pictures were taken by Michael Brown on The Strollers walk today. The walk was around Llangrannog and the weather was brilliant and a dolphin was spotted leaping out of the sea nearby. Most of the walkers had a nice lunch afterwards in the Pentre Arms.



Contact Telephone Numbers of Walk Leaders:

Roy 01239851714

Katherine 01545590201

Malc 01239851677

Jenny 01239814611

Colin 07904613628

Chris Edwards - programme organiser







DATES FOR YOUR DIARY

GUILD HALL MEETINGS

November 23rd

Cranogwen – a speaker from Llangrannog welfare committee

No meeting in December and future dates will follow in November's newsletter



A Message from the Chairman

It's that time again for our newsletter and a big thanks to you for providing articles, and Shirley our editor for putting it together. We are always looking for interesting articles to go in and especially some photos with it. These days we all have cameras on our phones and very good quality pictures can be taken of your activities and group meetings. Always ask permission of those you take in the photo if they are happy for it to go in our own newsletter. You need to publicise activities to get new participants and who knows someone may be willing to be a group leader when you want to stand down. We have some very keen and active new blood coming in

Again, this month I am appealing for one of you members to come forward and take on the job of Group Co-ordinator, Adrian Milner has been doing it for many years but has now fully stepped down. It is a Committee role but you do not have attend all meetings if that's not for you? it entails communicating with group leaders, programmes of what groups are doing and liaising with the committee, anyone interested in having a go at it please get in contact with me or better Adrian who can outline it, my email is chair@cardiganu3a.org.uk Adrian's at adrian.r.milner@gmail.com. Please???

That's about all from me, I know I seem to be asking all the time but our u3a is all about us members doing things for the good of others in our groups.

Best Wishes Howard Lillyman Chairman

Howard Lillyman Chairman



For the benefit of the new members- and welcome to those who have recently joined U3a - all meetings usually take place on the fourth 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](https://www.facebook.com). cardiganu3a@yahoo.co.uk

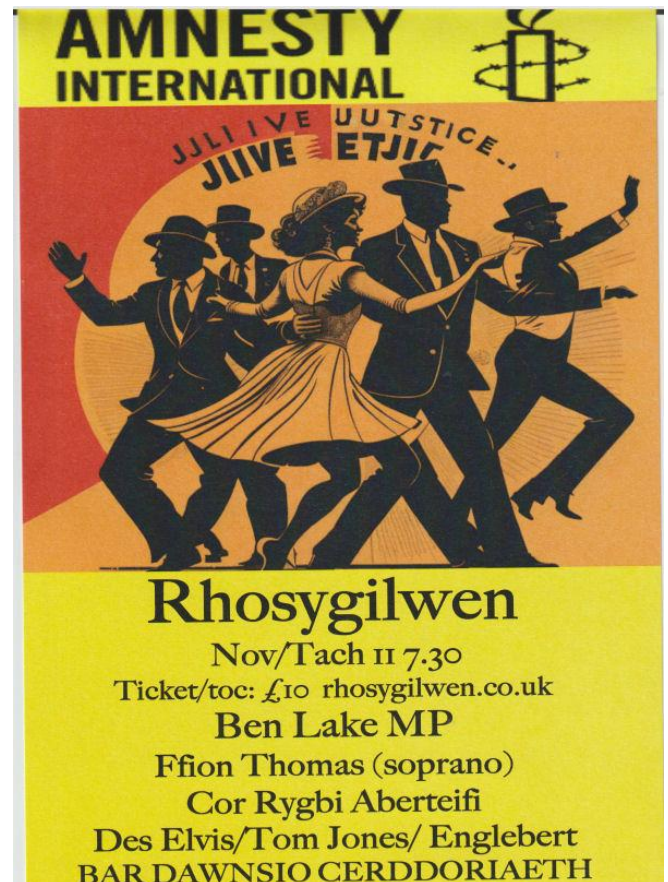
As you know the newsletter comes out on the last Thursday of every month. **I would be grateful if all newsletter entries could be in to me by that last Thursday afternoon at the latest-** preferably before if possible!!



ENTERTAINMENT NEWS

On 11th November Rhosygilwen hosts its annual 'Making a Song and Dance of it' event in aid of Amnesty international. Introduced by Ben Lake, MP, the evening will be an eclectic mix of entertainment including Des Perenara & The Cardi Boys & Cardi Angels teaming up to cover Elvis, Tom Jones and Englebert Humperdinck. There will also be traditional Welsh folk songs from Julie Murphy and a chance to dance the evening away.

Come along for an evening with a serious purpose but with lots of fun and enjoyment!



PANTOMIME

As people may know the writing of the panto is finished.

The date is still to be arranged -but probably now for the Thursday meeting in May at the Guild Hall. I was thinking of earlier but the last Thursday in March is just before Good Friday and the Easter break so many people will be away. The April meeting will be the AGM.

We do need to have space for rehearsals however. Even me- with my never-ending optimism- realise that we will need to rehearse and they must start a little while before the actual performance!! If anyone

has any ideas then please get in touch with me as soon as possible

wallaceshirley@hotmail.com



I asked my son in Australia if he could find an address for their u3a organisation.

He sent it to me- I wrote and the very next day received a lengthy e- mail form the manager. I have included the most interesting news for this edition of the newsletter. The manager is actually from the UK with friends in Swansea and Haverfordwest. I cheekily suggested that the next time she comes over she could possibly visit us at one of our meetings!!!! She would be pleased to meet us!

U3a Australia

Lynda Cronshaw –

Administration Manager

I noticed that, like us, you also use u3a instead of U3A. We are currently the only ones in Australia who have adopted the UK version. So, you would like to hear a bit about our Sydney u3a. We started back in 1988 and, before Covid, our membership had reached **6000**. Unfortunately, as with many such organisations, the epidemic caused a loss of a third of our members, so the current membership is **4000**. Most of our members come through word of mouth from friends or family and, because Greater Sydney is such a large area, we are divided into 7 different regions and members are allocated a region depending on their

post code. However, they may attend activities in any of the 7 regions.

As with every U3A, all management tasks and members' activities are carried out by volunteers which, counting our course leaders and course secretaries stands at around 400. Each region has its own committee who are responsible to an Executive Committee and Board of Management. At the last count we also had members from 68 different countries of birth.

Our **200+** activities are held in a variety of over **80** venues, mostly in the mornings and, in addition organise outside activities such as bushwalking, photography and one off events to places of interest. Our courses include Book Groups, Languages, Discussion Groups, Musical Groups (we have our own very popular Rock Orchestra), Indoor and Outdoor Games and many series of one off talks on an extensive variety of subjects. Since Covid, we have also continued to offer Zoom sessions as many members discovered them and requested this.

Perhaps you would like to have a look at our website:-

www.sydneyu3a.org where the course book is available in a 'flip-page' format.



Guild Hall talk held 26th October

With approximately 60 people present at the monthly meeting- this was by far the biggest audience who came to hear

the talk given a professional archaeologist- David Maynard, an extremely interesting and well – travelled man. He explained- with slides, videos and various artefacts, about the work being done on the new by- pass at the roundabout approaching Narberth.

As drivers can verify the upheaval caused by this huge project which started in 2016, has caused many huge traffic jams and some would say – a great deal of inconvenience and money.

Who was to know however, that a pre-historic settlement was found near the roundabout- dating back to the Neolithic era. During a cold spell- Bronze- age artefacts have also been discovered.

Sets of structures such as stake holes, which have been carbon-dated, have been likened to where dwellings were situated. The remains of darkened burnt earth, charcoal and bronze- age stones which –it is thought -were methods of keeping warm.

Burnt mounds containing remnants of charcoal have been discovered-one being at Llanfallteg. These historic sites –now preserved- were situated near streams or rivers where hot stones were used to generate steam or hot water- perhaps for cooking or washing.

It is proven that the Romans would use the same sites for animal grazing and intensified agricultural production.

The Neolithic people were more settled in their surroundings unlike the Bronze-age dwellers who appeared to be more nomadic.

The artefacts that have been found are unique, eg. a blue and white glazed bead that could have been traded and then dropped.

There is much discussion as to where they should be kept. Museums around this area are the ideal place where they can be displayed properly.

The talk was really well prepared, with many questions being asked from the large and appreciative audience.

This morning I am actually going along this road on my way to the M4. Never again will I moan at the slowness of the traffic or the decimation of fields and woodland. Instead I shall think about the people who once lived there thousands of years ago and the legacy they left behind them.

Many thanks to David Maynard for such an interesting and thought- provoking talk.

