

# Cardigan u3a Newsletter

No 162 NOVEMBER 2023



## **Editorial**

At the time of writing this, there are precisely 25 days left until Christmas. Where this year has gone is beyond me! Just to let you know that I have a month's reprieve from doing a December newsletter by courtesy of our Chairman, so the next newsletter will be in January.

I would like to say a massive thank you to everyone who contributes – please do not be afraid to send me anything you may feel is important, newsworthy or just funny. It will always be included. You may will also see that there is a new format to the newsletter. It is far easier to read, and –I hope- less chance of making mistakes with the many offerings that people send to me.

Can I just wish everyone in u3a, a very happy Christmas and New Year.

Right- get the flask of tea or coffee out, make the sandwiches and ensure you have enough time to sit down for the next hour or so and hopefully enjoy this edition!!

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## **INTEREST GROUPS**

**The next Coffee Morning meeting is on Thursday, 7th December at 11.00 am and is to be held at the Flat Fork Café in The Coracles Leisure Centre in Cenarth.**

There is no **Afternoon Tea** group meeting in December because of being too close to Christmas.

Will and Liz North will be exploring more venues for the New Year and the new schedule will be published as soon as possible. Will and Liz would also like to wish all the lovely Coffee and Afternoon Tea Group members a very merry Christmas and a Happy New Year and a big thank you for their support over the last few months.

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.

Many thanks go to Will and Liz for their brilliant organisation in contacting the different venues and for arranging these social gatherings. They are very successful and sociable gatherings.



## CREATIVE WRITING

Hello everyone .

Well, winter seems to have its feet under the door now ...nippy winds and rain pursues most of us at the moment...The remainder of the autumn leaves have still to fall, the rest, today, are soggy underfoot. Be careful how you step out!

We have begun gathering around the big round table in Jean and Colin's warm and cosy kitchen to share our monthly writing.

Such a variety of contributions from each of us, no matter what the topic may be, we all interpret it in different ways, so here is a selection of November's subject.

.....Mirrors.

Pam

### MIRRORS

The builder and the architect have gone home  
Having made, for those who can afford them  
Fine Houses, homes, terraces, estates, palaces  
And within them a series of functioning spaces  
Because somewhere there must be walls  
And on those walls  
Hang mirrors.

I have passed-on my mother's oval bedroom mirror  
It is going, with its gilt frame,  
To live in a Mansion  
To do its job there reflecting  
Tasteful interiors, guests at weddings and such like  
Gatherings, where  
The bride and groom might pause  
To see themselves framed in gold  
Before or after the ceremonies  
Peering at themselves  
Peering into their futures.

Later as an older guest  
They might cast their eyes around  
Or peer deeper into the cave  
Of a top-lit sanctuary  
To commune with a sheet of silvered glass  
Noting in passing how blemishes  
Distort things, probably a thin loss here  
Or here or there islands of the silvering chipping away  
To reveal imperfections in need of attention.  
The ancient surfaces requiring replacement or modernisation.

As much as mirrors need walls  
They also require fixing and suspension,

And to function properly they rely on the operation of the eye  
And behind that  
The operation of the mind inevitably  
Full of preconceived notions.

Impartiality, there's no such thing,  
For what is truth?  
Truth was never there really  
It is the first casualty  
As soon as the mind perceives itself  
And kicks into action  
Verified facts become friable  
Befriending the fondest delusions,  
Impaired by vanity, the inner workings of the brain,  
Dark forests  
Broken into shards  
Hard as glass, or reflecting bright sunshine,  
As innocent as a baby's love.

Peter Rossiter November 2023

## REFLECTIONS

Walking along the road this morning  
Not raining after another wet night  
Warmly wrapped up in our waterproof coats  
Grey skies at first then turning bright  
Along the road beneath the trees  
Against the damp and chilly wind  
High winds above rattling branches  
Now mostly bereft of their leaves  
Sadly sodden on the cold wet ground  
Among puddles reflecting the cloudy sky  
But as we turned to head back home  
A welcome change as we pass by  
Above the hedges a blink of sun  
Road and puddles now shining bright  
Reflections now a brighter sight.

Peggy Dalziel  
13th November 2023

## THE OLD MAN AND THE MIRROR

Jake ascends the stairs and enters the landing. At the end of the landing sits an old man, body hunched over, dishevelled. He moans as if in pain, he looks up and his eyes pierce coldly, soullessly towards Jake. It sent a shiver down Jake's spine, undeterred he walked towards where the old man sat. "Who are you and what are you doing here?" said Jake. The old man looked back at Jake with the same cold stare. "My name is failure; my life is miserable, and my future is bleak," said the old man. "Your future is bleak? Said Jake, "why?" "I have nowhere to live, no job and money, yes, my future is bleak". "Come home with me and stay until you get yourself back on your feet," said Jake. They returned to Jake's home. The months went by, and the old man began to gain strength. His dishevelled look was replaced by a suave and youthful looking man. Jake stood beside the old man and looked into a mirror. The reflection that met him showed himself to be the dishevelled old man and the old man to be the young looking man that Jake once was. "What has happened? "Jake exclaimed to the old man. "You have become me and in order to return to how you once were you too must sit in the landing of the derelict house you first saw me and wait until someone else shows kindness towards you and gives you shelter and food, only then will you return into the person you once were".

Dave Brown.  
Nov 2023

## THE MIRROR

My power is given to me by you. I am what you say I am. For centuries I have reflected your superstitious beliefs about me. The Egyptian God Thoth created the Universe through me.

The gods of night and sorcery cast spells through my obsidian and volcanic glass to strengthen the Aztec kings and their warriors. My name is beautiful there, Tezcatlipoca, the smoking mirror.

In China, I house a parallel world of demons, eager to break through and kill their human clones. A demon tiger leads them and mouths the eating of human flesh. Stealer of souls am I, in the African veld. Your black image is sucked into me with your essence, vitality, and yes, even your life.

Can a soul get trapped in me after it leaves the body at death? My Jewish friends cover all of me when a death happens. I can trap a soul in my cold depths and only release it once the body is buried.

Bloody Mary flits from my many surfaces until summoned by children chanting her name. She waits to shriek and reach and follow them into their world dripping putrid blood on pudgy hands.

Sleep with a mirror pointing at your bed? I wouldn't. While you sleep unprotected in the dark, my mirror energy is potent, and resting spirits can suck your soul to join their glassy home within my depths. Remember that night when you heard a voice in your ear, clear as day? Your waking broke the taking, and your soul was saved. If you don't wake? What then?

Look in my glassy shininess and if no reflection is there, your soul is gone. A vampire, witch, or undead, you will be.

In ancient Rome, human life renews itself every seven years, which matches the cycles of the moon. The moon holds sway if you break me. Leave my pieces undisturbed for a few hours then bury every piece outside under moonlight. Only then will I consider releasing you from seven years of bad luck. Can't find all the pieces? Then touch a sliver of me to a tombstone-and pray.

I see your terror and reflect it back for your entertainment. Humans seem to delight in the darkside. Children's books use me to terrorize the young with a wicked stepmother's quest for eternal youth, and Erised, the mirror showing the deepest desire of the human heart to suck you in.

I do have a lighter side, you know. You created me for beauty and the reflected glory of your youth.

You can find warmth and grace through me where I bring positive energy in harmonious Japan, or decorated cheerfulness in the homes of India.

I unite the souls of newlyweds as they stand before me. In the spirit world their lovely bond will last til well after death takes their bodies.

A lit candle and an apple sliced nine ways will show a maiden her future bridegroom on Halloween. Oh yes, she needs to eat eight pieces and throw the ninth against my glass for her future beloved to catch and show himself. All good fun, if she likes what she sees.

Let Sylvia have the last word on me "I am silver and exact. I have no preconceptions. ...I am not cruel, only truthful, the eye of a little god, four cornered. Most of the time I meditate on the opposite wall."

Jacqui Brown.  
Nov 2023



## **Digital Photography**

The homework for November was Patterns, which could be natural or manmade patterns. I asked members to consider if their photos would look better as colour or black and white and should they be in portrait or landscape format. As you can see, we have some wonderful natural and manmade patterns.

Sometimes digital photography isn't quite what you see! Why? Well sometimes a photograph can be 'tweaked' (e.g. colour corrected) or layered using multiple photos to make one photo using a photograph editing software. However, when you see the photos produced by our group members these are not photo edited. As a group we have agreed the aim is to learn our camera and its associated equipment, so photography editing other than cropping, straightening or flipping a photo is not allowed. (This doesn't mean that members cannot use photo editing software though.) Another reason we decided against allowing photography editing is because it can be a very complicated process and would require another specific group to

discuss this subject, so we are sticking to learning our cameras and associated equipment.

Our next formal meeting is 2.30pm on Wednesday 31st January 2024 in Coracle Hall, Llechryd. However, we are having a Christmas 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!

Finally, on behalf of the u3a Digital Photography group - Merry Christmas and Happy New Year / Nadolig Llanwen A Blwyddn Newydd Dda

For more information, please email Dave at [davejthomas66@gmail.com](mailto: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.

Kind Regards / Cofion Cynnes

Dave

Mobile 07974 590946



Adrian Milner



Alan Cooper



Dave Thomas



Margaret Evans



Colin Luker





Howard Jenkins



Margaret Taylor



Martin Weatherhead



John Leigh



## **Astronomy**

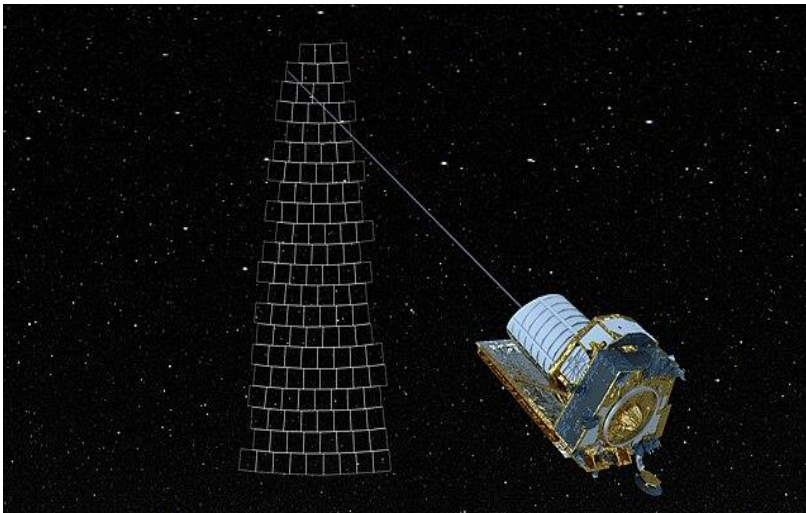
The Cardigan and Newcastle Emlyn u3a Astronomy group had its last meeting of the year on Nov 15<sup>th</sup>, the usual 2<sup>nd</sup> Wed of the month.

Following our normal review of what is easy to see in the current skies - Jupiter, the brightest object in the southern sky (the Moon excepted) from early evening to the early hours, until even brighter Venus rises in the East at about 5am and shines until the Sun comes out. The Summer Triangle of Altair, Vega and Deneb are there in the evening as is the Great Square of Pegasus, just to the right of Jupiter but higher up. Orion and all the Winter Hexagon stars that surround it are also visible, as they rise and move from East to West as evening becomes night.

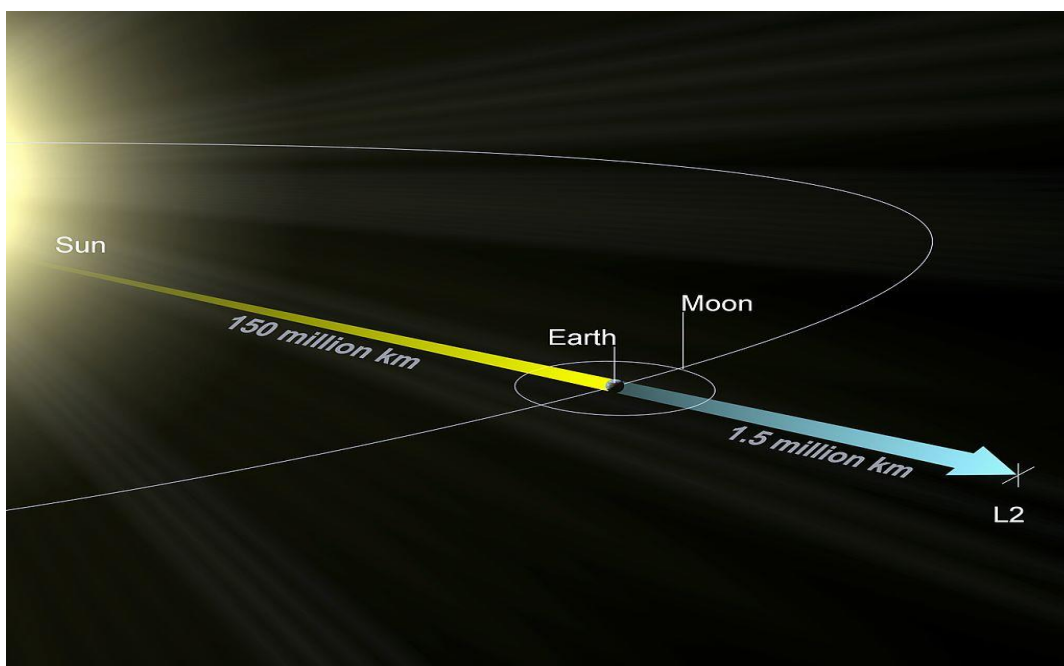
We then had a look at the Euclid project, the European Space Agency's Space Telescope that was successfully launched in July aboard a SpaceX Falcon 9 (its original Soyuz mount having been withdrawn following the Russian invasion of

Ukraine in 2022!). The Euclid project is to better understand Dark Matter and Dark Energy by more accurately measuring the Universe's accelerating expansion

Euclid is a wide-angle space-telescope with a 600 mega- pixel camera which records in visible light, and also the near-infrared to determine the red-shift (and thus distance) of detected galaxies. Its mission will last about 6 years during which it will characterise about one-third of the extra-galactic sky – i.e. the sky facing away from our Milky Way – and measure the red-shifts of a billion galaxies (galaxies, not stars!). It will also look for gravitational lensing on more than a billion stellar objects, with 50x the sensitivity of any terrestrial telescope.



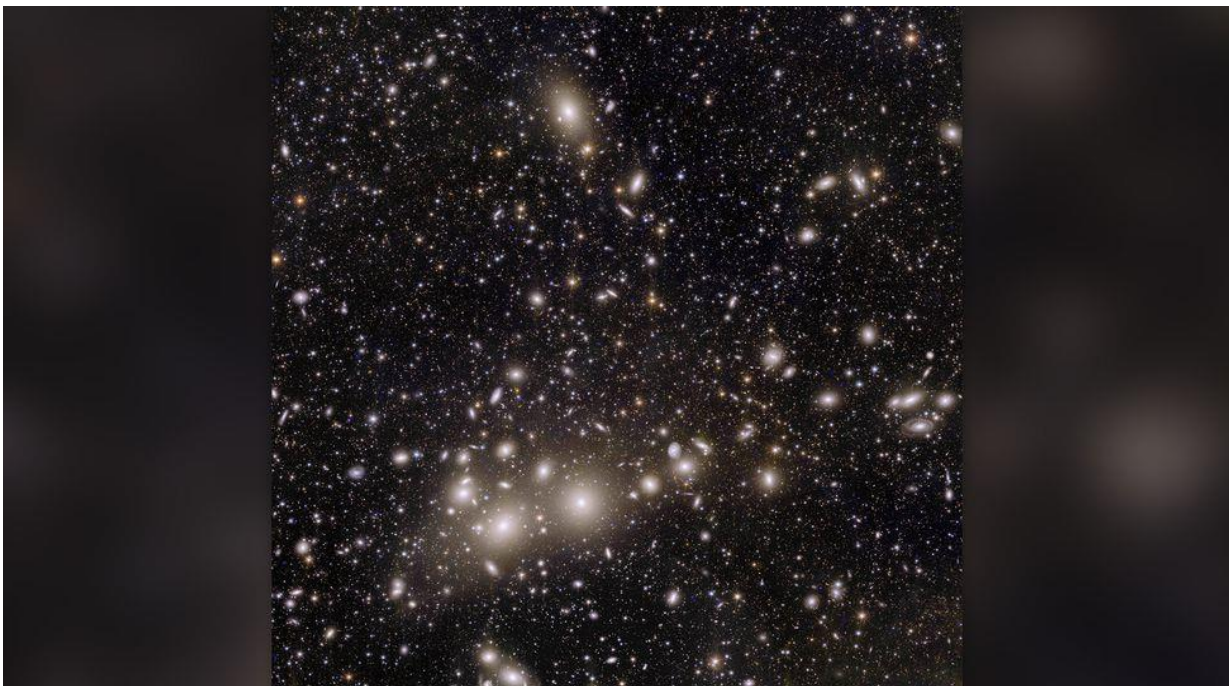
To achieve this sensitivity the telescope has been placed in the relatively “static” position known as Lagrange Point No.2 where it orbits the Sun every 365¼ days with the Earth always about 1.5M km between it and the Sun. This keeps all the unwanted radiation from both the Sun and the Earth, including light and infra-red, always behind it and it away from the telescope's view. (The James Webb Space Telescope is also at L2 for the same reason.)



Normal matter that we can see comprises just 5 per cent of the Universe's mass & energy balance. We know that there is much more mass in galaxies than we can see because light passing those galaxies is bent by their gravity. We don't know what it is yet but we call it Dark Matter, as we can't see it – and it comprises 27 per cent of the Universe's mass/energy.

That just leaves the even more mysterious 68 per cent, which we currently call Dark Energy. This is the cause of the Universe continuing to expand, and expand faster and faster, rather than shrink under the mutual gravitational attraction of all those galaxies – but what it is and how it does it is far from clear. Euclid's aim is to more accurately map where the Dark Matter is most concentrated and, with a billion light-bending measurements, produce some statistically significant data on which to base our differing current theories of Dark Energy and the evolution of our Universe.

Euclid is well through its commissioning trials and has produced some stunning images already, particularly of nearby Milky Way objects which are not its ultimate *raison d'être*. The following deep-space image may not be the most picturesque but it shows a 1000 galaxies in the relatively-near Perseus Cluster, more and in greater detail than ever seen before – and in the background another 100,000 galaxies can be seen, at distances stretching back to 10.8 billion light-years away, many never detected before.



Our next meeting will be on Wed, 17 January 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**

Next Monday 4<sup>th</sup> December will be our last actual meeting of the group – held, as usual, at Maes Mwldan. Our last concert this year will be in Bro Teifi on the 11<sup>th</sup> of this month. We are all looking forward to singing our programme of carols as everyone there will be very willing to join in- we might even be lucky enough to have some mince pies and perhaps even some liquid refreshment!

We sing for fun and everyone is welcome. There are no auditions and due to the fact that Jan cannot drive, we meet every Monday in Maes Mwldan. For more information about our group just ring Adrienne on 01239 612460 or just turn up to one of the practices. New members would be very welcome.



## **The Best Exotic Marigold Hotel by Deborah Moggach**

Our latest book was based on an earlier book of Deborah Moggach called These Foolish Things. This version takes its name from the very successful film made of the book.

A group of pensioners are brought together by the prospect of spending their retirement years in the warmth of India. The idea is sold to them by the irrepressible Sonny who will manage the hotel and Ravi the son-in-law of one of the new residents. When they arrive they are challenged by the sights and sounds of India especially as the luxurious hotel they were expecting is rather faded and run down, but they decide to make the best of it.

Although they are all strangers when they arrive, soon friendships develop and families visit, adding an extra dimension to the plot. The past lives of some of the residents bring poignancy and a bittersweet sadness to the story. The daughter of one of the residents says " she and her friends at the Marigold are the last of a species. Their world is already history".

Deborah Moggach develops the story with pace and gentle humour. She has a sensitive approach to her characters who are vividly portrayed.

Our book group meets on the second Thursday of the month in the morning and if you would like to join us we have vacancies for two new members. We all contribute

ideas for book choices and our reading varies from the classics to new books of all genres. Our meetings are relaxed and informal so do come and join us.

Marie Everett



## **Ukulele**

Our last concert was played at Narberth Rugby Club for a wonderful group of people who run a 'Living Memory' Group.

People from around Narberth are brought into the rugby club premises on a regular basis for a number of events to help them with socialisation, dealing with effects of memory loss and their general health and well-being.

This was our first visit and the whole morning was organised by Sharon Swift – one of the ukulele members and the people who run the Living Memory group. What a concert - certainly one which will be remembered for many months.

Not only did we play our favourite numbers which many of the audience joined in with but the whole morning was enhanced by the arrival of some of the Year 6 pupils from the local junior school. Suddenly the whole place became alive with the children dancing, the audience singing and everyone being given 'shakers' to rattle in time to the music.

This was easily one of our best concerts – memories that will stay with us and the audience for some time to come.

Judging by the concert dates for December, it seems as though our reputation is growing.

### **December dates include:**

- Tuesday 5<sup>th</sup>** Aberporth pensioner's group
- Friday 8<sup>th</sup>** Clynyfw Christmas Fayre
- Tuesday 12<sup>th</sup>** Concert to friends, family and residents of Newchapel.
- Thursday 14<sup>th</sup>** Ferwig Craft Group
- Saturday 16<sup>th</sup>** Tesco swimming pool fundraiser
- Tuesday 19<sup>th</sup>** Newchapel Christmas Concert
- Thursday 21<sup>st</sup>** Llwyndyrys Care Home Xmas Concert./

We have even got a date for a concert for next year – details of that later.

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 Will North

Here is a pic from our Strollers' Walk to Rosebush Quarry. This beautiful pool has been reclaimed by nature and one of members, Christine Cooper, went for a swim in it that morning. The temperature must have been about 5 °C but she said it was lovely. Rather her than me.



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.

All routes were printed in October's newsletter- below is a brief reminder.

<b>Dec. 5<sup>th</sup></b>	<b>Pontgarreg Circle</b>	<b>4.8 miles.</b>	<b>Lunch is at New Inn.</b>	<b>Leader- Roy</b>
<b>Dec.12<sup>th</sup></b>	<b>Bedd Morris</b>	<b>7 miles</b>	<b>Packed lunch</b>	<b>Leader Roy</b>
<b>Dec.19<sup>th</sup></b>	<b>Rhydlewis Circle</b>	<b>6 miles</b>	<b>Lunch Ffostrasol Arms</b>	<b>Leader Malc</b>
<b>Dec 26<sup>th</sup></b>	<b>no organised walk</b>			
<b>Jan 2<sup>nd</sup></b>	<b>Llangranog- Pigeonsford</b>			<b>Leader Roy</b>

Chris Edwards - programme organiser



## CASTLE BAGGING

### **First of all –what is castle bagging?**

- 1) You locate a castle of your choice, you read up about it, so that you can give a talk about the castle you have chosen.
- 2) Organise a date to meet at your castle where- you, as the guide - give your walk 'n talk,
- 3) Then put that castle in your bag and move on to the next castle on another day – hopefully someone else will be the 'guide' for that meeting.

Sometimes it is advisable to book a guide so that you are able to get more details and insight into the battles that took place and the lives of those people who lived inside the castle.

Can you identify these 4 Castles? One of these could be one of your choices.



Well, where do I start? At the beginning I suppose would be a good place. Thank you to all who came along to the first Castle Bagging meeting.

We started at Cardigan Castle- the guide who led was Cardigan's historian -Glen K Johnson, who opened up the castle especially for the group. His knowledge is second to none and he was invaluable for us to gain more knowledge of the time of the Roundheads, Cavaliers and Oliver Cromwell in 1664 and also to show us how a tour should be done..





It all went to plan amazingly. We had a group of 16, ready to hear all about the medieval castle starting from the year 1110. We started in the shop, which, we were told, was once a house. Glen then led us outside to tell us that there was also another tower which had been discovered but was now- unfortunately -covered with ivy. Without that knowledge, we would not have known it was there. We proceeded to the garden where we were told that the ground we were standing on was in fact 20ft above another part of the castle. We could just see the top of one of the many windows where arrows were fired from, poking out of the ground.

Glen went on to explain that most castles normally had a brewery plus a bakery/buttery. On asking why those facilities appeared to be so important, we were told that due to the water not being of good quality, the soldiers drank beer instead – supposedly to keep them healthy!! The bakery was there so that they had bread to eat whilst on duty at the top of the castle. As there were no dinner breaks the soldiers on duty could tuck the bread into their garments to eat when they were hungry.

Glen went on to show us another wall by the vegetable garden and mentioned a ditch underneath which is still being excavated - asking the question--- why was there a ditch in the first place?

We made our way to an outer wall which faced the river. Glen told about parts of the walls under where we were standing which, by all accounts, used to be part of a prison. Visible in the distance was a hill called Banc-y-Warren - apparently this was where the prisoners were hung.

Being in prison and seeing that hill in the distance must have been daunting, knowing that Banc-y-Warren was the last place you were going to see.

He also explained that some of the stones within the walls were from other derelict buildings – you can see the difference in the stonework and this would also be a visible feature when visiting other castles.

Inside the castle there were several wooden chairs with very deep holes next to them. Apparently these holes were where the inhabitants deposited their toilet waste. Disposal of said waste was all based on the tides of the river. When the holes were filled up and the tide went out, it took all the waste with it, so in effect polluted the river (this sounds very similar to the rivers of today!) This was quite astounding, because the rivers of that time rose some fair distance to get up to the castle.

Battling the weather, we made our way towards the house. This again was very interesting, as they have discovered that when Daniel Evans built this house, it was upon more medieval foundations. The building of Castle Green House was started in the 1790's and finished in 1808. It was owned by many important and wealthy people, four of whom became high sheriffs of Cardiganshire.

Photographs can be seen in the hallway, rooms that were spiral staircases, video of the cellar, which you are unable to go down because of Health and Safety.

It was owned by many wealthy important people, four of whom became high sheriffs of Cardiganshire. One of these was David Davies, a pivotal figure in the port of Cardigan.

Over the years, the house became the property of Miss Barbara Olwyn Wood. Photographs can be seen in the hallway, glimpses of rooms that were reached by spiral staircases and a video of the cellar.

Unfortunately visitors are unable to see due to Health and Safety regulations.

This is a brief outline of our tour and I highly recommend that you pay a visit. £7 will get you a pass for a season and you are able to go as many times as you wish. You can also visit upstairs if you wish in order to research family history or the history of your village/town. They have so many documents that have been researched and it is well worth a visit with so much to learn.

As we are now approaching winter, we will 'bag' this brand new group until the New Year. We are however, also looking at beginning a 'sister' group, called Manor/Mansions bagging.

Dates and venues will be available as soon as they are in place. Watch this space.

Many thanks to all that came, I know everyone enjoyed it, let us hope we can continue.

*Sharon Swift & Jan Parcell*

Congratulations to Sharon and Jan for undertaking this new group and for all the hard work that went into the organisation.



### **Meeting held 23<sup>rd</sup> November Guild hall**

Having been let down by a speaker, Judi Campbell, a U3A member, valiantly stepped in – literally- to deliver a presentation.

Fitsteps is the creation of Strictly Come Dancing professional dancers, Ian Waite and Natalie Lowe, and Strictly competitor Olympic swimmer Mark Foster. It is an energetic, fun dance fitness class featuring favourite dance steps to music. On moving to this area Judi had wanted to join a Fitsteps class, but found the nearest was in Swansea, so decided to undertake the training to become an instructor. Having being involved in amateur dramatics for many years, Judi is no stranger to acting and singing but dancing was a new skill she acquired through training as a Fitsteps instructor. Her training involved undergoing an eight hours class in Bristol. Armed with her certificate she started two Fitsteps classes, both of which are fully subscribed.

Judi's involvement in amateur dramatics actually led her to audition and be chosen for the lead in many excellent productions- some listed below.

### **84, Charing Cross Road:**

**Hello Dolly:** Judi directed

**Wind in the Willows** and last but by no means least appeared in

### **Calendar Girls!**

I think Judi said that the month of June was her chosen month for this last production. I, of course, would **never** dream of embarrassing her at all by mentioning a sudden change of height of some of the props in a particular scene which meant that there was slightly more flesh shown than was originally planned! All done in the best possible taste however!!

Judi's passion for being a Fitsteps instructor clearly shone through in her talk and she continues to develop as a teacher with the training, which is constantly updated, and her new challenge is undertaking training in order to offer a seated class for those with limited mobility.

What better way to show what she does than by getting volunteers from the audience on their feet to learn some of the steps. Layers of clothing were shed as the participants enthusiastically followed Judi's instruction, and, judging by the smiles and laughter, all enjoyed themselves.

I think some of us may have gone home afterwards to have a brisk rub down with the 'Sporting Times', a hot bath and a lie down!!!

Fitsteps is a way to get fit, have fun, meet others without being judged and you don't need previous dance experience.

It was an **amazing** afternoon's session- thoroughly enjoyable and thank you Judi for 'stepping in' at such short notice. So many people enjoyed the experience. Brilliant!



Jane Morris and Shirley Cole



## **DATES FOR YOUR DIARY**

### **GUILD HALL MEETINGS**

**No meeting in December and future dates are in this November's newsletter.**

Obviously the Thursday meetings will still be the same 3<sup>rd</sup> Thursday of every month



### **A Message from the Chairman**

It's that time for our newsletter - as I have been reminded by Shirley Cole- our excellent Editor.

Our groups seem to be getting on well. The tea/ coffee group are meeting up fortnightly and is well attended so keep it going. Enjoy whatever you are doing but please do attend your group otherwise it may fold, some need a minimum number to pay for hall or venue hire.

Talking of groups, we have had a lady who would like to start a Mahjong group is there any interest amongst our members?

Our walkers have been active having seen and heard reports from members attending and photos on social media, it's great to hear and see. Keep it up all of you, and well done to the walk leaders for your hard work.

We have arranged a post-Christmas meal for members at the Cardigan Golf Club again on Thursday 9th February 2024. Keep the date free, I will send you a menu when we have one from Pat, the steward there.

We also would like to organise another coach trip next year, if any of you have any ideas of where you would like to visit- drop me an email to **chair@cardiganu3a.org.uk** and let me know. We must keep it within Wales as it needs to be a day trip only.

**My last plea is for someone still to come forward to take on role of Group Organiser as Adrian has now fully stood down.**

Anyway, that's enough from me there are many more interesting articles in this month's edition enjoy reading them.

As this is the last newsletter before Christmas, please have safe and enjoyable time with your family and a prosperous new year

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**. [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!!



### **DATES OF THURSDAY MEETINGS**

Meeting Date	Event	Speaker	Location
December	<i>No meeting</i>	-	-
January 25 <sup>th</sup> 2024	<i>Burns Night</i>	Judi Campbell	Guildhall
February 22 <sup>nd</sup> 2024	<i>Bee keeper / former commercial herb grower</i>		Guildhall
March 28 <sup>th</sup> 2024	<i>List of Historic Place names</i>	Dr. James January-McCann	Guildhall
April 28 <sup>th</sup> 2024	AGM	None	Guildhall
May 23 <sup>rd</sup> 2024	Panto!	Shirley Cole	Guildhall
June 27 <sup>th</sup>	Open Day	None	Guildhall

### **Carols by Candlelight at TREMAIN CHURCH**

**This will take place on Wednesday 6th December at 3pm.**

**Followed by festive refreshments. All are welcome**



## **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 is always 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 regarding any available hall then please get in touch with me as soon as possible.

Once Christmas is out of the way I would like a meeting of all those who have volunteered so that we can sort out rehearsals etc. I apologise for the moving of the actual panto- it WILL take place!!!!

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## **Backups are essential!**

Without a suitable backup, it is not a matter of if you are going to lose some or all of your valuable personal data, it's simply a matter of when, as described in Backed up or Messed up?: <http://cardiganu3a.org.uk/wp-content/uploads/2017/05/Backed-up-or-Messed-up.pdf>

That article describes how to do both Image backups and Data backups.

For those interested in doing Image Backups, the featured Macrium Reflect Free is being withdrawn. Macrium will only supply paid versions in the future.

However, if you want the Free version, you can still download it from these two links:  
<https://www.techspot.com/downloads/5442-macrium-reflect-free.html>

[https://www.majorgeeks.com/files/details/macrium\\_reflect\\_free\\_edition.html](https://www.majorgeeks.com/files/details/macrium_reflect_free_edition.html)

Another option is to use the free Aomei Backupper (Standard Edition):  
<https://www.aomeitech.com/aomei-backupper.html>

Alternatively, for simple Data backups, which are probably more important to most people (but which do not preserve the installed operating system and other programs), one of the easiest tools is FreeFileSync which works on Windows, Linux, Mac etc.

First create a new folder (right click in blank space and select New > Folder) in a USB backup drive (E: or F: etc) of sufficient capacity called TARGET\_Home, or similar. Download FFS for Windows from: <https://freefilesync.org/download.php>

Right click on the FreeFileSync\_13.1\_Windows\_Setup.exe file (or similar) and select Open as Administrator. Then carry on with the installation.

Open FFS and click on the blue cog at the top. Select File time and size. Ignore Filter. Leave it as it is. Next click on the Synchronisation tab at the top. Select Mirror and click on OK. Under Delete and Overwrite, select Permanent (this stops your Trash folder being clogged up).

Open FFS by clicking on the green FFS icon on the Desktop.

To locate the Home directory for user fred, use the Browse button at the top of the left-hand pane to find: C:\Users\fred

Similarly, on the right-hand pane, use Browse to find:

E:\TARGET\_Home (NB this letter may change if additional drives are connected!)

Click on Synchronise > Start synchronisation now? > Click on Start > Let it run > Close.

NB The first FFS run may take some time depending on the amount of data in the Home directory. Subsequent backups will only take seconds or a few minutes.

Under Configuration, select a name for your regular backups such as RegularHomeBackup.ffs\_gui. See screenshots :

<https://freefilesync.org/screenshots.php> Repeat as required when personal data in the Home folder changes.

*Godfrey Green*



I received the e- mail below and I have included it in the newsletter as requested.

You may be aware of a petition that has been set up to try and reinstate the Cardi Bach service. Obviously we will need lots more signatures, so would be grateful if you could circulate it amongst your members and contacts!

Please find it at: <https://petitions.senedd.wales/petitions/245885>

