

# Cardigan u3a Newsletter

No 16 MARCH 2024



## **Editorial**

The weather so far has been pretty dismal but hopefully once March is out of the way perhaps we can look forward to some more sun. Easter is again upon us and your thoughts may be turning to going away somewhere nice for the summer.

My daughter has settled quite well in America –obviously extremely busy with the children and their activities. Hattie has started at a little Montessori school which she loves and both the girls do gymnastics and swimming with Hattie also carrying on with her ballet. At last they have a garden which overlooks a huge park – last week when I was skyping her I actually saw a racoon climbing up on one of the fence posts!!

Her husband's parents came from California to stay for three weeks – I would like to say that it was a joyful occasion but the daughter and mother- in- law could not be more different and from day two there were differences on various matters. The main bone of contention was the speed that processed ready meals could be prepared instead of waiting for freshly cooked meals using fresh organic food. My daughter cooks from scratch using the latter as she is a brilliant cook and secondly –why do the children do all those pointless activities?

Oh dear!!!

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

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



## **INTEREST GROUPS**

The **afternoon tea and coffee mornings** are going really well and attended by approximately 20 people every time. The last coffee morning we had was at the Albion which is a fairly new restaurant and hotel just over the other side of the river.

Once again it was a welcoming venue and over 20 u3a members came along.

It turned out that due to an administrative error the staff were not expecting us which could have been disastrous but in the true spirit of 'the show must go on' we were able to access coffee and teas and even better – after a short wait- the staff in the kitchen made a variety of sausage rolls which apart from being freshly baked and obviously still hot were really delicious. These plus some lovely cake was made available to us so the morning was saved.

It is great to see so many people attending and socialising and again our thanks go out to Will and Liz North for their hard work in finding these venues.

On Thursday, 21<sup>st</sup> March we met at the Cenarth Tea Rooms in Cenarth for afternoon tea. Having been there before and enjoying the friendliness of the staff, it was once again an enjoyable experience with 14 members attending. The service was excellent as were the plates of goodies –all freshly made – for each table

**REMINDERS**–The coffee mornings are held on the first Thursday of each month and the Afternoon Tea Group meets on the 3<sup>rd</sup> Thursday of each month, usually at about 3.00pm. The venues are selected within about a 10 mile radius of Cardigan and should be able to host around 20 members and enable free parking. Liz and Will North are also avid, hard- working gardeners and every year open their fantastic garden to the public. All monies collected go towards a charity.

The next two dates for the coffee morning and afternoon tea are :-

**4th April at 11.00 am at the Waterside, Webley Restaurant**

**11<sup>th</sup> April at 3.00 pm at the Pavillion Cafe, Penrallt Garden Centre**

The dates for the garden Open days are below and it is hope that as many people as possible will take the opportunity to visit.

**The Cae Bach, Hermon, (SA36 ODS) NGS Open Garden dates are:-**

1<sup>st</sup> Open Day – **Sunday, 23<sup>rd</sup> June 2024** – 11.00am – 5.00pm

2<sup>nd</sup> Open Day – **Sunday, 18<sup>th</sup> August 2024** – 11.00am – 5.00pm

The Garden is open by arrangement for groups of 5 or more from Sunday, 16<sup>th</sup> June 2024 – Sunday, 21<sup>st</sup> July 2024 and is well worth a visit.

Teas, coffee and homemade cakes can be enjoyed and there will be plants for sale also. **All proceeds go to National Garden Scheme (NGS) Charities.**

If any of the new members would also like to voice their opinion concerning these social gatherings, then their comments would be very welcome.

Below is a letter from **Liz North** which she wanted to be included in the newsletter following her stay in hospital.

'As some of you may or may not know, in February I spent a couple of weeks in hospital. I am well on the way to recovery but felt I had to thank people for the many good wishes that I received. I had cards, emails, texts and phone calls all wishing me a speedy recovery. It was so kind of everyone who took the time to get in touch. When you're not well, it gives you a real boost to know people are thinking of you. Thank you all once again.'

Liz North.



## **CREATIVE WRITING**

This year, it has been difficult to have proper creative writing meetings after the passing of Jean, our original group organiser. So many things for Colin, her partner, his family and Jean's family to deal with that our group has not met in Colin's home since Dec 2023, when Jean died.

We still sent in some contributions during this time but, as yet, have not organised a place where we will continue to meet.

The last assignment was in December, and the subject was birds, two of which you can read below followed by an current seasonal short piece.

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## BIRDS .....Christmas 2023

Another year has come and gone .

Christmas is here again, time to write something for next week, which subject should I choose ?

Christmas is something about birds, so which of these?

We are not having a bird for our Christmas dinner this year, earlier we bought a half goat, so for our Christmas meal we shall have the leg of goat, otherwise no doubt our meal will fairly traditional, the company will be the same, just family around the table. Three of us and Niamh's mother, she will reciprocate by feeding us all on Boxing Day.

With no festive birds to be eaten this year perhaps I should concentrate on the ones outside. Earlier this year we put up a bird box on one of the trees, with a camera. While last year it was briefly residence to a Tit, this year the bird using it for overnight residence is a Woodpecker, which comes in at dusk and goes out again at dawn. We do not know if it sometimes visits during the day, as we are not in the computer room looking at the monitor, we would like to see it mate and settle in there. We think it is a female but our neighbour has seen a male too, at one of the bird tables.

We do have quite a variety of birds around our two houses, not only the Woodpeckers but various Tits and Robins. Earlier in the year had Swifts and Swallows, also the occasional Magpies, which are very beautiful but vicious to smaller birds. Then of course there are the birds of prey, including Kites seen circling above fields and orchard, also the birds we do not see, the Owls which we hear at night.

How lucky we are to live in our lovely National Park where the wild life has some protection, and where we can enjoy the sights and sounds of Nature.

Peggy Dalziel.

THE BIRD..... how I fly.

I do the quick go

A curve then gone

Two overs, three wait-unders

Then there's no before..

Only Now

Sometime so low

Other time a high mighty-up

Until no up at all.

Eye my like-a-leaf dance

Free from the bough

I swim in the swift blast

Sift the 5inged sky pens,

I draw double squibs, and bend the bends.

See my straight turns

So tight on the string,

The sound of a tightening wind,

And all the time my beating heart

Beating in time

To my calling call.

Peter Rossiter.

## FROM SUMMER TO SPRING

Rustle of the leaves in the Ash trees

Wind playing games at the end of summer

Leaves will be gone soon

The Earth will sleep

When it awakes

Spring will burst forth once again

Nothing stands still.

Pam Rossiter.



## **STROLLERS**

Below are some photos from our Strollers Walk on Wednesday, 6<sup>th</sup> March. It was one of the rare sunny days and perfect for a walk along the River Teifi at Cilgerran and then up the steep steps to Cilgerran Castle. We then walked back through the village to the riverside car park. The pictures of the walk, taken by Michael Brown, show what beautiful and interesting scenes there are in our wonderful part of Wales.





Will North





## **A very long walk.**

In last month's newsletter I included a very interesting report from Dennis Rawles concerning the huge achievement of Dennis and his wife walking the whole of the Welsh coastal path and Offa's Dyke.

At that time Dennis had not sent any photos to accompany his report but has since been able to send me some - which my husband has downloaded- something which is totally beyond my capabilities! I thought it would be nice to include them in this month's newsletter.



**Three Cliffs bay Gower**



**Ty Coch inn Porth Dinllaen**



**Nant Gwytheyrn**



**Borth Y Gest**





**Early start Moelfre to Amlwch**



**Church bay to Valley**



**Nantgwytheyrn to Nefyn**



**Chester Coastal paths end**

**Offas Dyke path**





**Wye Valley**



**Llanthony Priory**



**Black Mountains Nr. Hay-on-Wye**

**Prestatyn Chepstow 1/2 way signpost**

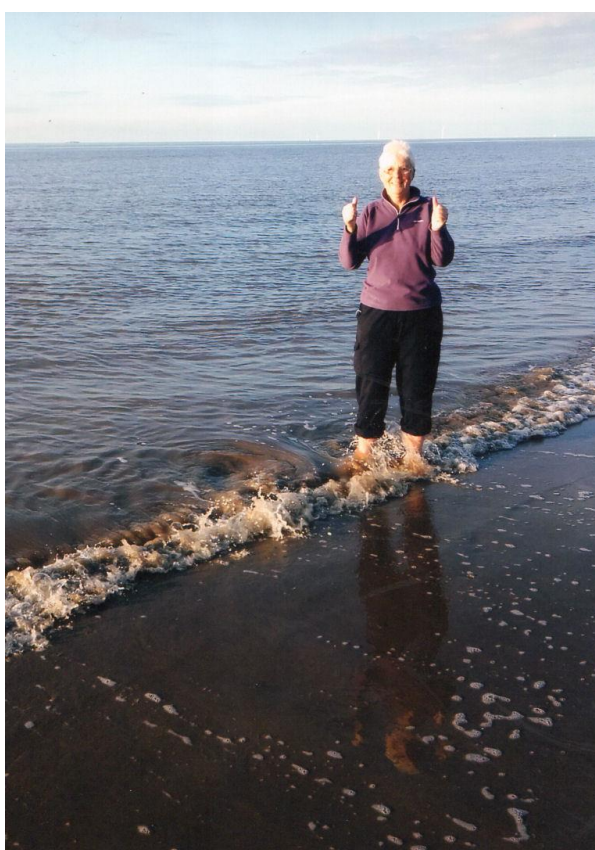


**Worlds End**

**Towards Flint**



**Funny sign Prestatyn**



**Paddle in the sea Prestatyn**

**Finally - in the bin- Prestatyn**

Well done to you both- beautiful pictures and memories of not only extraordinary scenery but a huge achievement.

### **Digital Photography**

Each month group members are set a specific homework topic, but can choose to take something of interest photographs or do a mixture of both. At the following months meeting, homework is reviewed and critiqued by the members, with tips and advice provided as necessary. So, if you would like to join us, we welcome beginners, intermediates and advanced digital photographers. It doesn't matter what camera equipment or level of experience you have. 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 month's homework to help you get started straight away.

Kind Regards / Cofion Cynnes

Dave

Mobile 07974 590946





## **Astronomy**

The Cardigan and Newcastle Emlyn u3a Astronomy group met as usual on the 3rd Wednesday in February, i.e. Feb 21st.

Due however to holiday arrangements in foreign climes –Adrian is unable to give his astronomy report this month.

Normal service will be resumed in April!



## **Castle bagging**

Further to our visit to Cardigan Castle last year and with regards to the castle bagging group, it is not really suitable to visit castles during the winter months.

However –I have arranged for Emyr Phillips to give a talk on the 16<sup>th</sup> April at 2 pm in the Reading Room in Newchapel. He will be talking about the Cilgerran Quarries and Ffynnone Mansion.

There will be a charge of £3 pp to cover the cost of the afternoon talk which promises to be a very interesting topic.

I am also hoping Glen Jonson the Cardigan historian, will come again and talk- with photos- about manor houses of Cardigan. This will be confirmed for April and more details will follow.

As we approach spring, we can look to getting back to castle bagging.

If you are interested in any of these events, please let me know either by email- sharonjswifty82@gmail.com, or 01994 419010.

**Sharon Swift**

## **Crafters group**

The Crafters Group meet fortnightly on Wednesday mornings at my house, although this arrangement may not occur every fortnight owing to vacation absences.

The existing group members have agreed that the next three 2-hour gathering will be.

Any new members who might be interested in joining us should ring Sue Milner on 07436-900 223 or email her on [susan.m.milner@btinternet.com](mailto:susan.m.milner@btinternet.com) for more information.





## **Singers' News**

We would like to gain some more voices -so please join us if you can. 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.



## **Book Group**

'The Silent Patient' by Alex Michaelides was our choice for March.

The book opens with a prologue which is an excerpt from the artist Alicia's diary, setting the scene of her relationship with her husband. She is the silent patient of the book's title. The story starts with the stark statement by psychotherapist Theo Faber that 'Alicia Berenson was thirty three years old when she killed her husband'. After she has been convicted Alicia is sent to the Grove, a psychiatric unit. Theo visits a gallery to see an enigmatic painting by Alicia which she has titled Alcestis. Because of her notoriety the painting is a sensation with queues outside the gallery to see it. This introduces another significant character in the story, the gallery owner. Theo secures a job at the Grove and begins to work with Alicia.

The pace of the story is slow at first as the scene is set and the various characters are introduced. It speeds up as the story develops and the various strands are brought together to its nail biting conclusion. We all enjoyed this book but the way in which the story is told is quite complicated and left a few unanswered questions. The characters are well drawn as their place in the story is gradually revealed. I think most of us would agree that the ending came as a complete surprise. Definitely 'a good read'.

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**

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.

We have so many dates for concerts/gigs this summer – 19 at the moment up to October - but it is a pleasure – especially when we go to the residential homes –to

see the obvious enjoyment on the faces of the residents- I think it is enjoyment any way- I like to think so. It could be indigestion!!!

We also do some of our concerts during the week as well as weekends.

Since I have joined the group I think our dates for playing have almost tripled---

**(NOT- I hasten to add - because I have joined!!!)**

Our group is enthusiastic, multi- talented, uses a variety of instruments and always willing to play different genres of music.

Due to the fact that we are playing at a variety of venues for this summer and autumn, we are now talking about buying a PA system for both our outdoor and indoor gigs. Many of the outdoor sessions have been spoilt by a howling wind which seems to arrive just as we are about to start and the indoor sessions are also quite hard due to the general conversations of those watching and listening- or in some cases getting up and putting their coats on as the coach has arrived to take them back to wherever!!!.

We are hopefully playing at the Tenby Folk Festival this year and also have a camping weekend booked for another festival near Pembroke.

Any prospective new members can get in touch with me and I will pass your details on to those in charge. You do not have to be a seasoned player- total beginners are welcome and will receive excellent tuition.

Shirley Cole



## **Cardigan U3A Tuesday Walkers**

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.

Chris Edwards - programme organiser



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

Another month has gone by -where does the time go? Spring is well with us now, my garden is coming on- when I can get onto it in between the rain, I am thinking of growing rice this year, it won't be much work to create a paddy field!!

It's coming to the end of our year, subscriptions are due on the 1st April for all, see Will North for your renewal. We have kept the subs the same as last year at £16 a member. We also have the AGM next month on the 25th April at the monthly meeting

in the Guildhall, please try to come along and support it as we need a certain number present to be Quorate. If you would like to stand on the committee, get a nomination form from our secretary or myself and get a proposer and seconder. It is open to ALL members.

I have made it a challenge to get more groups active in Cardigan u3a. One that I believe there is an interest in, is Scrabble. We used to have a Scrabble group but it stopped during Covid and never restarted. **Are you interested?** I can get a small hall on a morning in Newchapel- the reading room for a very reasonable fee, would you be up for it?

**Is there an activity or subject you would like to pursue in our u3a- if so let me know and we can advertise and encourage it starting up.**

We are running a coach outing to St Fagan's Museum of Welsh Life on Thursday June 13th. The coach ticket will be £12 and it will start from Cardigan and head out to Newcastle Emlyn and onwards. It is a free entry into this fascinating venue. Linda Miles is going to be taking names and monies for your seat so contact her or myself if she is not around.

Enjoy the newsletter read and keep giving articles to Shirley Cole our Ed she is waiting ....

Thank you and best wishes

Best Wishes

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!!

### **THURSDAY 28<sup>TH</sup> MARCH MEETING**

Our last talk was given by James January McAnn and was on the subject of historic place names of Wales. I must admit that it was something I had never thought of as I was one of these English people who moved to Cardigan three years ago- to a bungalow called 'Greenacre' !

I did have a Welsh uncle who worked in the quarries and as a child I spent my summer holidays in Crickhowell. My uncle only spoke Welsh to me- my aunt translated!

Apparently James McAnn had an avid interest in Welsh history from a very early age and he and his grandmother would spend ages whilst travelling on a bus, train or car discussing Welsh place names, the meanings and what they meant to the people living in a particular house, farm or village.

He now holds the very prestigious title of Commissions Place Names Officer after gaining a Masters and a PhD at university.

Why this interest you may be asking – unfortunately there is the belief that Wales is losing the Welsh place names and that they are being replaced by meaningless and often ridiculous English names- especially when it came to houses or cottages. One example was ‘Happy Donkey Hill’ which is near Llandysul and has over 500 years of history. There was no rhyme or reason for this name.

‘Mountain Sea View’- again, a popular English name which was popular because the property may be near the sea and mountains.

‘Little Pudding Cottage’ -- what has that name got to do with a little cottage which is next to a bridge that goes over a river? Absolutely nothing!

It appears that people were not interested in buying any properties with Welsh names. Something changed however when an Act came into being in 2016 that would both protect and conserve Welsh place names. If people wish to change the name of their property they have to apply to the County Council. If the name of the property is on an historic list then the answer will be a firm ‘no’

James gave some interesting facts:

**Gwynedd** - now have a 50% success rate in keeping the Welsh names of properties and this number is set to rise.

**Powys** - once had mostly English place names for both houses and farms but there has been a dramatic change back to the original Welsh names.

**Ceredigion**- ten properties have been changed back to the original Welsh name with only one property being allowed to change to an English name.

**Merthyr Tydfil** has managed to keep or change the names of properties to the historic Welsh names which were used many years ago.

**Swansea** There are now more Welsh names than in previous years and the number is rising.

Some places have a bi- lingual policy and everyone has access to the rules and regulations and the lists of property names.

James showed us the detailed maps of the topographical features of every county in Wales plus the Welsh names- and how to pronounce them, the grid references, all the farms, parishes and fields – the latter all having an individual number. This number was specific only to that field. This website also showed when everything was first recorded.



The website has been visited by 70,000 people and has used over 1300 different sources. Place names go back to the 11<sup>th</sup> and 12<sup>th</sup> centuries in many cases.

The whole talk was extremely interesting and gave a complete insight into the detailed and thorough listing of all the various properties and the drive to see the Welsh names and history of these places being restored.

### **DATES OF THURSDAY MEETINGS**

Meeting Date	Event	Speaker	Location
April 25 <sup>th</sup> 2024	AGM	Howard Lillyman	Guildhall
May 23 <sup>rd</sup> 2024	Panto	Shirley Cole	Guildhall
June 27 <sup>th</sup> 2024	Open day	New group co-ordinator	Guildhall
July 26 <sup>th</sup> 2024	Battle of Crug Mawr	Kevin Ashman	Guildhall



### **PANTOMIME**

**Just a reminder- again!!!**

**The date for this extravaganza is the 23<sup>rd</sup> May at the Guild Hall. Please make a note and try to keep the date free.**

I mean - what could be more important than coming to watch a group of volunteers (I do use that word rather loosely) on stage – some for the very first time and completely out of their comfort zone – performing before an adult audience of ‘would be’ critics!! I hope though that the pantomime will be well supported by our wonderful u3a members.

**REHEARSAL 9<sup>TH</sup> April AT 1.15 PM in the Reading Room in Newchapel.**

If you have any costume and want to complete the hilarity then please bring it along to this rehearsal. There will be at least two other rehearsals in the Reading Room before a dress rehearsal – venue for that to be decided.

[wallaceshirley@hotmail.com](mailto:wallaceshirley@hotmail.com)

