

Cardigan u3a Newsletter

No 172 NOVEMBER 2024



EDITORIAL

This epistle will be the last one before Christmas –the next one will be at the end of January.

I cannot believe that I am actually mentioning the 'C' word – this year seems to have flown past and I have not even thought about family arrangements for the big day. Mind you- three out of four of my offspring are coming home for my big birthday next year and they cannot afford to visit me twice as they are in Australia, Thailand and America. This just leaves my eldest son who lives in Pembroke but he has completely renovated and re- decorated his house in Pembroke and although has lived there for the last three years, he has never had a family Christmas in his own home. This year he might want to stay put and I could not blame him.

My other half will not care if he has scrambled eggs on toast for Christmas dinner – as long as he has a Christmas pudding he will be happy! I am not a cook in any way shape or form- although I do make a good macaroni cheese!!! Our Christmas meal could be very different this year!

Paul in Australia will be having a Bar-B-Q on the beach! My daughter Becky will be having her first Christmas in America. Dan and his wife, who are in Thailand, are working and will be taking a group of tourists into the jungle to see and enjoy the elephants and gibbons. Usually they all descend here but as they are all here for my 80th –it was proving to be too expensive. This just leaves my eldest son who lives in Pembroke but as he has completely renovated and re- decorated his house in Pembroke and has lived there for the last three years, he has never had a family Christmas in his own home and has always come to us. This year he might want to stay put and I could not blame him.

Definitely macaroni cheese on the menu followed by Christmas pudding then!!
Sorted!

Martin and I have not been away for a proper holiday for almost ten years but two weeks ago I took the bull by the horns and went into the new travel agency in Cardigan- I can thoroughly recommend it- and actually booked a two week Mediterranean cruise for next September. I have even got a house- sitter arranged to look after the two dogs, cat and budgie! I am already so excited!!!

Can I just wish all our u3a members a very happy Christmas and New Year – whatever your plans.

Website: www.cardiganu3a.org.uk

Email: editor@cardiganu3a.org.uk



INTEREST GROUPS

Will and Liz North's NGS Open Days at Cae Bach, Hermon

At the moment there is nothing to report garden wise this month. As you all know, Liz and Will North are avid, hard- working gardeners and every year open their fantastic garden to the public. All monies collected go towards a charity. I am sure that in one way or another, the work in the garden or greenhouse has started already and their garden next year will be as beautiful as ever.

Just give ring on 01239 831663 or email elizabethmmnorth@gmail.com in order to find out further details.

All proceeds go to National Garden Scheme (NGS) Charities.



SOCIAL COFFEE AND TEA SESSIONS

REMINDERS–

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

The coffee mornings are held on the first Thursday of each month and the Afternoon Tea Group meets on the 3rd 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. There will be another list for these social gatherings in the October edition of the newsletter..

The event on Thursday 21st November at Phat Forks was very successful. I was more than impressed with the super venue, a great atmosphere and a record number of members for the Afternoon Teas of 24.

I told Phat Forks that we would have about 15, so Rhianon, the manager, said she would only make 15 scones. The girls on the day seemed to panic a bit when 24 turned up. Luckily they had actually baked 20 scones and 4 of the members didn't want scones anyway so, all was good. Liz and I plus Di Green are going to Phat Forks today for Sunday Lunch and I'll let you know what it was like.

Will

I have a new date for you for the next Coffee Morning. This is at The Penrallt Garden Centre, Pavilion Café on Thursday, 5th December at 11.00am.



PHOTOGRAPHY GROUP



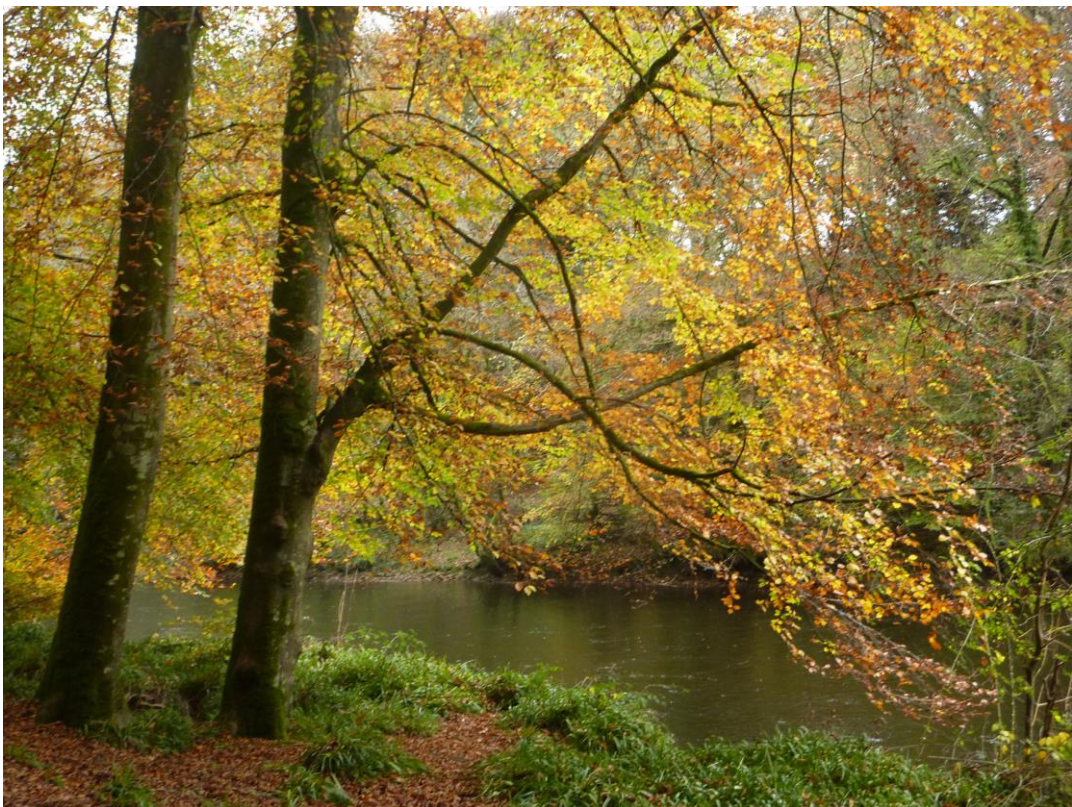
Colin-Autumn



MT Autumn



PM 2



T 3



John Autumn

Our subject for the month was '**Autumn**' and an amazing number of colourful photos were produced.

There are still some 2025 Calendars available at only £5 each – Unfortunately I could not get to the Cardigan monthly meeting this time but if anyone would like a calendar then please email Colin at colinluker@yahoo.co.uk

The Group has its Christmas lunch on the 11th December at the Wildlife Centre in Cardigan. The next meeting will be on the 29th January.



TECHNICAL GROUP

As a complete novice with anything technical and- if I am honest- I still avoid going down the technical route if I can - I do enjoy these fortnightly sessions. I may not personally learn a lot as my one technical brain cell can only absorb a small amount of information- I still write letters with a fountain pen- but even I have been surprised at the information that is available at the touch of a button. Not only is the tech afternoon a social event but there are also people who are knowledgeable enough to help those who are learning to use whatever type of mobile they have.

I would like to say a big 'thank you' to those people who give up their time to impart their knowledge to those of us who need help.

I shall now go and write a letter -using my 10 year old fountain pen - to my daughter in America and send it by Air Mail!!!

The New Tech Group will continue to meet on the 1st and 3rd Monday each month at 2.00pm in The Reading Room in Newchapel. The session only costs £1 and includes Tea and Biscuits - now that's a good deal.

For further information contact Will North - membership@cardiganu3a.org.uk - thanks to everyone for their support for this Group.

Shirley



BOOK CLUB

Animal Dreams by Barbara Kingsolver is one in a long line of books exploring the themes of human and social relationships and the environmental problems that industry can create in the natural world. The problems, in this case, river pollution and the political problems of Nicaragua are woven into a story of home and belonging. The story is mostly told by Codi who returns to her childhood home of Grace, Arizona to start a teaching job and look after her father, Doc Homer who lives in Grace. Codi and her younger sister Hallie were brought up by their father after their mother's early death. Their distant father has caused the girls to be very close and dependant on each other emotionally. Hallie decides to go to Nicaragua to support the fight there, communication between the girls is difficult and Codi misses her sister.

This is a beautiful story of love and redemption written with great sympathy and understanding. The authors use of language is a joy to read and totally original. The book provoked a lot of lively discussion amongst the group with most of us enjoying it.

Marie Everett



CREATIVE WRITING

Christmas

Christmas, for me, is the most magical and wonderful time of the year. This goes back to when I left school and went to work, and was able to buy Christmas presents, with my own money. I can remember, for the first time, wrapping gifts in the front room,(I wonder what gifts I bought as I didn't earn much, and I was only fourteen) The same feelings, I felt all those years ago, come back to me every Christmas. Right now, I contemplate how much pleasure I felt in giving and always will. We all know the original reason for our feelings around this time of the year, whether we believe or not, in the story of Christmas. I love how we express the Joy that Christmas brings- the carols and music, the trees and decorations, family togetherness and the cards and gifts. The snow, when we are lucky enough to experience the beauty of a gentle snowfall - with it comes sledging, scarves, gloves and freezing fingers. The smell of roasted chestnuts and Christmas meals: the sound of the children's noisy gifts- who thought of buying those noisy ones anyway? Christmas crackers and corny jokes and paper hats, which I never liked wearing. I could go on and on, but I really just want to say how much I love and am grateful for this very special time, and am mindful of the reason we have this occasion in our lives. I know there are many people who do not find this time of the year, special, for various reasons. Their thoughts and feelings I respect. It's just that right now I want to express how Christmas time, for me, is so very important.....

Pam Rossiter.

REMEMBERING.....

I tell it now
As the grey mist covers the valley
And creeps up to my window
Soft pale curtains

I tell it now
As the clock ticks forever
Lulling me to never

You with your sparkling eyes
You with your wrinkles
Sparkle the age that you were born
Those same eyes
Beamed light into his
Blue like yours

As the nights darken
And lights go on in hallways,
I tell it
When the light went out
In his infant eyes

Time stood still in your grief

I tell it now
Of my yearning to speak to him
Him who I hardly knew

As the mist comes down over the valley
Closing his eyes

I tell it now
And remember.

Pam Rossiter.



Science and Technology Discussion group

We had a well-attended meeting at our new venue at Phatt Forks, Cenarth Falls Resort.

The next meeting is on 27th January and the subject will be 'Secrets of the human brain. How can we age better?'

Colin Luker



Walkers/ Strollers

THE STROLLERS – WEDNESDAY WALKING GROUP

30 OCTOBER – NEWPORT TAPS

19 people enjoyed the walk on a warm and dry day, although the route was muddy in places. It was interesting looking out for the elegant cast iron taps around the village.

Originally there were approx. 12 taps in the village where the locals obtained their water. The remaining five were removed and refurbished and are placed on new concrete bases at various locations. Lots of the Strollers went to the Royal Oak for lunch, the food is always good there.

6 NOVEMBER – WILDLIFE PARK

We were lucky enough to have another dry and warm day and 15 Strollers came along for the walk. It was a gentle stroll along the tarmac path from Cardigan and then down to the river. Some enjoyed coffee and a cake at the café, others had an early lunch.

13 NOVEMBER – DRE-FACH FELINDRE NATIONAL WOOL MUSEUM

26 people came along for this walk. The highest number since I have been organising the group. The weather was kind to us yet again. We had a lovely walk around the Village Trail looking out for lots of interesting buildings including several of the old mills and the large houses where the mill owners had lived. The shop was well worth a look and some of the Strollers went inside the café for a drink or lunch, others drove back to the dog friendly Bunch of Grapes pub in Newcastle Emlyn to enjoy an excellent lunch.

20th NOVEMBER – MOYLEGROVE

15 people came along which was a good turnout as it was certainly a day for scarves, gloves and woolly hats. Even my husband Trevor succumbed to trousers rather than shorts that day, however Steve was brave enough to still wear shorts (perhaps something to do with a bet at the Running Club?) We walked from the main car park and then down to the sea. Some walked back through the wood which was quite muddy and steep while others took the more gently route back along the road. A much needed hot cuppa was enjoyed at Penralt Garden Centre café together with lunch.

27th NOVEMBER – NEWQUAY - Part of the Dylan Thomas Town Trail

Just 9 walkers today. Several were unable to come along for various reasons. It was a lovely dry, sunny day although chilly to start. We walked around parts of Newquay where many of us hadn't been before and enjoyed lovely views of the sea. Sorel had discovered the walk and adopted it for The Strollers. She had also found the dog friendly Mariners where we all ended up for an excellent lunch.

Ros Appleton

The Strollers walk every Wednesday at 11am. As the name suggests, we do fairly gentle walks up to approx 2.5 miles and go at the pace of the slowest in the group. We enjoy meeting up, the fresh air and lovely scenery. Our well behaved dogs come along too.

We always find a café or pub for lunch after the walk, a seemingly important part for The Strollers.

We have several Strollers who do most of the walks. Numbers vary from just a few to 19 people. A schedule of forthcoming walks and where to meet is on the U3A website under "Groups" "Walking" and then "Strollers". We do not walk in icy weather.



Crafters group

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 for more information.



Singers' News

At the end of November we visited Bro Teifi and joined with residents there to sing some golden oldies, and of course, some Christmas carols. We will not be singing until the 13th January (at Maes Mwldan) but will be meeting for our Christmas lunch on the 11th of December.

We meet every Monday at 2-00pm at Maes Mwldan. All are welcome. Ring Adrienne 01239 612460 if you need more information. We are a small group and sing for fun.

We would like to gain some more voices -so please join us if you can - everyone is welcome. There are no auditions so either ring me or just turn up to one of the practices. New members would be very welcome.

Adrienne (01239 612460)



Astronomy

Please come and join us if you are interested, or ring 0777-167 4578 if you want more information.

Galileo



Ukulele

As always we are extremely busy with various concerts at some of our favourite venues.

- 5th December - The Shed at Mwnt Xmas Fayre.
- 10th December - Christmas lunch at the Teifi Waterside plus a concert for the older residents from St Dogmaels.
- 12th December - Maes Mwdan
- 17th December - a charity concert in the Reading Room, Newchapel
- 19th December - the Christmas party for the Ferwig craft group

Shirley



Castle Bagging

As Sharon is still waiting for verification of further castle bagging trips she thought she would send some pictures and a write -up of her recent trip to Germany:-

Howard and I- plus Howard's sister Elaine and her boyfriend Paul- set off to Rudesheim German Christmas market on the 24th November for 4 days. We flew from Heathrow to Frankfurt airport – that is another big airport.

It only took just over an hour in the air- no sooner had we had a packet of roasted corn and bottle of water when we were landing. From there we caught a train to Rudesheim, which was a journey of about 1 hour 15 mins. It is great travelling by train because you see all the German villages and lovely houses which looked like model villages.

We arrived at our hotel at the start of the market. As we had been up for over 12 hours we were very tired so after having had dinner and a walk around the market we had an early night.

The following day we walked around the village heading up towards the cable cars. We had a fantastic ride, taking lots of photos and then walking around the top where we could see for miles along the River Rhine.

We went on the famous cable car, which Elvis apparently went on when he was based at Weisbaden. From here we could see the old 12th Century castle in the village called Bromsburgh. Whilst we were at the top we saw an amazing sculpture called Niederwalddenkmal which was built in 1937. It was a staggering monument with a slight resemblance to the Statue of Liberty. From this viewpoint we could also see many more different churches and castles.

We spent the afternoon walking in the sunshine to see the river cruise boats and happened to get talking to a couple from Australia who were making their way back to the boat. After 10 mins, we were invited back to the boat for a coffee. If you have never seen one of these river cruise ships just pop your head around the front door and you will be amazed at the size. Geoff and Anna - two lovely strangers who loved to talk but we were getting a bit concerned in case they pulled up the walkway and

we would have been making our way to Munich!!!!?? We managed to say our goodbyes and headed back into the Christmas market for tea and cake.

We went away for the day on a train ride to Koblenz which was an hour long journey. Along the way, we passed so many castles, and were lucky enough to have a history lesson from our conductor. On every edge of a mountain, there stood an amazing castle and even one in the middle of the Rhine. We were told that these were where boats had to stop and pay a toll to go any further. They must have been short of money by the time they reached their destination!!!

These boats were carrying bottles of wine from all the surrounding countryside and were charged a fee from the toll castles. The castles were amazing to see and I managed to take a few photographs of some of them -- some I missed as we were travelling too fast. Germany is full of castles which is quite something to see - I did not know which way to turn!!!

We had a lovely day, walking around in jumpers, as the temperature was in the 60s??? I guess you can say we were lucky with the weather. There was yet another old Christmas market in Koblenz - a town steeped in history with yet more castles. I was spoilt for choice.

A visit to Germany is highly recommended -their markets have the most amazing backdrops all of which lends itself to make it a wonderful experience.

Sharon





If you are interested in any of the events that will be arranged, please let me know either by **email** sharonjswifty82@gmail.com.

or tel: 01994 419010.



NEW MEMBERS

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

Thursday meetings

As you can see from the agenda below, we are well ahead with speakers for our monthly talks and I know others are in the pipeline.

Cardigan u3a Monthly Meetings

| Meeting Date | Event | Speaker |
|--------------------------------|----------------------------------|---|
| January 23rd 2025 | How to Survive Modern Banking | Mali Mathias Barclays Local Specialist |
| February 27 th 2025 | Yog-ease | Jenny Scott |
| March 27 th 2025 | Oxfam | Lizzie Bailey, Cardigan Shop Manager |
| April 24 th 2025 | AGM | |
| May 22 nd 2025 | Age Friendly Ceredigion | Melanie Walters |

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|---------------------------------|---|---|
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| June 26 th 2025 | Open Day | |
| July 24 th 2025 | Our Journey with Coffee – from the Field to the Cup | Ailsa and Sas Dixon-Bannister, Bluestones Coffee |
| August 2025 | <i>No Meeting</i> | |
| September 25 th 2025 | Library of Wales (not confirmed) | Rhodri ap Dyfrig |
| October 23 rd 2025 | | |
| November 27 th 2025 | Pantomime | |
| December 2025 | <i>No Meeting</i> | |

Emergency options:

- RNLI, Poppit
- Jane and Brian; life in Zimbabwe
-
-

U3a Meeting November

The speaker at the November u3a talk was Tara Fisher, a fundraising volunteer with Marie Curie. In explaining why she had become involved with the organisation she related how her terminally ill mother had been cared for by Marie Curie nurses and of the invaluable support they had also offered her.

Tara gave the meeting an outline of the life of Marie Curie. The youngest of five children, Marie Curie was born in 1867 in Warsaw. Her family lost their wealth due to patriotic involvement in Polish national uprisings. Her early education was provided by her father until the age of ten when she attended school. On moving to Paris in 1891 she went to the Sorbonne to study physics and mathematics. In 1895 she married Pierre Curie with whom she pursued pioneering research on radioactivity. She was the first woman to win a Nobel Prize, the first person to win a Nobel Prize twice, and the only person to win a Nobel Prize in two scientific fields. Her husband was a co-winner of her first Nobel Prize, making them the first married couple to win the Nobel Prize and launching the Curie family legacy of five Nobel Prizes. She was, in 1906, the first woman to become a professor at the University of Paris.

During the First World War she occasionally accompanied her daughter to the front with a portable X-ray machine she had developed, recognising the need for the wounded to be diagnosed as promptly as possible.

The Marie Curie Hospital for Cancer opened in North London in 1929, Curie having given permission for the hospital to be named after her. The hospital treated women patients. Marie Curie died in 1934 from aplastic anaemia, believed to have been contracted from her long-term exposure to radiation, causing damage to her bone marrow.

Marie Curie provide expert hospice care, support over the phone and push for a better end of life for all by campaigning and sharing research to change the system. The organisation helps both those living with a terminal illness and their loved ones. It provides free care and support for more than 3,500 people living with a terminal illness in Wales each year. Trained Marie Curie nurses work both in the hospice setting and visit people's homes to provide domiciliary care. The organisation places emphasis on supporting people's wishes. As well as working with patients, the Marie Curie Bereavement Service offers a free, confidential phone service to support people grieving the loss of a loved one. Their Support Line telephone number for practical and clinical information and support on all aspects of end of life and bereavement is 0800 090 2309.

They produce a range of booklets and resources for people living with a terminal illness, and their family, friends and carers. Their booklets, on a variety of subjects, such as When Someone Dies, can be ordered, free of charge from their website (mariecurie.org.uk) or from their Support Line (0800 090 2309).

Marie Curie's income comes from wills, the lottery, raffles, the sale of products and from individual donations.

Jane



A message from Godfrey Green (as seen in October newsletter)

Computer-related articles

Barclays Digital Wings:

Having attended a very useful Barclays Bank event on how to avoid scams and fraud, the attendees were recommended to visit the Barclays Digital Wings website at: <https://digital.wings.uk.barclays/>

This is a valuable and totally free learning resource as well as an absolute goldmine of digital advice. There is no requirement to be a Barclays customer. You do need to sign up for a Digital Wings account with a username and password. Simply click on the "How to get started video" for further information.

Ad blockers:-

I used to use a browser add-on called Adblock Plus until I discovered that so-called "Acceptable Ads" still got through. I then switched to uBlock Origin, which blocks all ads.

Forthcoming changes by Google to its web browser Google Chrome mean that uBlock Origin and similar ad blockers will themselves be blocked by Google.

The cynical amongst us may wonder why a company that draws revenue from advertising would wish to block an ad blocker.

All is not lost because Firefox, an open-source (non-proprietary) web browser will still continue to accept uBlock Origin.

Open Firefox, click on Tools > Add-ons & Themes > type uBlock Origin in the Search box > Add.

Similarly, another add-on called Privacy Badger will prevent advertisers and trackers from secretly tracking where you go and what pages you look at on the web.

On the subject of web browsers, it is a good idea to only visit secure (https) websites as opposed to the older, less secure http ones.

For Firefox, open Firefox > Edit > Settings > Privacy & Security > Scroll down to Security > then, under "HTTPS-Only Mode", select the first option, "Enable HTTPS-Only Mode in all windows".

Fight fraud

Two useful sites are Take 5: <https://www.takefive-stopfraud.org.uk/>

and

Action Fraud: <https://www.actionfraud.police.uk/>

Godfrey Green