

Cardigan u3a Newsletter

No 173 January 2025



EDITORIAL

Well- here we go again- 2025 and already the beginning of February. I hope everyone had an enjoyable Christmas – it is over so quickly especially after the build- up which seems to begin earlier every year. I also hope people managed during the really bad weather that came our way. I know that we were luckier than a lot of people who went for days without electricity etc. We did have one of our massive fir trees come down across our lane-lodging itself on the hedge the other side of the road. To enable vehicles to use the road meant that my husband had to then use the chainsaw to cut it in to manageable logs that he could carry into our back garden.

I, of course, supervised this activity from the comfort of our bungalow –offering the odd cup of coffee at regular intervals. I thought of the proverb---`Too many cooks --!!

Christmas was very quiet – our first Christmas Day without the rest of the family. My oldest son wanted spend his first family Christmas in his new house in Pembroke – although they did all come round for dinner on Boxing Day. The other three are all abroad but it was still lovely as we managed a video call linking America, Australia, Thailand and Wales – despite the different time zones.

Now I suppose people are thinking about the summer holidays. I know I am and cannot wait for my four offspring to come home for my 80th birthday celebrations culminating in a cruise which I mentioned in the last newsletter. The cruise is just for the two of us I hasten to add!

Website: www.cardiganu3a.org.uk

Email: editor@cardiganu3a.org.uk



INTEREST GROUPS

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

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

Firstly, thank you everyone who visits National Garden Scheme gardens. I thought you might like to know where all the money goes that you spend on your entrance fees, refreshments and plants.

2024 brought in donations of £3,501,227 up from 2023 which was £3,403,960.

Here is how the donations are spent:

Nursing and Health beneficiaries:

The Queen's Nursing Institute.	£500,000
Marie Curie.	£450,000
Macmillan Cancer support.	£450,000
Hospice UK.	£450,000
Carers Trust.	£350,000
Parkinson's UK.	£350,000
TOTAL.	£2,550,000

Gardens and Health beneficiaries:

Maggie's.	£122,227
Horatio's Garden.	£90,000
Army Benevolent Fund.	£80,000
John King Brain Tumour Foundation.	£50,000
Cancer Help Preston.	£50,000
Country Trust.	£25,000
TOTAL.	£417,227

Support for gardeners:

English Heritage.	£125,000
Perennial.	£100,000
National Botanic Garden of Wales.	£26,000
Bankside Open Spaces Trust.	£21,000
Professional Gardeners' Trust.	£20,000
Garden Museum.	£10,000
TOTAL.	£302,000

Support for Community Garden Projects. £232,000

Grand Total. £3,501,227

I think we can all agree a collection of very worthwhile beneficiaries.

I look forward to seeing some of you at our Open Gardens this year which will be Sunday the 22nd of June 11.00-5.00 and Sunday the 10th of August 11.00-5.00 or if you get together with a group of friends, relatives or other like-minded people, you can always arrange a Group visit by Appointment, Sunday 15th of June - Sunday 20th of July.

You will notice some changes as Storm Darragh did some damage. We have done our best to repair the damage and there is also a new project currently ongoing.

I will bring the Little Yellow Books in as soon as I have them but you can always look online on NGS.org.uk

Liz and Will North

Just give a 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.

I would just like to say that I am in total awe of Liz and Will and the amount of donations collected for these wonderful organisations.

Congratulations Liz and Will- and many thanks for all the hard work that you do.

Shirley



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.

There is an afternoon tea meeting being arranged for the 20th February but as yet a venue has not been decided upon. Further details will follow about this meeting and future meetings very shortly

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..

Will



PHOTOGRAPHY GROUP

January's homework was about portrait photographs. As volunteers to be models were rather thin on the ground most photos turned out to be of various pets!

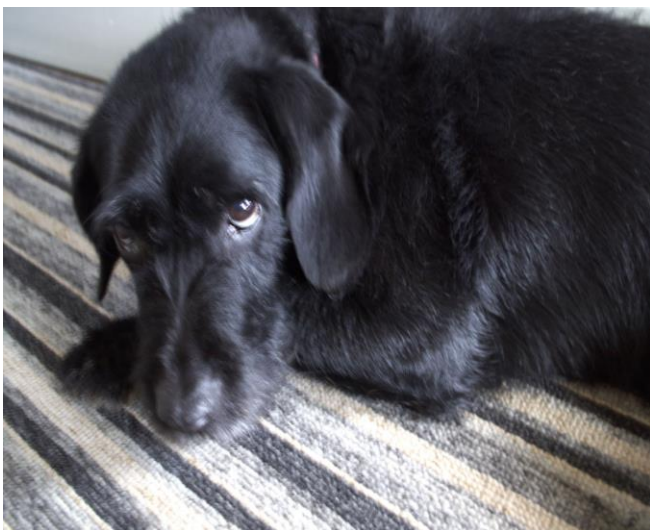
The February homework is low light photography and the next meeting is on the 26th.



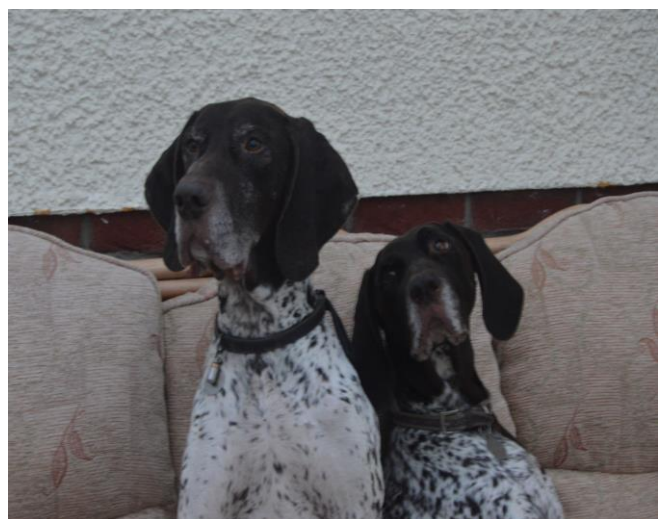
ADRIAN



JOHN



COLIN



RON



Science and Technology Discussion group

A well-attended meeting to discuss 'Secrets of the Human Brain' took place this month. For more information see the book of the same name by Dr. Bob Pullen. It was based on the u3a on-line learning and it is recommended that you look at the offerings on a whole range of subjects.

Link is [u3a - Online Learning Events](#)



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. However, I have to admit –somewhat unwillingly, that the fortnightly two hour sessions are beneficial as well as being a sociable occasion.

I may not personally learn a lot as my one technical brain cell can only absorb a small amount of information. I still prefer to write letters using my trusty fountain pen, read newspapers, proper books and talk to people. Every morning I see a group of about ten schoolchildren – waiting for the school bus. None of them speak to each other- they are all on their phones, heads down and completely oblivious to each other and their surroundings.

However, I have experienced the excitement of a video and being able to see my grandchildren in America and Australia, undoing their birthday presents or showing their latest dance or gymnastic moves. Those moments are very precious and obviously without technology, could not happen. I have also experienced- frequently- getting lost in the car. Thanks to someone in the passenger seat using some 'app' I have been directed onto the correct road and have managed to find my destination.

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 am just a lost cause!!!

The 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

'Perfect' by Rachel Joyce

Rachel Joyce is also the author of *The Unlikely Pilgrimage of Harold Fry*. In this book 'Perfect', the author tackles themes of loneliness, exclusion, grief and mental illness. Byron, his mother and sister live together with weekend visits from his father who works away from home, but who tries to control from afar his wife's life and the people she associates with. Byron's friend, James, tries to explain to Byron that an extra two seconds have been added to the Atomic clock to counteract the irregularities of the Earth's rotation. Byron finds this difficult to comprehend and its significance is not revealed until close to the end of the book.

On the way to school one morning Byron, an anxious child, is convinced his mother has injured a child in an accident and eventually they go to the child's house to find out if the child is alright. The child's mother senses an opportunity to make something out of the situation and the sequence of events that follow from this visit have a tense and ever growing sense of disaster about them.

There is a second theme running alongside the main one, the story of Jim, whose life is governed by the rituals of OCD and whose place in the story is not revealed until late in the book.

The narrative has a tense inevitability about it that draws you in and keeps you reading to the end. It is sad and poignant as the boys navigate through life and try to make sense of the world around them, but ultimately the story is one of redemption.

The book was enjoyed by our group and led to some lively discussion.

Our next book is *Winter Garden* by Kristen Hannah and we meet at the Cliff hotel, if anyone would like to join us.

Marie Everett



CREATIVE WRITING

A Moment

One small moment in time
I breathe in
At a moment before meditation
All stands still, except for my heart
I breathe in
I am calm
I touch my intention
Stopping a while to just be
For one small moment in time.

A Cat and Magpies

Magpies so smart and sharp
In their black and white,
Their tiny splash of azure
Dashing straight lengthy tails
Smooth ovoid white bellies
Their bouncing gait
Their business is opportunistic
A reputation of thievery,
The raucous rattle of their calls
They'll take whatever's going

Unlike them
The lone feral cat just sits there,
Silent, ginger-furred self-contained
With a gaze that cannot be denied
A pair of large golden eyes
Catching me, commanding
To be fed.

P

A Black Night.

Tonight there is no moon
Well, not where it was yesterday
Not that I could see.
No moon to be seen, though I accept it must be there anyway
It has a serious job to do
Setting the rhythm of our ocean tides
The moon, a durable symbol of constancy
Despite its funny face, is not of an absconding or frivolous nature

Behind clouds or below the horizon
It is bound to be somewhere
Though it does seem to move around a lot
Those of a scientific bent can detect and predict
The rules it is bounded by, knowing
Exactly when and where it can be seen
Its phases, apogee and perigee
And when it appears larger to the naked eye
And why.
But tonight I miss the consolation of seeing
Our only satellite and the disappointment in seeking her
Is like failing to remember special tastes and sounds
Like the wind rustling the leaves in a mulberry tree
Or the exact flavour of its dark ripe fruit.

Peter Rossiter.



Walkers/ Strollers

THE STROLLERS – WEDNESDAY WALKING GROUP

4 DECEMBER – NEWPORT IRON BRIDGE

10 Strollers today. A dull day but no rain. We walked along the coastal path admiring the stunning views, then down the hill and onto the beautiful deserted beach where the dogs enjoyed a run. As the tide was out we were able to walk back along the estuary. Most of the Strollers enjoyed lunch at the Royal Oak in the town.

11 DECEMBER – NEWCASTLE EMLYN

15 Strollers and 2 dogs. Jane lead this walk as we were unable to attend. The walk started by a visit to the Christmas Tree Festival in the church which Jane had organised. A festive mince pie and mulled wine was given to the Strollers. The walk continued around the castle grounds and lunch was enjoyed at the Bunch of Grapes.

18 DECEMBER – FISHGUARD

8 Strollers today. We started at the Goodwick side of the Marine Walk and admired the new sea horse sculpture where photos were taken. Who knew that Donald Trump would be joining us! We saw stunning views along the Marine Walk. Everyone went for a very enjoyable lunch at the Chapel, in fact we spent more time there eating, chatting and joking than we spent doing the walk. Good times.

1 JANUARY 2025

The walk was cancelled due to the awful weather forecast. A few Strollers came to our house for coffee and a packed lunch.

8 JANUARY – ABERPORTH

16 Strollers and 7 dogs today including a new recruit, our neighbour Diana. We were fortunate with the weather being dry but cold, definitely a woolly hats, scarves and gloves day. We walked from Aberporth along the tarmac coastal path and were once again entertained by Idris with a tale of Bica the giant and Lochtyn. Some continued the walk to Tresaith and returned along the road, others took the shorter route back along the coastal path. Many enjoyed an excellent lunch at The Ship in Aberporth.

15 JANUARY – ROSEBUSH

17 Strollers and 9 dogs today, including another new recruit, Mike, Diana's Partner, who are our neighbours. We had

THE STROLLERS – WEDNESDAY WALKING GROUP

4 DECEMBER – NEWPORT IRON BRIDGE

Ten Strollers today. It was A dull day but no rain. We walked along the coastal path admiring the stunning views, then down the hill and onto the beautiful deserted beach where the dogs enjoyed a run. As the tide was out we were able to walk back along the estuary. Most of the Strollers enjoyed lunch at the Royal Oak in the town.

11 DECEMBER – NEWCASTLE EMLYN

15 Strollers and 2 dogs. Jane lead this walk as we were unable to attend. The walk started by a visit to the Christmas Tree Festival in the church which Jane had organised. A festive mince pie and mulled wine was given to the Strollers. The walk continued around the castle grounds and lunch was enjoyed at the Bunch of Grapes.

18 DECEMBER – FISHGUARD

8 Strollers today. We started at the Goodwick side of the Marine Walk and admired the new sea horse sculpture where photos were taken. Who knew that Donald Trump would be joining us! We saw stunning views along the Marine Walk. Everyone went for a very enjoyable lunch at the Chapel, in fact we spent more time there eating, chatting and joking than we spent doing the walk. Good times.

1 JANUARY 2025

The walk was cancelled due to the awful weather forecast. A few Strollers came to our house for coffee and a packed lunch.

8 JANUARY – ABERPORTH

16 Strollers and 7 dogs today- including a new recruit, our neighbour Diana. We were fortunate with the weather being dry but cold, definitely woolly hats, scarves and gloves day. We walked from Aberporth along the tarmac coastal path and were once again entertained by Idris with a tale of Bica the giant and Lochtyn. Some continued the walk to Tresaith and returned along the road, others took the shorter route back along the coastal path. Many enjoyed an excellent lunch at The Ship in Aberporth.

15 JANUARY – ROSEBUSH

17 Strollers and 9 dogs today- plus another new recruit – Mike -who is Diana's partner and a neighbour of ours. The weather was reasonable again and the paths were good. Some Strollers extended the walk by going up to the small lake to look at the waterfall. Many of us went for an excellent lunch at the Tafarn Sinc.

Ros Appleton



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

We are back after the Christmas break. This week we revisited songs from Oliver. We managed 'Oompapah' and 'Where is Love' adequately but when we tried 'Who Can Buy' we did not do so well!!

There was much hilarity as we tried to sing the different character parts. It doesn't help that a few of us wear hearing aids (what?) and that we are decreasing in number. But it was agreed that it was lovely to be back and to be able to share in the laughter.

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.

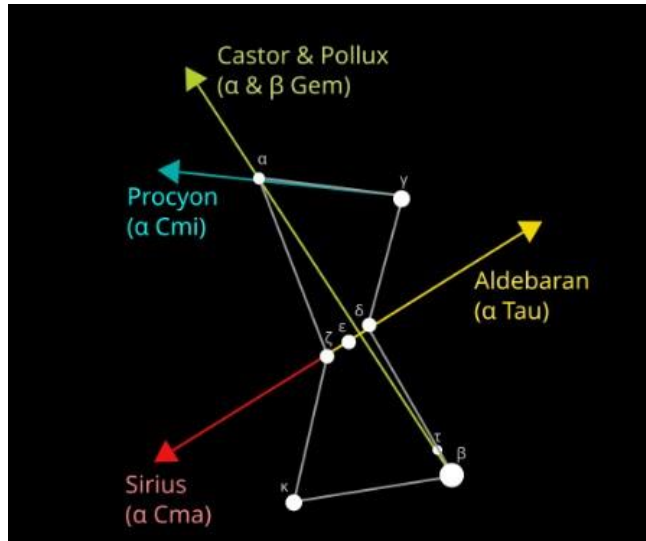
Adrienne (01239 612460)



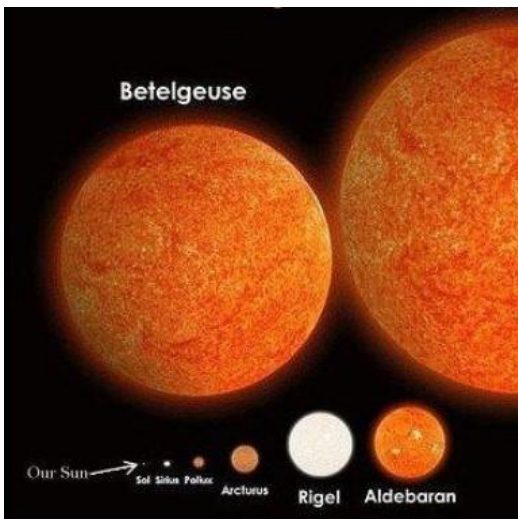
Astronomy - January 2025

The group met on Jan 15th, the usual 3rd Wed afternoon of the month, and as usual, we reviewed what was easy to see in the sky in January. Jon took us through the planets and, as many will have heard in the news, all planets but Mercury are visible across the sky at the same time now. You will need a telescope for Uranus and Neptune, of course, but Venus is very bright in the SW from just before dusk and as darkness increases Jupiter shines brightly high in the S and then reddish Mars shines high in the SE. Dimmer Saturn (which is still of similar brightness to our 3rd or 4th brightest stars) is just to the W of Venus and nearer the horizon (which it reaches at about 7pm).

In his "Constellation of the Month" presentation Jon picked Orion (the Hunter) for this month – which, like the planets, is very visible in the sky at the moment.



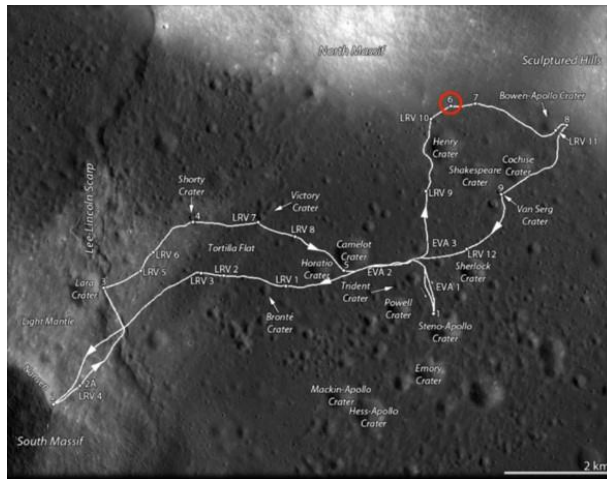
The 3-star Belt is very obvious, of course, but with binoculars Orion's Sword and M42, the Orion Nebula, can also be seen – and, if you haven't already found them, Orion can be used to point to other nearby bright stars. Its own brightest stars, bluish Rigel and red Betelgeuse are the 5th and 7th brightest stars in the sky that we can see at these latitudes. The diagram shows these are giant stars compared to our Sun and Sirius (on the very left of the diagram) though pretty small compared to ginormous Antares, the biggest star we know about, on the upper right.



So on a

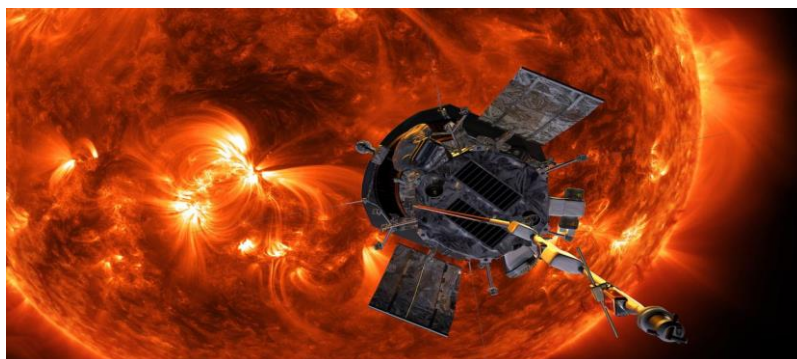
clear evening now, the southern half of the sky is full of bright objects. There's Venus, the brightest, and Saturn over in the SW to W, with Jupiter, the 2nd brightest, and Aldebaran sitting above and a little to the right of Orion in the S, and red Mars (4th brightest) next to Castor and Pollux sitting above and to the right of Orion in the SE. Sirius, the 3rd brightest object in the sky (excluding the Moon), is down low just to the left of Orion.

Jon also told us all about what can be seen on the Sea of Serenity on the Moon, a 3.9 billion-year old lava plain about 400 miles in diameter on which Apollo 17 landed, and which was explored by astronauts Cernon and Schmidt on 3 excursions on a lunar rover that travelled more than 22 miles (as shown below).



Adrian finished up with an update on the Parker Solar Probe which left in 2018 but has only just now reached its nearest flyby of the Sun on its 22nd orbit – and was in the news recently as the record holder of the fastest thing ever made. It moved at 430,000 mph as it pulled round the Sun on Christmas Eve just 3.8 million miles above the Solar “surface”.

Of course, this mission isn't about speed; it's to get nearer to the Sun and into its corona so that we can measure its composition, its magnetic fields and its electrical fields to answer questions such as what is the Sun's structure? - and why does the corona a few million miles out have a temperature of around 1,000,000 degrees, whereas the Sun's surface itself is less than 6000 deg C?



The probe is robotic and rotates itself when close to the Sun so that the high-tech carbon-fibre heat shield can keep the instrumentation below 29 deg C - when the heat-shield itself is experiencing 1400C! Onboard temperature sensors have to control

the orientation, as temperatures sent back to Earth and instructions returned would take far too long (16 minutes) to prevent the satellite being fried!

Parker's orbit takes it back out to around Venus' orbit, and during this period all the data are transmitted back to Earth, along with continuous mapping of the magnetic and electrical fields throughout the Inner Solar system. It will be orbit back through the Sun's corona four more times in 2025.

Our next meeting will be on Wed, 19 February at 2pm in Llechryd's Coracle Hall.

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.

Our Tuesday practice – held at the Reading Room in Boncath – is extremely popular with approximately 20 odd people coming to play every week.

I do not mean that the people attending are odd – merely that our numbers obviously fluctuate depending on availability to attend!!!

Mind you – perhaps I was right the first time!!!!

The range of expertise is very varied – from those who have not been playing for very long to those who seem to have been born with a ukulele in their hands. We also have a percussionist who comes along with a variety of percussion instruments that can be attached to her feet as well as her hands- obviously very good at multi-tasking!! There are two guitarists who constantly vie for the title of 'Best guitarist in the world' and last but by no means least – Jan Hyatt- our famous television star of 'Escape to the Country' who –throughout the morning -seems to be able to play every instrument available to man and produces said instruments quite randomly –as though plucking them from thin air.

As I have mentioned before we always start the session with a lesson from one of our group who has the unenviable task of teaching the group a new rhythm/ song or method of playing for the first half hour.

We had quite a lot of concerts during the Christmas period and already have a list of 'gigs' for this year. Our first one is on the 14th February at a residential home in Newcastle Emlyn.

We always welcome new members and recently have welcomed three more to our brilliant group.

Shirley



Report from the Group Co-ordinator.

Before I embark upon the report from the new group co-ordinator, can I welcome Sharon Swift to this position on the committee and say a massive 'thank-you' to Adrian Milner- the outgoing group co-ordinator- who has contributed so much in the past.

Comic design, playscript writing and board games

I just want to inform you that the above group, which was due to take place on Wednesday 5th Feb, will be postponed to another date - you will be informed of this shortly. Further details will follow- members do not have to be a budding Dylan Thomas or Monet but just enjoy writing and drawing.

However, **MOTO (Members On Their Own)**, will be running instead on that date- **Wednesday 5th February, from 2 - 4pm at the Reading Room, New Chapel, Boncath.** Our Chairman, Howard Lillyman, will be running this group. If you are interested then please contact him. (see Chairman's report at the end of the newsletter.)

Meanwhile- keep the coloured pencils sharpened and the imagination flowing, while I re-organise another date for comic design and play-script writing. If you like board games then please bring them along too. I am also hoping to start a chess club - a game which is rapidly gaining in popularity amongst all ages. Again- there are no dates or venues arranged yet so further news will follow.

I have been approached by Cardigan Croquet Club, to see if any of our members would be interested in joining them for a game of croquet. They meet at Llechryd Sports Club, starting in April. I am at present having conversations with them, to find out more details etc. Watch this space. We could even have our own croquet team?!!

Just a quick word about the Floral Art day - this appeared to be a great success. It is hoped that further funding may be found, in which case another date may become available.

'Draw a Bird Day' April 8th

This idea was started some time ago in the 1940's, following the sad death of a little girl named Dorrie.

Dorrie, aged seven at the time, was taken by her mother to see her uncle in hospital. She asked him to draw a bird which of course he did. The next time she visited him, all the patients in the ward had drawn pictures of birds, all of which were adorning the walls of the ward.

Sadly three years later, Dorrie- aged ten- was killed by a car and so 'Draw a Bird Day' was formed in honour of her memory. I thought it would be a nice idea if our members – **whatever their artistic ability** –drew a bird in celebration of Dorrie Cooper and we could perhaps have an exhibition in an historical building and also put some in the Cardigan shops. I am –at the moment- in the process of contacting Scolton Manor to see if they would be willing to do this. Further information will follow and if we can follow this up –perhaps the photographic group would take some pictures of our works of art!

Last word - please let us make this a more exciting year! I'm looking at trying to expand our groups and, branch out in different areas. With your help, we can do it! Come on folks!

Kind regards

Sharon Swift - Group Co-Ordinator

If you are interested in any of the events that are being arranged, please let me know either by **email** sharonjswifty82@gmail.com. **or tel: 01944 419010**



Castle Bagging

This will definitely start again in the near future. There is nothing arranged as yet as I am still waiting for various people to get back to me. I will keep you informed of any developments with more information to follow soon.

Sharon swift



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. We do not have any speaker in December as it is a busy month for everyone.

Our guest speaker at the January u3a meeting was Mali Mathias- Barclays Local Specialist in Cardigan, who led us through the ways that we can become victim to scams and frauds. Although it is often thought that older people are the main targets of scams, anybody is at risk and technology has made it easier for all of us to fall prey to scammers.

Below is a short precis of the talk given by Mali and sent to me by Brian Jones.

Scammers use social engineering to manipulate, influence or deceive a victim in order to gain control over a computer system, or to steal personal and financial information. Their tactics are to use greed, urgency or fear.

Phishing is a common scam where you could be asked to click on a link or to open an attachment. In this way the scammer can harvest credentials or spread malware, software that damage your system, steal data or information.

Vishing is a type of phone scam that involves tricking people into sharing sensitive information over the phone. The scammer will claim to be from a legitimate institution such as a bank or a hospital.

Smishing is a type of fraud that appears through text. An example could be a text message, supposedly from your bank, alleging that there has been fraudulent activity on your account. Personal information or money can be elicited by the scammer.

A combined approach could be the use of both a text and a telephone call.

After describing the different methods that scammers use, our speaker alerted us as to what to look out for – the red flags.

Red flags include:

- Sense of urgency in the message e.g. the use of the word urgently and the capitalisation of NOW
- Threat of account suspension
- The instruction to click a suspicious link
- An impersonal opening – not using your name
- Large value of a bank transaction that you know you didn't make
- Request to contact a suspicious phone number instead of the number on the back of your bank card
- A threat made, such as cutting off a utility

- Vagueness in the message
- Suspicious email address e.g. a g-mail account or a person's name
- Spelling and grammar mistakes

We were warned to be aware that phishing emails may contain a company logo that has been copied. If in doubt, ring the company.

Take Five to Stop Fraud --Stop, Challenge, Protect

It is important to take time to stop and take a moment to challenge the information you have received – to ask yourself whether it is genuine by looking out for red flags- do not being rush into anything and be aware that we can protect ourselves against scams.

Considering the weather was appalling there was a very reasonable turn-out for this talk.

Meeting Date	Event	Speaker
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
June 26 th 2025	Open Day	
July 24 th 2025	Our Journey with	Ailsa and Sas Dixon-

	Coffee – from the Field to the Cup	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	To be confirmed	
November 27 th 2025	Pantomime	
December 2025	<i>No Meeting</i>	

Emergency options:

RNLI, Poppit
Jane and Brian; life in Zimbabwe

CHAIRMAN’S REPORT

Well, a new year has come around but where did the old one go? Time flies when you’re having fun they say. Most of our groups have started up after the break for Christmas and it is nice to see them again. One has even been on television. Our ukulele group appeared on ‘Escape to the Country’ and played a song, with the leader- Chris Yeandle -giving a short interview after.

We have a lot of ideas for Cardigan u3a with new groups starting up.

I have had interest in the MOTO group – that is ‘Members on Their Own’ This will be starting on Wednesday 5th February, 1.00 till 3.00pm and we will meet in the Reading rooms in Newchapel opposite the pub for the first one. I’m kicking that off, after that it will be up to the members of that group to take it on from there. DO COME ALONG.

Sharon- our new group co-ordinator-worked hard on a flower arranging workshop which was very enjoyable. Materials and tutoring were included. The funding came

from the last governments levelling up fund and we are looking at other learning experiences we can get for our members. As has been mentioned, Sharon also wants to start a board game playing group to include Scrabble, Chess, and any other games you like - please bring them along and watch this space. Talking of games, we are starting a puzzle swap - bring your box of Jigsaw puzzles that you have finished to the monthly meeting and swap for another. Make sure all the pieces are there - we will have a sign in/out list.

I am starting up the quizzing group and we will be at the Ffynone Arms pub for the first quiz. If you are interested in taking part in a quiz team let me know by email to: chair@cardiganu3a.org.uk.

I am also keen on a Desert Island disc group with a format similar to the Radio 4 programme. A member chooses 8 tracks of music, a book and a luxury item and they then talk about them and their influence etc. I will start the first one and it's open to another member to do the next one. Get back to me if you are interested in it.

I have mentioned in an email that we have 2 laptop computers and cases that are no longer required by the u3a. They are for sale and have been cleaned and loaded with open-source software and are good to go -again- come back to me if you are interested and want to know more.

That is all from me for now, plenty will be happening this year. Do not forget your membership is open to all groups so please go to more than one.

Howard Lillyman -Chairman