

Cardigan u3a Newsletter

No 174 February 2025



EDITORIAL

Such a mixed bag of weather recently – from icy wind, driving rain, sleet and ice on the cars and then today- beautifully warm, sunny and a day that makes everyone feel better. Well- I say everyone except for a brief encounter in a shop in town where I politely told a lady, who was having a cup of coffee, that her bag had fallen on the floor and someone could possibly steal said bag or trip by getting tangled in the long strap. I was a bit taken aback when the response was- 'Then people should watch where they are going.' I immediately lost my innate Girl Guide ethos of helping people but have learnt – at last- to keep remarks to myself – however difficult that may be!

Anyway- I am looking out of the window across green fields with two dogs sitting next to me, a cat almost sitting on the keyboard and a budgie singing away in the kitchen.

The other half has disappeared into the garage where, no doubt, he will spend the rest of the day doing wonderful things to bits of wood or fiddling with classic car engines.

My children and grandchildren are all making plans to return home in the summer at some point to celebrate the big birthday I have this year. The second oldest son, who lives in Australia, will be arriving with his family after making a detour to go to Disneyland in Paris!! I cannot imagine what that will be like for him but probably his wife and 11 year old daughter are probably looking forward to that more than seeing Nanny!!!! My daughter will be coming from America with my two youngest grandchildren and Dan, the youngest son, is arriving from Thailand with his wife. He actually completed a 42 mile run the other day through the Thai forest where he lives. He is in training for some ridiculous double marathon race which is held annually. The oldest son lives in Pembroke and is the one who competes in long distance swimming competitions – both his daughters- 13 and 10 years- train with him.

Mad, totally mad!! I really am the only sane one in the family –that reminds me- I must finish writing the pantomime!!!!

Website: www.cardiganu3a.org.uk

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INTEREST GROUPS

As a Cardigan u3a member who joined us within the last year, your Committee hopes that you are enjoying your time with us. In recent months our new Group Coordinator- Sharon Swift –has been working hard to start new interest groups.

The Cardigan u3a Committee would like to invite you and other new members to a Coffee Morning at The Waterside Hotel, Webley Restaurant and Bar, on Thursday, 20th of March 2025 starting at 10.30am.

Your drink and biscuits will be funded by Cardigan u3a and you will get the opportunity to meet The Committee and many existing Group Leaders. I encourage you to let the Committee know what you would like to see our u3a offer. It's also an opportunity for you to find out more about what we already do and what is coming in the future.

Please let me know if you wish to attend this event by replying to this email.

If you have no means of transport and/or you are not sure how to get to The Waterside Hotel, please let me know and I can help with this.

I hope to see you on the day, all the best,

Will North

Membership Secretary

Cardigan u3a

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

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.

Just give a ring on 01239 831663 or email elizabethmmnorth@gmail.com in order to find out further details. Thank you everyone who visits National Garden Scheme gardens.

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

Liz North



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..

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.





Science and Technology Discussion group

Science Group - February 2025

This month we talked about the book ' Power Metal' by Vince Beiser. We also watched an interview with the author - link to video is: <https://youtu.be/dKRnV10AIOw>

The next meeting is on th 24th March at 2pm at Phatt Forks, Cenarth. One of the members is going to talk & have a practical session about the heart.

TECHNICAL GROUP

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

'Winter Garden' by Kristen Hannah, a lawyer turned novelist is the story of an American family and explores the past of their Russian mother who lived through the siege of Leningrad and who is haunted by her past.

She has two daughters, Meredith and Nina, but seems to have no affection for them. Meredith works in her father's Apple orchard business and lives with her husband close to her parents. Nina is a photographer and works abroad. Meredith has always found communication with her mother difficult because of her mother's coldness towards her.

The girls' mother has a winter garden where she likes to sit whatever the weather and they often see her there, lost in her own world. The attitude of Anya, the mother, is strange as she acts as if she does not love them. She sometimes tells them a bedtime story which she never finishes and this story within a story is one of the themes of the book.

The family story reaches a crisis point when the girls father dies and the girls are thrown into a closer relationship with their mother. A marked change takes place in the story as the three of them have to communicate without the healing presence of their father. Slowly the relationship between the girls and their mother begins to change.

Gradually the sad story of Anya's life in Russia during the siege of Leningrad is revealed. It is very moving and poignant and the author takes the reader into the darkness of Anya's life during that time which goes some way to explaining her attitude to her daughters.

The author writes a very compelling story of a tragic time in the history of Russia. She tells it very movingly. It is a story of love and redemption and of the many ways people cope with tragedy. It is sad but ultimately it is a story of hope.

We all enjoyed this book, to a greater or lesser extent, but we all felt the author took a long time to set the scene and the events which happened towards the end of the book were rather rushed. There was a good deal of discussion of the story within the story which was not enjoyed by everyone.

If anyone would like to join us , we meet at the Flat Rock, Gwbert, at 10.30 on the second Thursday of the mon

Marie Everett



CREATIVE WRITING

THE LOVE OF ART

After creating my vegetarian and health food restaurant and shop in Westminster, London, I moved to Wales with my husband Peter. The restaurant had a small gallery space where we displayed several pieces of art works.

Later, when we came to Wales, we were able to pursue our interest and love of art. The Newport collective, in Newport, Pembrokeshire, was the first place we found, that had many exciting art and craft works. We joined and became part of a group of around 22 local artists and crafts people.

Paint was the first thing that really excited me, apart from making silver jewellery, which can also be found in the collective. I made cards, each one individually designed and a one off. I loved making them and eventually I began to paint on canvas. An exhibition at the Seagull Gallery was an exciting project for me and I have since been motivated to paint many more pieces.

I have been fortunate to have the time to go to several art classes, creative writing, (with the u3a) and enjoy the work of so many artists in West Wales. Art is something that I love to do. It is so calming and relaxing, almost like a form of meditation, but it is easy, at times, to get frustrated when things are not going quite as I would like them to. The answer to that is to not give up, not listen to the negative "mind talk ".breath and wait, creativity will not be entirely closed down- it is something that lives within and will come back again at some point. This I have learnt, thank goodness, when I have thought of giving upsometimes things will reveal themselves that you didn't even know were there.

Pam Rossiter.

WRITING

A poem about the act of writing
Could begin with the moment ink meets paper.
Look at the first mark, no sign of hesitation there,
One part of the writer is holding the pen, firmly
Steering the hand, choosing words with care
Like a painter who sees the colours
The picture requires, dipping below
The surface of consciousness
To find, among several alternatives
A precise fit, offering the idea up
To join the others. If feelings
Precede the cementing process
And words themselves may be as weighted
As lodestones or lighter than air,
When taken off the lead, can they ever
Really be set free, bound as they are
To each other?
Who is to question whether the whole piece

Is not, in some sense already written,
Not exactly set in stone
But solidifying gently,
And I have just been taking dictation.

Peter Rossiter.

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.

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

22 JANUARY 2025

The Strollers enjoyed an excellent post-Christmas meal at The Golf Club.

28 people attended, good food and good company. Many thanks again to Mike Brown for organising this for us.

29 JANUARY – ST DOGMAELS

19 Strollers- including our new lady Jo- and a total of 6 dogs. We started at The Moorings at the beginning of the Pembrokeshire Coastal path. I told everyone about the folk tale of a fisherman who caught a mermaid in his net. She promised to warn him of the next storm if he let her go. She did this and he returned to shore and was saved whilst others perished at sea. The wooden statue is dedicated to her. We then walked along the river path and some Strollers went down to see The Blessing Stone where the fishing boats were blessed before going to sea. A little further on, Jane told us about the posts where the nets were draped to be repaired. We walked lower down towards the river and then across to the duck pond, abbey ruins and the statue of St Dogmaels. The walk took us upwards looking down at the stunning views of the river and abbey ruins below. We had a lovely lunch at The Coach House.

5 FEBRUARY – GWBERT

18 Strollers and 8 dogs. It was good to see Patrick who joined us for this walk together with Molly dog. A cold but thankfully dry day after several days of rain. We started at the viewpoint car park and walked towards the Cliff Hotel and then along the coastal path at the far side of the hotel and admired the stunning views. Surprisingly, after returning the same way, we had walked 2.5 miles. Some Strollers went to the Golf Club for lunch, others into town. A few wanted to get to the MOTO meeting that afternoon.

12 FEBRUARY – CENARTH

22 Strollers and 7 dogs.

Another dry but chilly day. We walked across the bridge and up the road and then turned right along a fairly steep path. We then took a right turn towards the river and returned along the boardwalk. The water in the river was crystal clear and we heard a lot of birdsong along the way. Some Strollers did a shorter walk along the boardwalk and back to avoid the steep paths. Most of us had a very enjoyable lunch at Phat Forks in the Cenarth Falls Resort.

19 FEBRUARY – LLYS-Y-FRAN

We drive across the Preseli hills in thick mist and wondered how many brave souls would turn up for the walk. However, as we approached the reservoir the mist cleared and it was dry and slightly warmer than the past few days. There were 11 Strollers and 8 dogs. We had a pleasant but very muddy walk along one side of the reservoir and then back to the café for a much needed cuppa, snacks or lunch which was excellent.

26 FEBRUARY – LLANGRANNOG

15 Strollers and 5 dogs.

A cool but dry day. We decided to walk on roads and tarmac paths rather than towards the headland which could have been muddy. It was lovely to see the cheerful primroses and snowdrops, first signs of Spring. When we reached the coast some continued up hill to see the statue of St Crannog while others gave their dogs a run on the beach. We had an excellent lunch at The Pentre Arms.

Ros Appleton



The picture above was taken on the 18th December at Goodwick during one of the walks. One figure in the photograph resembles a very high profile leader who obviously thought he would fly to Wales purely to participate in the walk. Obviously news of our u3a has reached American shores!!!



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 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 - February 2025

As usual the group met on the 3rd Wed afternoon of the month, i.e. Feb 19th. Also as usual, we reviewed what was easy to see in the sky in the month. Last month nearly everyone had heard that all the planets but Mercury would be visible across the sky at the same time - but for a few days in late February even Mercury would be visible too, as it had come round the Sun to the same side as visual neighbours Saturn and Venus and become an "evening star" just after sundown.

There have been some really clear evenings since then; Venus was/is incredibly bright but Saturn and Mercury have still been difficult to see with the naked eye. However Jupiter and Mars and all the other stars mentioned last month have put on a great display, and even the hazy Milky Way was just visible across the sky.

Venus was at its maximum brilliance on Feb 18th. It was just 37 million miles away so has a much bigger apparent diameter than when on the opposite side of its orbit - when, through a telescope, it looks a bit like a full-Moon. As it moves around to our side of the Sun it gets nearer and so "bigger", but like the Moon the amount of its illuminated side that we can see gets smaller (i.e. it has phases). As it moves around the Sun on its smaller orbit than Earth's, the brightness that we see paradoxically increases as the illuminated area decreases - until it reaches the point where it is down to about 25% illuminated.

The increasing diameter as it gets nearer to us has completely offset the reduction in illuminated area. That maximum was reached on Feb 18th when Venus would be around the 9th position on the pic below, where Venus goes from "full" on the far side of the Sun to nearly "new" as it passes directly between the Earth and Sun. From now on, Venus is getting dimmer as it moves towards the direct line between Earth and Sun; the diameter is still getting larger but the illuminated area is weakening to a waning, thin crescent. Venus will soon disappear completely for a few months until it emerges again as a "morning star".



The European Space Agency's (ESA) Gaia space-craft was shut down in January as its pressurised nitrogen propellant for its thrusters was almost exhausted – after 10½ years of mapping most of the sky that we can see. So we had a look at what it had achieved.

Its observations are literally astronomical – and we have only had about one-third of its accumulated data assessed and published so far.

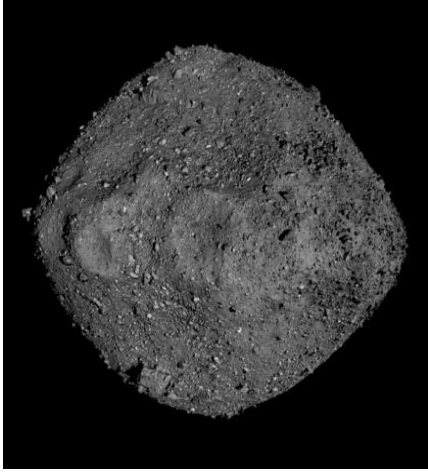
It has data for 2 billion stars and other objects (e.g. 150,000 asteroids and 1.3 million quasars) – and it discovered (by observing gravitational effects on neighbouring stars) two Sun-sized black holes which emit no radiation, and are truly black. This type of black hole had never been seen before – and these black holes are relatively close to us at just 1560 and 3800 light-years away.

Gaia's main aim was to map in 3D our galaxy, the Milky Way, from the inside – and see what it would look like from the outside (like we see other galaxies). It certainly did that, showing there are far more than two spiral arms – and that the galactic disc is distorted (probably as a result of an early collision of two galaxies)



All the pictures depicting the detailed shape of the Milky Way that we have seen have come from Gaia – and there will be many more refinements of these as the bulk of its data are finally analysed over the next 4 years.

Adrian finished up with an update on the NASA Osiris-Rex mission that went to asteroid Bennu, touched down on the half-kilometre diameter, 73 million tonne, body and captured dust and rocks for return to Earth. It duly did this, ejecting its nose-cone from 63,000 miles in space as it was re-directed on to have a look at another asteroid in 2029. The nose-cone with Bennu's surface samples was successfully recovered from the Utah desert in Sept 2023.



Bennu is a carbonaceous near-Earth asteroid that has probably been flying around, relatively untouched since the early days of the Solar System – so the project aim was to investigate Solar System evolution, the early stages of planet formation and what might be the sources of organic molecules that led to life on Earth.

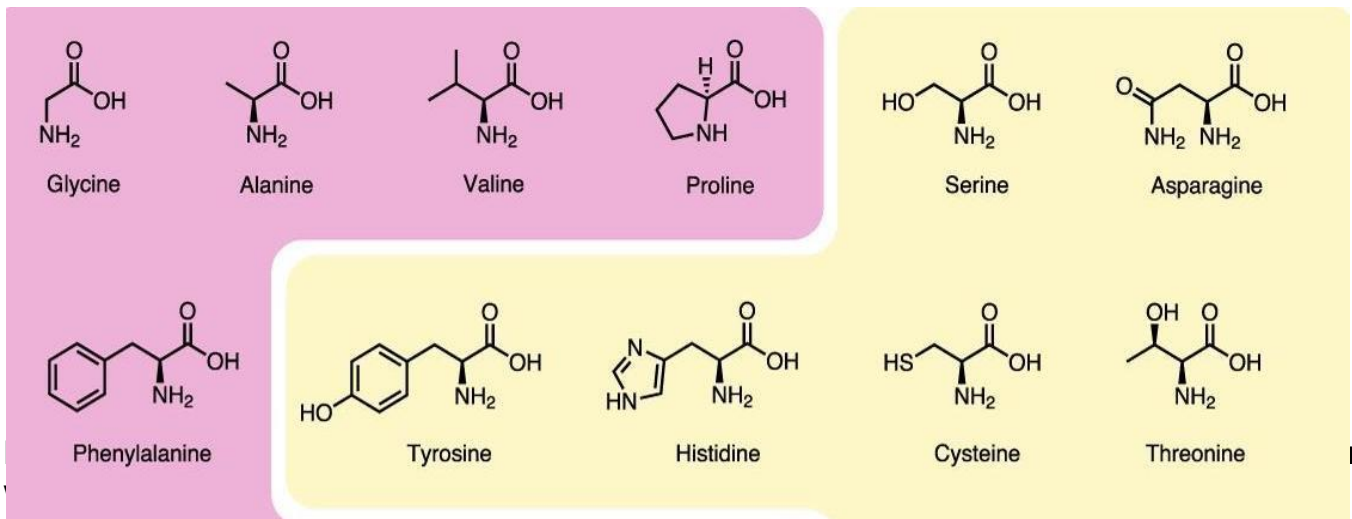
When the sample capsule was opened in a sterile glove box in Oct 2023, there were 70 grams of dust and small pebbles outside the sealed container and these were quickly sent to labs around the world – but the bulk of the material remained stuck inside as a couple of the 35 fasteners couldn't be removed. Eventually, with new surgical, non-magnetic, stainless steel tools specially made, the capsule was opened in Jan 2024 - and scientific papers sharing the first analyses of Bennu's minerals and molecules were published a year later, last month.

On the inorganic side there were solid crystals of sodium, potassium and calcium salts which can only have come from dissolved salt solutions – so there must have been lots of water in Bennu's earlier history. We would therefore expect to see these salts on all the icy moons and dwarf planets (as we already have on Ceres).

There was also lots of ammonia in the samples, and the quantities suggest Bennu started life much further out in the Solar System. However, more importantly, ammonia (NH_3) with formaldehyde (H_2CHO) that was also found in the samples, has the potential to form more complex organic compounds if the conditions are right - possibly some amino-acids.

And indeed, 14 of the 21 amino-acids which make up our proteins and peptides have been found in Bennu's samples! Also found were all five of the nucleotide bases of DNA and RNA. Whilst these building blocks of life have been found in meteorite material, finding them in pristine rocks formed far away from the Sun suggests they could possibly be important precursors for life further out in the Solar System.

These molecules are not simple molecules, however. Even the simplest amino-acid, glycine, has 11 atoms and some like tryptophan have 26 atoms and a complicated ring system



It is easy to see how simple molecules made up of a few atoms of carbon, hydrogen, oxygen, nitrogen, etc, could be formed and dispersed through the colder parts of the Solar System – but we wondered how, in the absence of catalysts or enzymes, these complex molecules are synthesised at temperatures that are so low that most chemical reactions don't take place at all.

We wondered if it was a bit like evolution; immensely slow – and caused by very infrequent activations of atoms and smaller molecules by the occasional energetic photon or solar-wind particle. Eventually, some of these energised molecules randomly collide, aeons later, with other randomly-formed molecules to form larger, stable molecules or intermediates – some of which happen to be amino-acids or nucleotide bases.

Completely random interactions and extremely slow (over millions of years) chemical reactions? Who knows? – but the molecules of life are definitely out there!

Our next meeting will be on Wed, 19 March 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 last visit was to Glyn Nest Residential Home- probably one of our favourite places. We are always made to feel so welcome there and the residents do enjoy our music- joining in whenever they can.

Today- St. David's Day- we are off to the Fynnone Arms pub in Newchapel for our annual sing- a- long. This is always popular- the food there is great, the atmosphere welcoming and a wide variety of music –including several solos plus a variety of other instruments being played –will be included in our repertoire.



St David's Day Group Photo

We are again invited to the annual camping expedition to Dewslake Farm which holds an annual weekend of music for all ukulele groups - wherever they may come from- either in this country or further away. It is a great social occasion with impromptu sing- a –long sessions, a big concert on the Saturday, where all the groups have a chance to play on the stage and performances plus tutorials from some excellent ukulele players. It is a memorable weekend in every way- just watching people put up the various tents and awnings is as good as any musical performance!!

This year we are busking at Cardigan Market - hopefully fund raising for Red Nose Day and then another favourite -- performing at the Fishguard Folk Festival in May.

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

Shirley



Group Co-ordinator.

'Draw a Bird Day' April 8th

I am hoping that as many people as possible will enter into this project.

As you may be aware, we have been very privileged in having the lovely location of the Oak hall at Rhosygilwen on Tuesday 8th April from 10.30am - 4pm. Please put your name, Cardigan u3a, & title Draw a Bird Day 8th April 2025 on your drawing, so I can return them afterwards. I am looking at putting them up in the hall on 7th April, so please get them to me before then. Our ukulele group will also be playing from 1- 2pm on that date, for more entertainment.

You can have more than one drawing if you wish. I have spoken to a few of our members, who have told me that they cannot draw. **This is not a competition.** It is about celebrating the birthday of a little 7 year old girl who loved birds. It really doesn't matter what they look like but I'm hoping to fill the hall with colour and fun. This is our time to show Cardiganshire what our u3a can do when we all come together.

We will also be joined by Carmarthen u3a, who will be bringing some drawings along. I am also in correspondence with primary schools who will also hopefully join us.

So please get the pencils/paints going and let us put on a fabulous show.

Perhaps we could also have an exhibition in an historical building and 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

Obviously we are hoping that more castle bagging –the visit to Carew was just the beginning -will be available again in the near future. There is nothing more arranged

as yet as I am still waiting for various people to get back to me. I will keep you informed of any developments and more information will follow soon.

Sharon swift

Sharon has also been in contact with a lady called Kate who organises various events at Carew Castle (see below)

I have just copied and pasted the information that was sent back to Sharon – this is just for interest at the moment!!!! Mind you- I am shining the armour and getting the long bow out of storage!!!!

“We don't have any Civil War re-enactments this year, but we do have a medieval re-enactment group at the end of May. This will include a living history encampment in the courtyard and the group will do various archery and weapons displays on the front lawn throughout the day, details below.”

Bowlore: Legends of Bow and Blade

The spectacular archers and knights of *Bowlore*, are back with their medieval encampment for death-defying sword fighting, awesome archery and armour displays. Take part in Sword School, Have-a-Go Archery and handle an authentic medieval sword and other weaponry.

Normal admission fees apply plus small CASH charge for some activities.

Sunday 25 – Tuesday 27 May, 10am - 4pm

We also have another group who are due to be here for the August Bank Holiday weekend, but this is still to be confirmed. Nearer the time all the details will be on our website and on our facebook page.

Weekend of Warriors and Weaponry

Join an action-packed Bank Holiday weekend of living history, weaponry and warfare, as Historia Normannis transport Carew Castle back to the 12th century! It includes a Medieval encampment showcasing traditional skills, astounding combat and weaponry displays and Have-a-Go Archery.

Normal admission fees apply plus small CASH charge for some activities.

Saturday 23 – Monday 25 August, 10am - 4pm

TRIP TO CAREW CASTLE



This took place on a freezing Monday-17th February. The wind was whistling around us and as it is not the sort of castle with many sheltered inside areas we were all very pleased that we were wearing scarves, gloves and woolly hats!!

A truly beautiful setting- the castle stands on a low rise above the upper reaches of the Carew River. Today it overlooks a broad pond which was created when one branch of the river was dammed in the 18th century.

The Norman lords of the castle took the name 'de Carew' as their family name some-time in the 12th century.

Excavations have shown however, that there were fortifications here long before the Normans came to Wales.



Map of castle



Carew Castle



U3A Group



The Lesser hall



Celtic Stone



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.

Meeting Date	Event	Speaker
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 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	To be confirmed	
November 27 th 2025	Pantomime	Shirley
December 2025	<i>No Meeting</i>	



Meetings Committee Members Needed

Members are needed for the meetings committee, the main tasks of team members being to identify and book speakers, look after their needs, set up display items for the meetings and write a report on each monthly meeting for the newsletter. If you are interested and would like to chat about the role please get in touch with Jane Morris (07496300906).

Jane Morris

February's Monthly Meeting

Our guest presenter at February's meeting in the Guildhall was Jenny Scott. Jenny, a yoga teacher, trained with the British Wheel of Yoga and has also done various other courses, including yoga for healthy lower backs, and has been teaching for over 20 years. Her presentation, Yog-ease, gave those attending a flavour of the benefits of yoga. Her seated yoga session took us through exercises for all parts of the body - from our feet to our head. Yoga postures can improve strength, flexibility and balance.

As well as the physical postures, Jenny took us through breathing exercises. Breathing properly is of vital importance in that it can help stress reduction, improve lung health, improve circulation and help with pain management among many other benefits. Jenny explained how some people are stuck in the fight-or-flight response where your muscles tense up, your heart pounds and your breathing quickens. It's normal for your breathing to become fast and shallow when you feel stressed. Breathing deeply stimulates the parasympathetic nervous system, which calms down our stress responses so that we can 'reset'.

It was an enjoyable session that left members with a better understanding of yoga and how it can help us to become healthier in body and mind.

Jane Morris



Message from the Chairman

I have had interest in the MOTO group – that is 'Members on Their Own' This started on Wednesday 5th February, 1.00 till 3.00pm and we met in the Reading rooms in Newchapel opposite the pub.

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.

Newsletter Article

Things are getting well underway in Cardigan u3a. Groups are meeting after the holidays. Your committee is active and we will be creating new groups this year. I know the Castle Baggers had a very historically interesting but cold tour of Carew Castle last month.

I attended a meeting on behalf of u3a in Aberporth's new village hall- what a lovely asset that is. The meeting was run by Age Friendly Ceredigion. It is a community group with oversight by the County Council. The role is to enable people to age well and live a good later life, to help them get out and about, do things they want to do, and lead healthy and active lives. There is also help to access information and make our voices heard. I would advise a look on Ceredigion Councils website. For more support and advice look at The Carers and Community support team, or email cllc@ceredigion.gov.uk or telephone 01545 574200.

Another organisation is Care and Repair where they help older people in Wales to repair, adapt and maintain their homes. They have home energy officers who can assess your needs and give free expert advice including information on grants for energy saving, helping to keep your home warm and bills down, their email is hello@wwcr.co.uk telephone 01437 766717

Back to our u3a we offer a lot of social interaction, easy learning and are a friendly like-minded organisation. I know Will North is sending out membership renewal information for the next year. We have by careful expenditure kept the subscription the same as last year, £16 a member. I heard yesterday that the WI yearly subs have gone up to £51. Not that I will be joining them!!!

Howard Lillyman Chair

