

Cardigan u3a Newsletter

No 175 March 2025



EDITORIAL

With the clocks going back last night and Mother's Day today, it is fair to say that Spring is here and many of you are probably planning your summer holidays. Unfortunately no- one has thought of telling the weather god that we would like some more consistent wall to wall sunshine and although we have had some warm days they are still fairly intermittent. Today however is already very promising. I have been for an hour walking the dogs, spoken to two of my sons in Australia and Thailand and I am now getting ready to go to Pembroke to see the oldest son and family. His wife has just sent me has sent pictures of him sea swimming and then cooking breakfast on the beach.

The arrangements for my 80th are falling into place and two out of the four off- spring have booked their flights and accommodation. My youngest son, the most organised of the four, has actually managed to book one of the holiday houses opposite the Flatrock -close enough to where I live but also giving them time on their own so that they can catch up with each other. As they live in America, Thailand, Australia and Pembroke it will be great for the children to get to know each other too. It has been a few years since we were all together.

I may have mentioned that Paul, who lives in Australia, is arriving after a trip to Disneyland in Paris. Good luck with that!!! I can think of nothing worse but his daughter and Thai wife will love it. I also think that Paul will too but has decided to play the 'hard man' and will 'put up with it' for the sake of his family!!!!

Website: www.cardiganu3a.org.uk

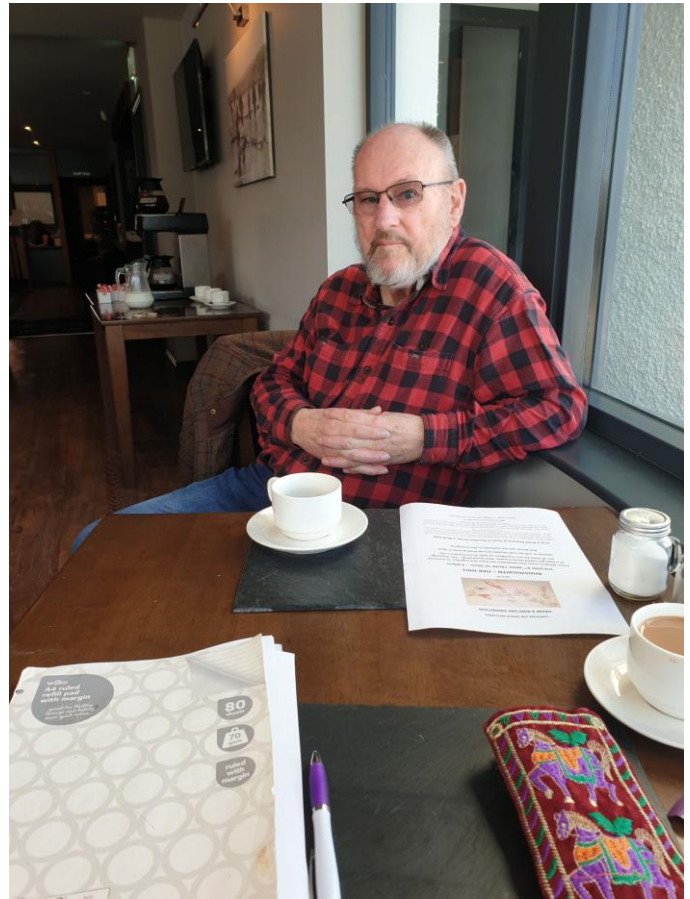
Email: editor@cardiganu3a.org.uk



INTEREST GROUPS

We had a very well- attended coffee morning at the Waterside Hotel in March. It was lovely to see so many people come along for a general chat about anything and everything. There was a real buzz with our Chairman giving a short welcoming speech.

It is hoped that the new members will join in the group activities and –who knows- perhaps start a new group once they feel comfortable and confident enough



Above is a photograph of the new members gathering which was held at the Teifi Waterside Hotel near Poppit Sands. Sharon was soon in deep conversation with the gentleman on the left who was also at the gathering - he just happens to be film producer!!!! I can only begin to imagine that conversation!!!

Shirley

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

A reminder that 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. If a group of people would like to visit the garden, a group visit can always be arranged by appointment for the following days, 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

PHOTOGRAPHY

Unfortunately I missed this month's meeting as I was at the u3a Board meeting. However, the Group reviewed the homework for the month which was 'Spring'.

Next month's homework is 'Castles'.





Science and Technology Discussion group

This month, an extremely interesting and informative presentation was given by one of the Group's members (Julia Pearson) on that rather critical organ in your body, the HEART.

We all came away being much more aware of what it does, what happens when it develops a fault and how the circulatory system works.

We all had a chance to use some very small digital ECG devices, blood pressure equipment and stethoscopes.

TRUSTEE REPORT

- a) Reminder that the **Welsh Open Table Tennis Championships** are taking place in Cardiff on 23rd May 2025. For more details contact Phil Avery on philpaveryco@hotmail.com
- b) I attended the last u3a Board meeting of the current Board on 26th March. The new Board takes over from 1st April. In case you missed the announcements the new Board are:

John Bent – Barnet u3a; Pauline Green – Stansted Mountfitchet u3a; Alan Russell – Worcester u3a & Laurance Wale – Worcester u3a

- c) The **Council** will have its first full meeting on 8th April in London. The Regional Representatives on the Council for Wales are Nicky Lee (Chepstow u3a) & myself. Details of the other Regional Representatives can be found at <https://www.u3a.org.uk/events/board-trustee-council-rep-elections/council-candidates>

In order to spread the word about the u3a can I ask all of you to sign up to the FRIENDS NEWSLETTER. Link is <https://www.u3a.org.uk/news>

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.

It is quite a chatty session and as there are some people with a lot of technical knowledge, there is usually one person on each table who can help those who have

no technical knowledge at all. I am still in that category – the information just goes in one ear and out of the other but I enjoy the social side of the meeting. Perhaps something is sinking in as my oldest son has remarked-rather condescendingly – that I appear to be getting more knowledgeable!!

Shirley



BOOK CLUB

Our book this month was Piranesi by Susanna Clark. This book took us into a different world, a highly imaginative world. Luckily we had an introduction to this book from the person who chose it, or I, for one would have given up on it. Piranesi lives almost alone in this building of many, many rooms peopled by large statues. The sea comes into the lower rooms and floods them. The world he lives in is beautifully described by Piranesi over several pages, and is worth reading slowly to grasp the enormity and variety of his world. He introduces the Other who he meets with regularly. The story develops slowly and the author creates sympathy for Piranesi as he lives his life in the halls.

The author takes you into this strange world and we get to learn of Piranesi's life and the tasks he sets himself to create that life. With the introduction of other characters the story becomes darker and gradually Piranesi's past life is revealed.

This was a fascinating book and all I can say is, try it, it is well worth your time.

Marie Everett



CREATIVE WRITING

Buttercups .

Touch the air and pull down the moon,
Drink champagne from a silver spoon,
Dragonflies paint safflower in the room,
If you'd like a letter I'll write to you soon,
So in order for you to send a reply,
I'll dress in a gown of spider web ply,

Dance circles around a tree,
Sing a song to a buzzy bee,
Don't forget to think of me ,
As you float through the keyhole
and sip pink tea.

Wacky days pass my door,
And pools of rainbows play on the floor,
Sing to me and I'll clap for more,
As the sea plays leapfrog on the shore.

Everything has ended now,
and no more rhymes,
(so don't ask for more)
I'll put you to bed,
And ruffle your curls,
And hope the night owl
Wears bright shiny pearls.

Sleep, sleep in your painted bed
I'll spin moonbeams in your head
Here's a star to keep you safe
And I wish you buttercups up to your waist.

Pam Rossiter

Concorde at An Open Air Event

Who was playing when she flew over?
Stewart, Morrison, or someone, a name we can't quite recall
But what we do remember is how the music stopped
At Crystal Palace, and when that elegant shape appeared
Like a glinting golden dagger in the evening sky
Above the arena, the Star of the show stopped his singing
And we all looked up. It was not a message from the Gods
Like King Tut's dagger*, cast down onto the earth
Forged from alien alloys, it was a man made thing
Celebrating human achievement, a wonder
Marking a high point in so many senses:
Political, technological, a symbol of cooperation
And peaceful coexistence, a sign of optimism
And wonder. No wonder the audience all looked up
And burst into applause.

***King Tut's dagger:**

King Tutankhamen reigned in Egypt from 1334-1325 B.C..

His ceremonial dagger was made from meteoric metal from outer space.

It can be seen in The Egyptian Museum in Cairo.

At the time of King Tutankhamen's mummification approximately 1323 BC (the Bronze Age) iron smelting and manufacture were rare.

Iron objects were used for only artistic, ornamental, ritual, gift giving and ceremonial purposes.

Iron during this period was more valuable or precious than gold.

Peter Rossiter.



THE STROLLERS – WEDNESDAY WALKING GROUP

5 MARCH 2025 – POPPIT SANDS 16 Strollers and 8 dogs

A bright, sunny day. We met in the car park and walked along the path through the caravan park. Our stroll took us upwards above the Teifi Waterside hotel, looking at the stunning views of the sea along the way. Then a gentle walk back along the road where we saw clumps of snowdrops. We then walked towards the beach. A few Strollers went for lunch at Penralt Garden Centre others took their dogs on the beach and then had a snack at Crwst.

12 MARCH – NEWCASTLE EMLYN

12 Strollers and 5 dogs.

A sunny day but cold winds. It was a pleasant walk from the town centre through back lanes and paths. Lots of cheerful daffodils were seen along the way. I thought Jane was still in holiday mode after recently returning from warmer climes, when she said she had booked the Riverside Café for lunch where we could sit outside! However, I knew Jane would be organised and the area was covered and warm. We all enjoyed a lovely lunch there. Sadly it was Juliet's last walk with the Strollers as she is moving to Dorset. She will be missed and we wish her well.

19 MARCH – THE WILDLIFE PARK

26 Strollers and 9 dogs.

A warm and sunny day. We walked along the tarmac path beside the river towards the Wildlife Centre. It was lovely to hear lots of birdsong on the way. Approaching the café, some Strollers turned left through the trees for a slightly longer walk, others went straight on and we all met up by the river. We had lunch or snacks at the café.

26 MARCH – GOODWICK

16 Strollers and 7 dogs

Another warm day. Our walk took us across the common which was very pleasant. Again we saw cheerful daffodils along the way. The walk went uphill and onto the path by the Seaview Hotel. A ferry could be seen at Goodwick. We crossed over and the dogs had a run on the beach and we looked at the mosaics at the side of the path, depicting the French Invasion. Lunch was at the Chapel near Dinas.

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 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

Unfortunately due to unforeseen circumstances we were unable to hold a meeting in March. Hopefully normal service will be resumed in April.

Many apologies

Galileo



Ukulele

Our ukulele group has again gained new members and we have a very full schedule of our gigs this year.

We recently had a concert at one of our favourite venues- the Rugby Club premises in Narberth. We play for an amazing group of people with various learning, memory or speech difficulties. They are -if necessary- collected from their homes by transport and brought to the rugby club in Narberth. The carers are amazing and ensure that everyone has an enjoyable afternoon- with the obligatory tea, coffee and cake provided for us all!!!

To add to the occasion, several children from the local junior school also attend. Without fail we always have both children and some of the adults dancing and joining in with the songs. I think the adults gain a lot of pleasure from seeing the youngsters and it is a good idea for the younger generation to mix with the adults.

Some of the ukulele group went busking outside the Guild Hall on Red Nose Day and managed to raise a lot of money for that particular charity. Our last venue after Red

Nose Day was at Bro Teifi Residential Home in Cardigan, where once again those who attended were very much appreciated.

After the 'Draw a Bird' exhibition at Rhosygilwen we have two more gigs in April before we start a very busy May. Our reputation has grown and we seem to have gained in popularity in the last few months- going as far afield as Fishguard and Dewslake Farm near Pembroke.

Many of us are preparing for the now annual visit to Dewslake Farm for the ukulele weekend. This is more than just playing the ukulele. We have the added entertainment watching people put up awnings and tents!! There are the impromptu 'sing-a-longs' that seem to draw in anyone who can play the ukulele, banjo or guitar and even percussion -these take place wherever there is enough space. Amazing tuition is given by some very talented musicians who teach from the stage to as many of us as possible who manage to squeeze into the huge barn where we play. Then we have the pre- arranged concert where all the groups take turns to play their own set list of music on the stage accompanied by the rest of the groups in the audience who can play along if they wish to do so or just sit and listen.

Teifi ukulele group is amazing- supportive, friendly and with some very talented players. If anyone is interested in joining then please contact me and I will pass on your name to the appropriate person in charge of the group.

Shirley



Group Co-ordinator.

As you will know by now, Sharon Swift is the new group co-ordinator.

Referring back to earlier conversation in regards to new groups. I will be setting up the 2 following groups:

- 1) Write yourself a letter;
- 2) Trace & Map your village

What are they about I hear you say?

Write yourself a letter:

Write a letter to yourself, when you were a young person, as though you were writing to someone, but telling them what you have been doing, where, when, what happened during the day, or week. You can type it up on the computer to start - then you can go back to it if you think you may have missed something. When you have finished it on the computer and feel confident enough, try writing it in a letter form, so that they can sit by each other. That way, people can read your letter. It is rather like a diary, but in a letter format.

Trace & Map your village

Find an Ordnance map, or an old MAP of your village and try to locate your property. See what is in your surrounding area and if you can TRACE anything historical. Was there a castle, mansion, or workhouse? Was there someone famous/historic, who lived in your house - how old is your property etc. Try and find out what happened in your area. This is a great way to discover the history of your village.

I have kept the article below in the newsletter just in case there is someone who did not see the article last month!!! There are still a few days left for you to get busy with drawing equipment!!!

'Draw a Bird Day' April 8th -

I am hoping that as many people as possible will come and see what promises to be a wonderful exhibition and I give my heartfelt thanks to all those who have contributed in any way to 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 that 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 entertaining by playing from 1- 2pm on the date of the exhibition.

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.

I would like to thank all those that have taken part in their contributions for 'Draw a Bird Day'. It is much appreciated, and thanks also must go to Rhosygilwen for letting us have this wonderful venue.

It would be lovely if 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

I still have not yet had any more information about 'castle bagging' but obviously we are hoping that there will be more visits in the near future.

Sharon swift

Sharon has also been in contact with a lady called Kate who organises various events at Carew Castle (see below). **The articles below were mentioned in the February newsletter but I have kept them in for this month as well.**

I have just copied and pasted the information that was sent back to Sharon – this is just for interest at the moment!!!!

"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



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
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

March Monthly Meeting report

OXFAM

The speaker at the Cardigan u3a meeting on March 27th was Lizzy Bailey, the manager of the Oxfam shop in Cardigan. Lizzy began her talk by giving a short history of Oxfam. Founded in 1942 in Oxford by two academics as the Oxford Committee for Famine Relief, it was set up in response to the Allied blockade that caused famine in Axis-occupied Greece. Four years later, the first Oxfam shop opened in Oxford and it is still trading today. The number of shops has now expanded to 560 nationwide.

The first overseas committee was founded in Canada in 1963 and, in 1965, the organisation changed its name to Oxfam. In 1995 Oxfam International was formed by a group of independent non-governmental organisations.

Oxfam has 23,000 volunteers working in a variety of settings, including Oxfam shops, offices and at events like festivals, contributing to fundraising and campaigning work.

Lizzy continued her presentation by talking about the work that Oxfam does. Oxfam's core priorities are to end poverty and injustice by fighting the inequalities that fuel them through advocacy, humanitarian response, and community-led development, with a focus on gender justice, climate action, and holding power to account. Oxfam

works with local organisations all over the world rather than 'parachuting' people in to 'solve the problem'.

Lizzy gave examples of countries that Oxfam has been working with and the issues the respective countries have been facing:

Myanmar (cyclone, ongoing violence)

DRC (ebola, conflict, hunger)

Bangladesh (flooding, issues pertaining to having the largest refugee camp in the world)

Zimbabwe, Mozambique, Malawi and Zambia (work with those affected by El Niño)

Countries in East Africa (humanitarian response)

Ukraine (war - working with grassroots organisations - transport and food)

Gaza (war - humanitarian work - clean water, hygiene kits)

To help address issues that communities are faced with, as well as campaigning and lobbying governments, on the ground they assist with practical solutions, such as reinforcing homes prone to flooding and building homes on stilts. Oxfam help build schools and provide supplies like books and also help to build clinics.

One of their lobbying roles is that of addressing women's rights in the belief that lasting change is in the hands of women. On a practical level, Oxfam support women in developing sustainable businesses to enable them to work their way out of poverty.

Coming closer to home Lizzy gave an example of the work done by Oxfam Cymru, which has one employee. The local organisation supported the Senedd in its policy to provide free school meals to all primary school children.

Even closer to home, Lizzy talked with passion about the Oxfam shop that she manages in Cardigan. She is the only paid employee but will soon be joined by a deputy manager. Her work is supported by 30 volunteers who assist in a variety of capacities: creating window displays, taking photos for the website, working in sales, treasurer, health and safety, administration. Lizzy brought along a selection of Fair Trade products that can be found in the shop, including Easter eggs, coffee, items made from saris, felted goods and seeds. These can be found for sale alongside the more usual clothes and books found in charity shops. The annual turnover is £130,000 with online sales doing well, reaching £10,000.

Lizzy would like to expand community involvement, such as working with schools.

Her inspiring talk gave members an insight into the work undertaken by Oxfam both internationally and locally.

Jane Morris



DRAW A BIRD EXHIBITION

As you know Sharon Swift, our Group Co-ordinator, has been working very hard organising the Draw A Bird Exhibition to be held at Rhosygilwen on 8th April. Your drawings will be on display in the Oak Hall from 10.30am - 4pm.

Hot drinks and cakes will be available to purchase in The Orangery and the U3A Ukulele Group will be entertaining you from 1 - 2pm.

In addition, Trevor Appleton from the U3A Strollers Group has done a Quiz for you, which is attached. It is just a bit of fun. All the answers are the names of a bird. Some questions are straight forward but many are cryptic, and some might be impossible for some if you don't know Trevor's sense of humour! The answers will be available on 8 April at Rhosygilwen and will also be printed in the Newsletter at the end of April.

Good luck and thank you.

CARDIGAN U3A 'DRAW A BIRD' EXHIBITION QUIZ

Some of the questions are straight forward but many are cryptic.

ALL ANSWERS ARE THE NAMES OF A **BIRD**

Answers on 8th April at Rhosygilwen and in the Newsletter at the end of April

- 1 Batman's partner in crime
- 2 Keep your head down
- 3 Chess piece
- 4 Two under par in golf
- 5 Take a gulp of food or drink
- 6 Three under par in golf
- 7 Use a small device to make cheese smaller
- 8 The effort a bee has to put in to be heard above others
- 9 Toss this bird a mollusc and he will take it mid air
- 10 HRH Charles takes his rods to the river
- 11 This bird tries to sing but doesn't know the words
- 12 Distinguished elderly fish catching wader
- 13 The Almighty's sense of humour?
- 14 Small flags on string put up for celebrations

- 15 Eric Morecambe uses his teeth on his comedy partner
- 16 Non-speaking large white bird
- 17 Rub a candle on one of the bird's flying appendages
- 18 This bird said I was useless, was it just teasing me or ridiculing my actions
- 19 Monthly periodicals made into crusty pastry dish
- 20 Well known convenience stores one after another in a line
- 21 Non-standard spelling of horse that's kneeling appealing to God
- 22 This building equipment will go to great heights
- 23 Make it difficult to find the female duck
- 24 We have plenty of cockerels but need an extra female chicken

- 25 Very quick



Unwanted laptops still required

As many of you know, I refurbish Windows laptops by securely wiping all existing data and then installing a Linux operating system.

I then donate these laptops to a local charity.

This is an excellent example of recycling, since the laptops are being repurposed and are avoiding going to landfill.

If you, or any of your friends, neighbours etc. happen to have such items which are surplus to requirements, I would be only too pleased to accept them.

You can contact me via Howard Lillyman (Tel: 01994 419 010) who will forward your details.

Many thanks.

Godfrey Green

PANTOMIME

Oh no it isn't – oh yes it is!!!! I have almost finished the writing of it and of course I am looking for 'volunteers'. I use that word with great trepidation as everyone seems to run for cover as soon as I mention the word PANTOMIME!!!!

No experience is necessary –just a willingness to appear on stage and make people laugh – either by accident or by actually following the script dressed in ridiculous clothes!!!

Last year appeared to be successful- unless people were just being nice to me!!!

This year it is 'Cinderfella' –not difficult to know what it is about or to realise it may not be the traditional panto!!! I am hoping there will be a surprise finale if I can get enough volunteers. It will last about 45 minutes and will be on the monthly Thursday afternoon meeting in November.

Please do not all decide that it will be a good idea to go on holiday on that date!!!

I can be reached by e- mail and eagerly await the throng of keen members who have a secret desire to be on stage!!!

Shirley

