

Cardigan u3a Newsletter

No 176 April 2025



Website: www.cardiganu3a.org.uk

Many apologies for the delay in the writing of the newsletter- especially to those who have sent some articles- but I have a virus on the computer. It has been really bad with all sorts of alerts and flashing lights but Martin has now enabled me to be able to write in Word although I am still having some problems.

What a beautiful spell of lovely summer weather we are having at the moment – how long it will last is anybody's guess but at least everyone can enjoy the garden, trips out or even that long- awaited holiday.

I cannot believe it is already nearly half way through the year. I am eagerly awaiting the arrival of 'the troops' in June/ July. They all seem to be well advanced in their arrangements so I can begin to relax a little as the impending big birthday looms closer!

The weekend just gone was spent in Birmingham where two coach loads of ice skating enthusiasts travelled to Birmingham and saw the last tour of Torvill and Dean. What a great evening – it was hard to imagine that they are both in their 60's as they performed many of their famous dances with effortless ease –culminating, obviously, with a slightly shortened version of 'Bolero'. Christopher Dean did do a face plant when he and Jane first came onto the ice which caused some consternation amongst the audience. Being the pro he is – he picked up some imaginary speck of dirt from the immaculate ice rink and blamed it on that!! A brilliant start to the evening!

It was a weekend visit- very well organised with a two night stay at a beautiful hotel.

Email: editor@cardiganu3a.org.uk

Shirley



INTEREST GROUPS

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

This month's challenge was all about 'Castles'.

Here are some examples:









Science and Technology Discussion group

The subject this month was '**Carbon Capture – how does it work?**'

There are two different technologies based on Capture or Sequestration. So what do these mean and what is the difference?

The current UK government has pledged nearly £22bn for projects to capture and store carbon emissions from energy, industry and hydrogen production. A method which seems to be supported by the fossil fuel companies around the world.

Below are some links if you want to know more:

a) How does carbon capture and storage actually work? | ABC News

<https://youtu.be/Z5I4ZE3GcEQ>

b) How Does Carbon Capture Actually Work?

<https://youtu.be/fC388uNJhUY>

c) 7 Ways To Pull Carbon From The Atmosphere

<https://youtu.be/2J05vC3umE0>

Change of normal meeting date - The next meeting on 23rd May is a visit to the Rheidol Hydro-Power station near Aberystwyth.

Reminder that the **Welsh Open Table Tennis Championships** are taking place in Cardiff on 23rd May 2025. For more details contact Phil Avery on philipaveryco@hotmail.com

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>

Hello Welsh u3as

We have now had our first Council meeting and would like to arrange online meetings with as many Welsh u3as who will give us 20 minutes of their time, to let you know what the Third Age Trust is doing to support u3as, but more importantly to hear from you.

As you will know the Council has been formed to be a conduit between the Trust and u3as, to ensure that the voice of u3as is heard and the challenges and needs of u3as is built into the strategy of the Trust.

We will be attending the Regional meetings across the country, although with North Wales and Mid Wales meeting in person and being so far from either of us, we will only be able to make one per year.

Even if you do attend a Regional Network, and especially if you don't we would like to arrange online meetings via zoom with each of you to introduce ourselves and begin the dialogue to represent your challenges and needs, and to share your best practice ideas.

Please contact either of us and we will set up a meeting.

Regards

Nicky Lee

Colin Luker

Nicky.Lee@u3a.org.uk

Colin.Luker@u3a.org.uk

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

Our choice for this month was The Best of our Spies by Alex Gerlis. This was a fascinating read. The book is set a month after the Allied landings in Normandy in 1944, at the start of the liberation of Europe and involves spies and counter spies in the attempt to fool the Nazis as to where the Allies plan to land.

Owen Quinn is a young officer with Royal Naval intelligence who falls in love with Natalie Mercier who nurses him after he was injured at sea. Unknown to him, she is a spy, working for the Special operations Executive with the French Resistance. Quite soon after their marriage Natalie disappears and Owen learns the truth about her but is determined to find her and sets out for France.

There are many twists and turns in the story, with the run up to D-day at the heart of the story. It is a very exciting and fast moving, based on real events which took place in the Second World War. It is not always a comfortable read, but it gives an interesting insight to both the British and German high command.

This is a well written book enjoyed by all our group.
We meet at the Flat Rock in Gwbert on the second Thursday of the month, if anyone would like to join us.

Marie Everett



CREATIVE WRITING

WORDS

I look at my written words
With suspicion, who them put there,
I ask; who chose them, shaped them so
Neatly on the page, if not someone else,
Then some other part of me?
They need firm handling or
They can mis-tally with the concepts in my head.

It was a railway poem by Siegfried Sassoon
That first alerted me to the allure
Of the sounds of words written,
And those heard in the mind,
Mr. Masters, the English teacher's: "more conviction Rossiter"
Brought further attempts at recital to a stammering halt.

With the embarrassment of the endeavour,
My discomfort dwindled to nothing
When I saw how the words of Siegfried's poem,
Their sound, the images
The well- oiled engineering of the verse
The beauty of the express train
Still held firm, strong, untarnished
And strung me along as a fellow passenger
And participant in the worship of words.

Peter Rossiter.

WHITE FLOWERS

White flowers, ready in the church for the bride
Lives beginning a new journey
Now anticipation for tomorrow
White flowers in waiting
Silently.....

Pam. Rossiter

MID AIR

Gathering speed I race towards outstretched arms
I am flung high into the air
The joy of you and me
Meet in mid air
I am you, you are me
We meet in mid air
We touch a lasting moment
Caught in a sky held still
Daughter and father
Always remembered
Always smiling, laughing
In mid air.....

Pam Rossiter



THE STROLLERS – WEDNESDAY WALKING GROUP

THE STROLLERS – APRIL 2025

2nd APRIL ABERPORTH

I didn't walk with The Strollers today but I was told by a very reliable source (Will) that there were 14 people and 5 dogs. It was a sunny day, they walked along the tarmac coastal path where they met a lady who sadly said her dog was missing and had gone into a badger sett on the side of the path. Some Strollers walked to the bench before the path went down to the beach at Tresaith and then returned the same way. Others continued onto the beach and took the longer circular route along the road to Aberporth. Lunch was enjoyed at The Ship.

9th APRIL ABERCYCH 20 Strollers and 6 dogs

We set off along the track just past The Nag's Head pub. It was a beautiful warm day. We continued up the steep track and turned to see the sculptures, wind charms and interesting carvings before reaching the lovely bottle house. The walk continued downhill to the road. It was too late to see snowdrops but we did see some wild violets and bluebells. An excellent lunch was enjoyed at the Phat Forks.

16th APRIL

No walk today due to the weather conditions.

23rd APRIL 21 Strollers and 5 dogs

We met in the car park by the church in Llangoedmor. Dave was the leader for this walk. It was a dry and bright day. We walked along the road and tracks and saw an abundance of wild flowers including violets, white pink and very deep blue bluebells and a lovely purple orchid. The walk took us past a house where a lovely lady called Susan lived. I was told that she was a founder member of the Cardigan U3A and is still very involved. She told us that in the Dark Ages it was the home of St Cynllo. (the church we parked near is also named after him) St Cynllo's knee imprints are said to exist in a rock by the nearby stream. There were a lot of wooden carvings along the edge of her house depicting local animals and wildlife and the word "Saint" was carved on one post and "Cynllo" on the next post. On the way we saw a waterfall flowing into a crystal clear stream. We had an excellent and very reasonably priced lunch at The Penllwyndu pub.

Ros Appleton – Group Leader



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)



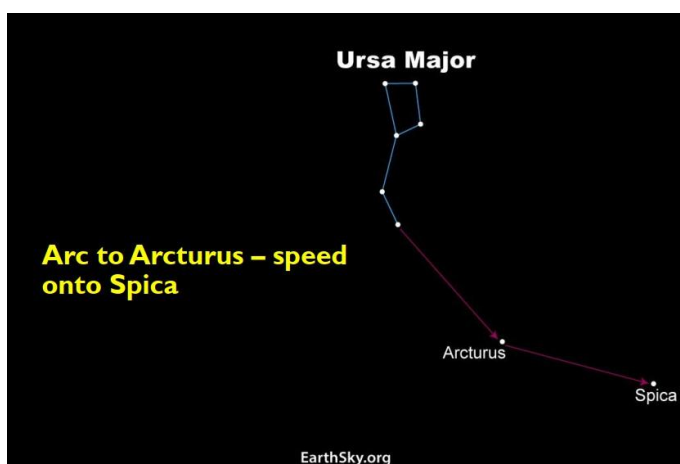
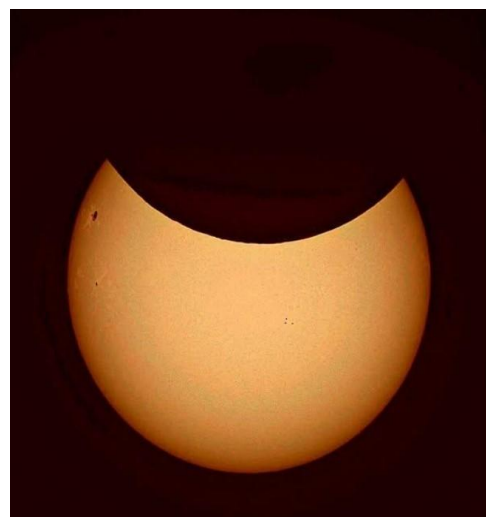
Astronomy - February 2025

After cancellation of our March meeting as a result of the unavoidable absence of some key members of the Group, the April meeting took place at the usual time i.e. 2pm on the 3rd Wed afternoon of the month, April 16th - where Jon provided a cornucopia of topical astronomical information.

As well as our regular review of the easy-to-see planets, we heard about the causes of the colours of the Lyrid Meteors whose annual shower would peak on the 22nd – Magnesium, blue-whitish; Calcium, violet; Sodium, orange; Iron, yellow-white; Oxygen and Nitrogen, different reds, etc. On the planet front, Mars and Jupiter are easily visible in the evening – but Jupiter not for long as it sets in the west soon after 9.30 (as does Betelgeuse and the rest of Orion). However, reddish and fairly bright Mars is visible throughout the night, and is currently just below the Gemini twins, Castor and Pollux. Venus is a “morning star” now and can be spotted just before dawn in the east.

There was a partial eclipse of the Sun at 11am on 29 March, which in the UK was around one-third obscuration. It would have looked like the pic in clear skies with proper, safe viewing arrangements – or, as in my case, a grey version seen with the naked eye through nice, accommodating light cloud.

Jon also explained the trajectory of Comet F2 (Swan) which is expected to be at its brightest about now, visible in the evening in Taurus at a brightness that should be just a bit less than the stars in most of our easily identifiable constellations or asterisms.



Jon’s “Constellation of the Month” was Virgo – with its brightest star Spica (our 11th brightest) located low down below the bright red star Arcturus (our 2nd brightest star) along the curved line from the Plough’s handle. Spica is a Blue Giant star with about 7x the diameter of the Sun (but it is small compared to Arcturus, which is a Red-giant that has expanded to about 25x the Sun’s diameter – as will our own Sun in a few billion years’ time). He then discussed all the galaxies, etc, which are concentrated in the Virgo area – and which can be seen with the new electronic, easy-to-set up and almost automatic telescopes that are available now, like the SeeStar ran



Finally, we had a biographical look at the Victorian amateur astronomer, the Rev. Thomas William Webb, 1806-1885. Webb made some bigger telescopes but he wrote guides to what could be observed in the sky with a 3¾ inch refractor telescope - which was the most influential observation book of its time and was used for 100 years.

In 1967, a group was formed to encourage amateur observations of deep-sky objects – and it was named the Webb Society in his honour. It provided forum and publishing facilities – and still does. It publishes a monthly magazine and has one-off text-books in its canon – and our Jon Gall is one of its committee members!

Our next meeting will be on Wed, 21 May 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



DRAW A BIRD DAY EXHIBITION

A number of people came along to Rhosygilwen and looked at the brilliant works of art that so many people had produced. I know that Sharon- as the new Group Co-ordinator- was a bit overwhelmed , not only by the support for this day but also for the effort that the participants had made. From my perspective it was a fantastic success. There were exhibits from the very young and the not so young!! The pictures ranged from pencil drawings to painted pictures of every bird from all over the world and there was also some impressive felt work and other craft work.

Some of us went up the day before to help put the pictures on display and the whole room was transported into an aviary of colour and energy. A massive thank you to everyone involved.



UKULELE

Once again the ukulele group have been very busy. We played at the 'Draw a Bird Day' exhibition at Rhosygilwen. The acoustics there are excellent and we had quite a crowd listening to us play. This seemed to round off what had been an enjoyable and worth-while day and one which I am sure will be repeated. Shortly after that we were playing at Clynfyw Farm – taking place on a rainy afternoon in front of an enthusiastic gathering, who, nevertheless, seemed to enjoy our selection of songs. We will be returning there again to play again in May but before then we have a concert at Rhosygilwen for VE day. We have been practicing our wartime songs! Of course- I am far too young to remember any of them !!!!

Our itinerary appears to be full for the summer and once again we are looking forward to going to Dewslake Farm– as last year- when the intricacies of tent unfolding become apparent –often with disastrous results! This is always a great weekend with plenty of music from many ukulele groups, some from as far afield as America.

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.

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

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

Croquet will now be starting at Rhosygilwyn on Wednesday and Fridays from 2pm for a couple hours. Start dates will follow as soon as possible. There will be a small charge.

Art classes will be starting on **6th May from 1pm - 4pm at Reading Room in Newchapel.** The first session is free, but further groups will require a small charge to cover the hall and refreshments.

Howard's **Desert Island Discs** will be starting on **7th May 2pm – 4pm** –again at the Reading Room in Newchapel

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



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
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	Vote for Women 100 years of women and political campaigns in the Welsh Political Archive	Robert Phillips Library of Wales
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 are 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 me either by phone (07746263605) or in person at one of the monthly meetings.

Shirley Cole)



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

YOUR U3A IS LOOKING FOR YOU

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

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

This year it is 'Cinderfella' –not too 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 – as long as people remember their words - and will take place on the monthly Thursday afternoon meeting in November. Put it into your diary!

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

