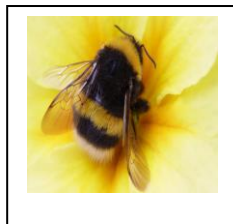


Cardigan u3a Newsletter

No 177 May 2025



Website: www.cardiganu3a.org.uk

What a beautiful day it is today. I have done an art class, a morning of ukulele and a craft class this week- which sounds very pretentious but it isn't. The groups I am with are amazing – with a great deal of talent in each of the groups. I am always amazed at the work that is created. This must be my second year of attending all three and are very fulfilling. Unfortunately- my 4th hobby-- piano brings me down to earth with a bang!!! I love learning to play the piano but reading the music and playing the tune at the same time so that it is recognisable, is sometimes beyond the realms of my capabilities! Well –not sometimes – constantly!!!

I love art however. I am afraid to say that I was removed from the art class in my new grammar school at the tender age of 11 and a half.

'DISRUPTIVE' so the teacher told my mortified mother. I would say – in my defence- that I was a very high- spirited and energetic child. To go into a classroom, only to be confronted by either a vase of flowers, a teddy bear in a sitting position or a pile of books- then told to be quiet and sit down in a dignified manner - was totally a red flag to a bull!!! The final straw was "Draw what you see". There was no tuition and if help was given you were made to feel as though you were already on the scrap heap.

Now however, I thoroughly enjoy it. I particularly love the precision of architecture and then the freedom of anything to do with the natural world. It is a great hobby with a wonderful bunch of like- minded –and very talented- people plus an outstanding tutor.

Email: editor@cardiganu3a.org.uk

Shirley



INTEREST GROUPS

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

I realise that the paragraph below has been in the newsletter before but just in case we have gathered some more newcomers to the Cardigan u3a I have once again included it for this month.

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



CREATIVE WRITING

I COME FROM

I come from a place where I hear the siren, which still haunts me and the fear takes hold.

I come from a place where we run to a shelter in the garden.
Where candles flicker in the dark and my pregnant mother holds my hand while dad lifts the youngest, gathers him up and clasps him tight.

I come from the sound of a bomb whistling through the air and then the silence before it explodes

I come from bombed out houses, smashed glass on the floor of a church and hymn book pages turning in the breeze.

I come from the 'all clear' and we tread carefully through shrapnel in the garden.

I come from frozen milk on the top of glass milk bottles and thick cement walls in our school shelter.

I come from barrage balloons, like cartoons in the sky.

I come from the war ending and Victory parties in the streets.

I come from my mother giving birth to my brother who will not remember the war except for his name is Victor.

I come from a band playing in the park, on the bandstand and families with children dancing around it, celebrating.

And now I can say ...

I come from thinking of Ukraine and Gaza, and wishing their war to be over.

I come from where I am now, years older, knowing how it feels.

That's where I come from.

Pam Rossiter.

A LOST THOUGHT

They say thoughts can run through your head
And this one just darts down a path.
Begins to zigzag,
As if it was a rabbit that has lost its way,
Or the movement of branches shaken by a squirrel.
Those fearful creatures seek safety:
One, merging into the high canopy,
The other, the cover of long grass.

It is like the last sound
Shaking in the wind
It is like the last sight
Which lingers there,
A patch of harebells gently stirring.

Or a recollection of the black lacquered surface of a Steinway
Filled with closeup reflections:
Arthur Rubinstein's two hands
Doubled as they duck one under another effortlessly,
He's negotiating a tricky passage
Of Rachmaninov,
Or was it Horowitz?

Peter Rossiter

PHOTOGRAPHY GROUP

There are two photographs of the Barley Day parade nearer the end of the newsletter.

For further photographs please go to the website that has been mentioned below by Colin Luker from the Science and Technology group.



Science and Technology Discussion group

SCIENCE GROUP MAY 2025

This month the Group had a visit to the Rheidol Hydro Power Station which is just north of Aberystwyth.

It was opened in the early 1960s and despite being publicly owned at that time it has since been sold to the Norwegian company Statkraft.



It has a good visitor centre & café and tours can be booked on their web site – well worth a visit.

Unfortunately, the power station has not been generating electricity for about 6 weeks due to lack of water in the river. Not a good omen for the future and global heating. Normally it generates c85Ggw and which is enough to power 12350 homes.

PHOTOGRAPHY GROUP MAY 2025

This month's meeting was a review of the 'Barley Saturday' event plus a few photos of other animals.

Two examples are in the write up for the Barley day parade. For more photos see the Newcastle Emlyn u3a page.

Next month the Group is going on a boat trip on the Teifi from Cardigan to take photos of wildlife and any interesting structures / buildings along the river.

The two pictures below were taken at the traditional Barley Day. Once again crowds lined the streets to see the parade of beautiful horses and donkeys.

This year there was not the drama of a pony who unfortunately became a bit skittish and knocked a member of the watching crowd to the ground.

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>

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 May was **The Glass Room** by Simon Mawer. This story is set in the Czechoslovakia of the 1930's. Victor and Liesel Landauer have just married and have been given a plot of land as a wedding present on which to build a house. On their honeymoon in Venice they meet Rainer von Abt, a modern architect who persuades them to let him design their new house. It is a very modern house with a prominent

and striking glass room with an onyx wall and plate glass floor to ceiling windows, to take advantage of the wonderful view of the city. The marriage is not a great success and soon Victor is having affairs of which Liesel becomes aware.

The storm clouds are gathering over Europe and as Victor is a Jew he decides it is time to leave the country and move to Switzerland. By now they have a child and he has a mistress with a child and they leave with them. Liesel is sad to leave the house and her grand piano which stays in the glass room.

From here the house is taken over by the Nazis and later the Russians. The house is like a character in the story affected as much by the chaos in Europe as any of the people as it passes from hand to hand taking on different lives. The story of the house echoes the story of the family as they move on from Switzerland to America as the war in Europe leaves no safe haven for Victor.

The story contains very rich, vivid descriptions of the life of the house and its place in the story. The characterisation of the various people in the story is good with emotional descriptions of Liesel's gradual awakening to her husband's infidelity. The themes of the story of desire and especially the power of place are beautifully described. The events which engulf the family are narrated with sympathy and understanding.

This book made the Booker short list and although it became a bit muddled towards the end I thought it a good read and was mostly enjoyed by our group.

Marie Everett



THE STROLLERS

APRIL AND MAY 2025

30 APRIL – NEWPORT TAPS

10 Strollers and 5? dogs.

Alan led this walk as unfortunately I was unwell. We welcomed Jeff and his two lovely dogs. It was another dry day and The Strollers enjoyed looking out for the restored elegant Victorian taps along the route. I'm sure The Strollers found somewhere to enjoy their lunch.

7 MAY PWLLGWAELOD

9 Strollers and 8 dogs

It was a beautiful day. We started the walk at the car park and admired the wonderful view of the coast. We saw vivid blue native bluebells on route. The dogs enjoyed a run and swim at Cwm-yr-Iglis while some Strollers enjoyed sitting on a bench watching the world go by, another stunning view near the ruined chapel. Chris joined us on the walk after her invigorating swim at Pwllgwaelod so there were 10 of us for lunch at The Chapel café which was excellent.

21 MAY FINNONE WATERFALL

19 Strollers and 8 dogs

Another warm and sunny day. We walked from the car park along the track to the waterfall. There was quite a lot less water spilling over the rocks than we had seen previously. The dogs enjoyed a good splash in the river. Two Strollers crossed the river and did the slightly longer circular route, the others walked back to the empty house where we stopped for a short time. I told The Strollers a few facts about Finn timer Manor House, some of the owners, the contents and the eventual sale. Most of us walked to the lake and then retraced our steps to the car park. Lunch was at the café in Cenarth but 4 of us went to Phat Forks as, after a while, the café was only offering cakes, scones and drinks. We had an excellent lunch there.

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



CARDIGAN U3A BIRD QUIZ NUMBER 2 (from Trevor Appleton)

All the answers are the name of a bird.

- 1 Did this bird go down the pit?
- 2 This chicken takes off vertically like a jump jet
- 3 Fly this crimson item on a piece of string
- 4 Big hairless north American bird
- 5 Healthy complexion of this water bird
- 6 Tommy Cooper hat wearing insects
- 7 Build a home for Mr Luther King
- 8 To complain angrily
- 9 Never heard of foodie Nigella Lawson
- 10 Burning and ablaze fifteenth letter of the alphabet
- 11 Just less than 3 tins of Guinness
- 12 Observe this chip eating scavenger
- 13 Courageous, strong & rugged Edward quickly gets his head down
- 14 Not for daylight glass container
- 15 Does it really deliver small humans
- 16 This tin is well ventilated
- 17 Dove noise shows its ready for a cup of char
- 18 Lock opening implement urinates
- 19 This bird is from heavenly utopia
- 20 A disbanded service for females in the navy
- 21 Button operated road crossing place
- 22 Break the pistachio so that the young animal can get out
- 23 Look furtively at pork knuckle joint
- 24 Spend the hours of darkness in strong wind
- 25 Cold location to go round and round in



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

We met as usual - on the 3rd Wed afternoon of the month, i.e. May 21st- and had our regular review of the easy-to-see planets. Jupiter has been bright in the early evenings low down in the west, but is now almost lost behind the Sun. It will be absolutely on the Sun's opposite side from Earth on June 24th, and will emerge in a few months as a "morning star", visible for a short period in the east before sunrise. So, at the moment, Mars is the only planet visible from dusk – when it is the reddish object in the SW about 40 degrees above the horizon - until it sets in the west soon after midnight.

However if you are up an hour or so before dawn on a clear night, i.e. around 3 am, you should see a brilliant Venus low down in the east with a reasonably bright Saturn about 20 deg to its right – but they will rapidly be overtaken by increasing sunlight. But all is not lost for evening sky-watchers; there isn't Orion or Sirius to see as we move into the summer but The Plough, Cassiopeia, Polaris, Vega, etc, are always there.

And until early August we might see Noctilucent Clouds in the NW.



These are reflections of sunlight from clouds of icy dust about 80 Km up, and because the ice is so high we see the reflections an hour or two after the Sun has departed below our horizon.

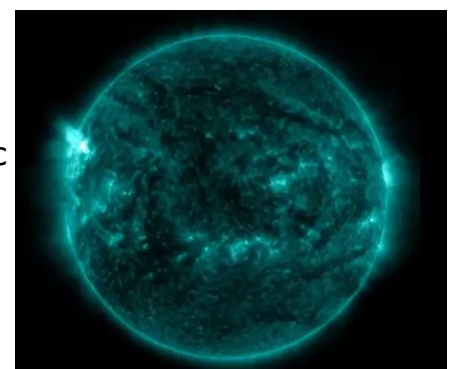
We moved on to watch a short video about the Oort Cloud. This is the outermost part of the Solar System and consists of trillions of chunks of ice and rock spread around in a roughly spherical shape with the Sun at the centre. It is much further out than the Kuiper Belt (which itself is further out than Neptune and Pluto) and probably extends out to 100,000 times as far as the Earth is from the Sun – almost to the point where gravitational attraction by the Sun is approaching zero

Jon's presentation on the constellation of the month covered Draco (the Dragon). This long straggly constellation is overhead in the north, and winds between Ursa Major or The Plough (or Big Dipper, if you are American) and Ursa Minor (or Little Dipper!)



Polaris, in Ursa Minor, is our current Pole Star but because the Earth precesses (i.e. spins with a wobble like a kid's top) over a period of around 26,000 years, the sky over our poles slowly moves around. And 5000 years ago, in early Ancient Egyptian times, Thuban, in Draco, was directly over the North Pole – and thus was the Egyptians' Pole Star

We ended with a quick discussion about Recent Solar Activity. On May 14th and 15th there were 2x M-class and 2x X-class solar flares, these being the highest category. These flares were among the most energetic flares this year, which is the peak year for sunspots, flares and coronal mass ejections in the 11-year solar cycle or activity. Some countries facing the Sun at those times did have short-wave radio blackouts at those times (or probably 8 minutes later when the radiation reached Earth!)



Coronal mass ejections or CMEs, if released in our direction, take a few days to reach Earth as plasma ions and electrons travel much slower than just light, UV or X-ray flares - and, apart from generating spectacular aurorae, these CMEs can have much more serious effects than just interrupting marine communications when they hit here; e.g. they can overload electrical power grids. There was concern that the last of the 4 flares which was the most vigorous and also contained a CME might do something here a few days later – as might another CME from the same sunspot area when the Sun's rotation next put it back in line with Earth. But by the time of our meeting on the 21st, we had not heard of any significant effects so we assumed there had been no enormous CME pointing our way on either occasion. False alarm!

Our next meeting will be on Wed, 18 June 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 GROUP

One Sunday a couple of weeks ago, the ukulele group played at the Fishguard Folk festival in a lovely venue called 'Peppers' – an intimate restaurant situated in one of the many little streets in Fishguard town.

This was a completely new experience for me. We go to many venues to play but this was different because people just wandered in from the streets, sat on the floor or just stood and listened before moving on to another venue. One lady wandered in with her guitar and sat with us, playing and singing.

There were some people sitting on a few chairs, enthusiastically joining in- cheering and clapping at the end of each song and clearly enjoying the whole experience. We seemed to rise to the occasion – our obvious enthusiasm was palpable and it was as though that made our endings and beginnings of the song sharper and our singing more professional!!

The list of songs we played was excellent and they fitted perfectly into the ambience of the whole occasion. A great afternoon was the opinion of us all.

Our itinerary appears to be full for the summer and once again we are looking forward to going to Dewslake Farm. It is a two day event – most of the music is played all day on the Saturday - where all the groups have their time on the stage playing music they have chosen and then are part of the audience--joining in all the songs played by the other groups.

Most people will be camping at Dewslake for the weekend. We have purchased a marquee-- big enough for us all to sit and play or eat, drink and socialise.

To avoid the hilarity of disappearing amongst the folds of said marque, we have had a dummy run of putting it up in the garden of our leader - Chris Yeandle. Not being a camper or tent owner this was yet another new experience for me and although I only held onto one of the many poles, the whole marquee was erected in a very professional manner and will be big enough for us all to shelter under.

Most people will be camping at Dewslake for the weekend. It is an amazing experience and one I thoroughly enjoyed last year - listening to bands from all over the British Isles and from further afield - America and Australia. I go home at the end of the day and then perhaps return the next morning if we are doing anything special.

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 on to Chris.

Shirley



Group Co-ordinator.

OPEN DAY –to be held on Thursday 26th June at the Guild Hall.

It is hoped that the OPEN DAY will be attended by all groups in order to advertise their group and what that particular group offers.

It is always a good idea to have as many photographs or exhibits as possible- showing what each group does plus as much information concerning times/days of meetings, contact details, possible visits etc. so that prospective new u3a members, who may wander in from the street, are fully informed as to what is on offer.

Sharon is hoping that the article she has written for the u3a magazine concerning the 'Draw a Bird Day' will be included in the next edition and has asked if members could keep their eyes peeled once they receive the latest magazine.

It was a great success and all congratulations go to Sharon.

Croquet will now be starting at Rhosygilwyn on Wednesday and Fridays from 2pm for a couple hours. Further details will be given as soon as possible. There will be a small charge and it is advisable to phone Rhosygilwyn before going to make sure that croquet is running on that particular day. Obviously bad weather will affect the green.

The next art class will be on **3rd June from 1pm - 3pm at Reading Room in Newchapel.** There will be a small charge to cover the cost of the hall and refreshments. The first one was very enjoyable- no pressure or judgement and comprising of six budding artists. A still life was set up by one member but there was no pressure to do that and you were able to do something different - I did my own thing! Always a rebel!

A drama group may also be starting – further details will follow shortly. Also the possibility of a walking netball group has also been suggested. I will follow this up and Shirley- an ex PE teacher- is willing to take this if it comes to fruition.

I am also making an appeal for other members who have a particular interest and feel that they would like to start and lead a new group to contact her as soon as possible. It is a good idea for different people to introduce new interests and ideas if they feel confident about a particular topic.

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

Meeting Date	Event	Speaker
<u>June 26th 2025</u>	<u>Open Day</u>	
July 24 th 2025	Our Journey with Coffee – from the	Ailsa and Sas Dixon-

	Field to the Cup	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	92 yr. old Geoff speaking about experiences in WW2	Geoff
November 27 th 2025	Pantomime	Shirley
December 2025	<i>No Meeting</i>	



Another heartfelt reminder for some new members for the meetings Committee

Members are needed for the meetings committee. The main tasks of team members are to identify and book speakers, look after their needs by setting up display items/ providing a headset for the meetings and very occasionally writing the report for each monthly meeting in readiness 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.

As you can see from the above rota- we have all our meetings for the rest of this year sorted which is just as well as I am now the only member of the meetings committee!!!!!! HEEEEELP!

Shirley Cole

PANTOMIME

The script is written and many parts have been allocated. There are still a few people who have not as yet been told of their role, but they will be informed shortly!

I am hoping that it will be well supported- last year was enjoyed by all – mistakes as well!!! A massive thank you to all those who again have expressed an interest- the rumour that people may have been press-ganged into taking part has no truth whatsoever!!

Those needed for the first practice –read /run through of Act 1 -- will be asked if they can attend. It is arranged for Tuesday JUNE 10TH -1pm – 2pm approximately, in the Reading room in Newchapel

Shirley



Unwanted laptops still required

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

Barley Day prize entry!

Below is a picture of the 1953 MG YB belonging to my husband- Martin, (that is the name of my husband- not the car!!!). It is fetched out of the garage every Barley Day after weeks of polishing and then Mart just sits in it while it is on the drive – motionless -with a look of pride and total happiness. He bought it in an online auction from Bangers and Cash- perhaps some of you have heard of the programme. His birthday present this year is a visit to their auction rooms with strict instructions that the only car he buys is a Dinky toy – I will allow the box too!!!

I was away for the weekend with grandchildren so Martin enjoyed the company of another car enthusiast- Mike Parnell, husband of Jan. Mike who was only too pleased to participate in the parade and thoroughly enjoyed the experience.

Last time I attended the parade I took 67 pictures of the horses and just one photograph of the car- it did not go down too well!!!





Do you know that it is 250 years since the birth of Jane Austen!