

# Cardigan u3a Newsletter

No 171 OCTOBER 2024

## **EDITORIAL**

I sometimes – not a lot- sit and wonder what it would be like to get up in the morning and know that you have nothing to do for that day or perhaps any day!!

Then I think that really I am very lucky to have reasonable good health, an avid interest in so many things, a brilliant family- even if they are spread around the world and an abundance of energy which does drive my long –suffering husband to distraction.

Since moving here from Abergavenny three years ago I have discovered there is another alternative to work and although I loved teaching and still occasionally coach gymnastics, my hobbies and various interests are now really important to me and I could not envisage life without the new friends that are a vital part of my life.

I shall now get off my soap box – which reminds me of the time I was in London and wandered around to Speakers Corner by Hyde Park only to hear a very well –known voice talking about the rights of women. The voice belonged to my very outspoken daughter who was –as usual –doing her ‘thing’ to a rather large crowd. I stood in some awe as she dealt with heckling from a group of men and cheers from the predominantly female crowd.

She hasn’t changed but now lives in Texas and is learning to keep her political views to herself!! I am not saying any more.

Website: [www.cardiganu3a.org.uk](http://www.cardiganu3a.org.uk)

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## **INTEREST GROUPS**

**The schedule will return shortly with venues to be advised. Please note the social gathering for the 7<sup>th</sup> November at the Waterside – further details below.**

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

At the moment there is nothing to report garden wise this month. I'm just putting the garden to bed for the winter. Still weeding of course, then it makes it easier in the spring. I am busy preparing for next year with the bulbs

Just give me a ring on 01239 831663 or email [elizabethmmnorth@gmail.com](mailto:elizabethmmnorth@gmail.com)

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



**REMINDERS**– The coffee mornings are held on the first Thursday of each month and the Afternoon Tea Group meets on the 3<sup>rd</sup> 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..

Liz and Will North are also avid, hard- working gardeners and every year open their fantastic garden to the public. All monies collected go towards a charity.

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 Cardigan u3a Afternoon Tea and Coffee Morning Groups have been running for a year now and have proved to be very popular and well attended throughout. The venues for each event are varied and within a 10 (ish) mile radius of Cardigan. This month's Afternoon Tea event was at The Cliff Hotel, in The Carreg Restaurant. We were treated to a lovely Cream Tea which was enjoyed by everyone and good value at £6.50 per person.

The afternoon was enjoyed for its great conversations and laughter and we were treated to wonderful views across the bay to Poppit Sands as you will see in the pictures from the day.

The next Afternoon Tea event will be announced shortly.

**The next Coffee Morning will be on Thursday, 7th November at 11.00am in The Waterside Hotel, Webley Bar and Restaurant.** Don't miss out on the plentiful coffee, toasted tea cakes and pastries.  
A couple of photos below of the venue.







### **Tech Group**

The New 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](mailto:membership@cardiganu3a.org.uk) - thanks to everyone for their support for this Group.



### **BOOK CLUB**

The Choir by Joanna Trollope.

This was the first published book by this author but was followed by others of a similar format. That is, a closed community, in this case, that of Aldminster Cathedral choir and its school.

All the main characters are involved with the cathedral in some way, the priests, administrators, choirmaster the boys and their parents. The action moves quite slowly at first but as the story becomes more complicated it gains impetus. Most of us felt the characters were well portrayed, Henry, the lynchpin of the story particularly so. However, the waywardness of the Deans children, Ianthe and Cosmo added a jarring note to the story.

Some of us felt the book ended very abruptly but the very human problems and situations the characters find themselves in make this book an absorbing read.

Marie Everett



## **CREATIVE WRITING**

This month I discovered a new poet, new to me that is....here is a poem and something about her....I love the word "divest" as it applies to my continuing battle to let go of x, y, and z.

KAY RYAN

Poet Laureate of the United States.

Kay Ryan has become a famous poet in much the same way Ernest Hemingway described a man going broke: 'gradually and then suddenly.'

She was nearing forty when her first, self-published book appeared, in 1983, but neither that debut nor the two books that followed got much response from readers or critics.....

Today, Ryan is entering her second term as poet laureate of the United States, and has received most of the awards American poetry has to give .

The appearance of 'The Best of It: New and Selected Poems' confirms her stature: only the most eminent poets command this kind of publication, which represents for a poet what a career retrospective at a major museum means for a painter .....

To a poet like Ryan, nothing could be more of an anathema than bigness. Open 'The Best of It' to any page, and you will find a narrow column of verse, held aloft by taut rhythms and irregular rhythms, her poems are seldom longer than a page and never longer than two. There have been great poets devoted to glut, but Ryan belongs to the other - and usually more trustworthy - camp, the one ruled by what she calls

That Will to Divest

Action creates  
a taste

for itself.

Meaning: once

you've swept

the shelves

of spoons

and plates

you kept

for guests,  
it gets harder  
not to also  
simplify the larder,  
not to dismiss  
rooms, not to  
divest yourself  
of all the chairs  
but one, not to  
test what  
singleness can bear,  
once you've begun.

Kay Ryan

It's The Little Things.....

She placed the cup upon the table,  
Rosebuds on the cup,  
The spoon with rose engravings on the handle,  
The sugar bowl handed down from her mother's, mother.  
She lifted the cup, not too steadily.  
Her cheeks colouring as the tea dripped onto her blouse.  
It's the little things that make a person.

The bruise on her arm from when she bumped into the door.  
The measurement of exactly half a spoon of sugar.  
The way she delicately wiped a crumb from the corner of her mouth.  
The way she smoothed her skirt just before she spoke.  
And the way she folded her napkin and laid it neatly beside her plate.  
It's the little things that make a person.

The tea things gathered up and placed on the trolley beside her arm chair.  
The crumb brush on the second shelf of the trolley.  
The trolley wheeled into the kitchen.  
Everything clean and orderly.  
In the same way as she neatly folded her clothes in the dressing table drawer,  
smelling of soap and perfume.  
It's the little things that tell me she likes to find things exactly where she put them.  
Except for when she can't find her glasses.  
And when she doesn't care about the tea stain on her blouse any more,  
And when she says " I don't care if I never wake up in the morning. "  
Then smiles as she throws crumbs to the birds, and an occasional squirrel.  
It's the little things.....

Pam Rossiter.



## **Science and Technology Discussion group**

We had a well-attended meeting at our new venue at Phatt Forks, Cenarth Falls Resort.

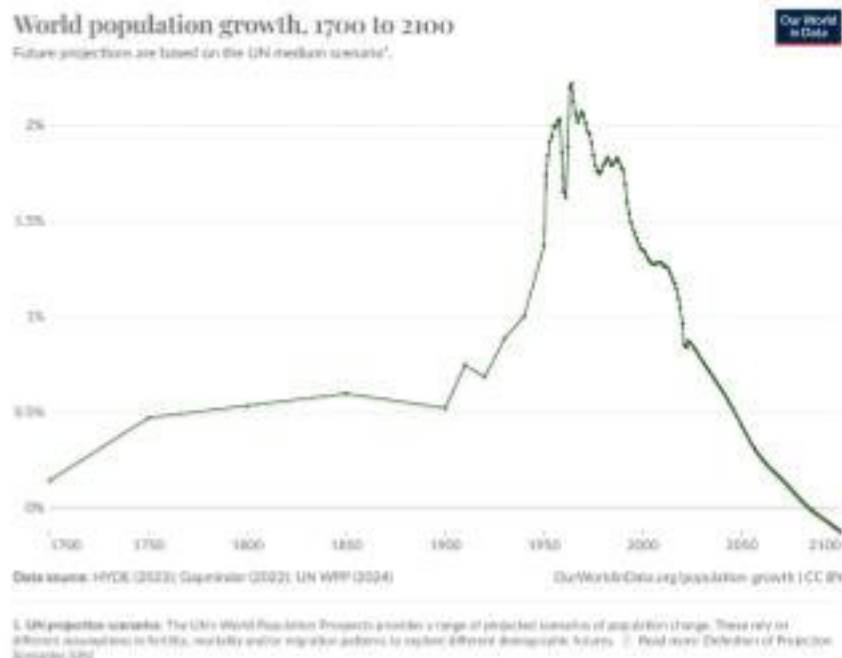
Martin produced another informative practical session on how lasers (Light Amplification by a Stimulated Emission of Radiation) work.

Our discussion this month was 'Species Reduction - will humans survive?'

### **Some interesting research:**

The average size of global wildlife populations has declined by 73% in 50 years, the World Wildlife Fund has found. Will we be on the list of declining species?

World population is on the decline:



The UK population, which was estimated to be 67.0 million in mid-2021, is projected to rise by 6.6 million to 73.7 million over the next 15 years to mid-2036 (a 9.9% increase).

Over the last decade, the growth of the non-working-age (dependent) population – those aged 0 to 14 and 65 and older – has outpaced the growth of the working-age population. The non-working-age population grew by 13.1 million, a 12.9% increase, while the working-age population increased by a modest 6.4 million or 3.1%. Where does future pension money come from?

\* In November it is our Christmas lunch, so the next meeting is on 27th January 2025

Colin Luker



## **PHOTOGRAPHY GROUP – OCTOBER REPORT**

This month's project was '**the Moon**'. Unfortunately, it only made brief appearances on a couple of evenings. Anyhow, a challenging project!







Plans are in place to produce a 2025 calendar and the final selection will take place at next month's meeting. The cost of the calendar will be £5 and if you would like to pre-order then email [colinluker@yahoo.co.uk](mailto:colinluker@yahoo.co.uk)

**NEXT MEETING:** 26<sup>th</sup> November at Coracle Hall, Llechryd @ 2.30pm. Subject for this month is 'Autumn'. The Group's Christmas Lunch is on 17<sup>th</sup> December. Contact Colin for details about this Group. [colinluker@yahoo.co.uk](mailto:colinluker@yahoo.co.uk)

Colin Luker



## **Walkers/ Strollers**

THE STROLLERS – WEDNESDAY WALKING GROUP

### **2nd October ABERPORTH TO TRESAITH**

We had an excellent turnout with 22 people including our new Strollers, Steve and Sue and their dog Minnie. The weather was dry and we walked along the coastal path towards Tresaith. Some turned back when it became steep but others carried on and did the circular route back along the road. Edris entertained us with tales of a James Bond film where a helicopter shot had to be re-filmed as a farmer driving his tractor had appeared in it! He also told us about Elgar taking a walk along a nearby cliff path when he heard singing from a nearby chapel. He was so struck by the beauty of the singing that he adopted some of it into the composition he was working on called Allegro Spiritoso. Juliette reserved tables for us at The Ship in Aberporth and many of us enjoyed lunch there.

### **9th October BRYNBERIAN**

After a hasty update of directions we had another good turnout despite the drizzle. We had a very pleasant walk apart from being muddy in places following the torrential rain the previous day. Another good lunch was had at Castle Henllys.

### **16th October PWLLGWAELOD**

14 of us had a lovely walk admiring the autumn colours of the trees and landscape. Fortunately the forecast was wrong and the weather stayed dry. The paths were tarmac all the way and the dogs had a good run on the beach at Cwm-yr-eglwys. The chapel café was closed so we had lunch again at Castle Henllys.

### **23rd October LLYS-Y-FRAN**

There were 14 people on the walk which took place on a mild and sunny day. We set off to walk around part of the reservoir, the walking trail was very good underfoot and views of the lake could be seen through the lovely autumn trees. After almost an hour, some of the group walked a little further to a small bridge whilst the others turned around tempted by a cuppa at the café. Due to a prior appointment, Will and Liz met up with us on our return journey to the café. Another couple, who I will not name to spare their embarrassment, took the "scenic" longer route travelling but joined us in the café. We had an excellent meal in the dog friendly café overlooking the reservoir. This walk hadn't been on The Strollers rota for quite some time but I don't think it will be long before we are back again.

Ros Appleton

The Strollers walk every Wednesday at 11am. As the name suggests, we do fairly gentle walks up to approx 2.5 miles and go at the pace of the slowest in the group. We enjoy meeting up, the fresh air and lovely scenery. Our well behaved dogs come along too.

We always find a café or pub for lunch after the walk, a seemingly important part for The Strollers.

We have several Strollers who do most of the walks. Numbers vary from just a few to 19 people. A schedule of forthcoming walks and where to meet is on the U3A website under "Groups" "Walking" and then "Strollers". We do not walk in icy weather.



### **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](mailto:susan.m.milner@btinternet.com) for more information.



### **Singers' News**

We meet every Monday at 2-00pm at Maes Mwldan, although we did not meet in August. 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**

Due to Adrian daring to go away on holiday, there will not be any astronomy report until he returns to the fold.

I hope you are enjoying the rest Adrian.

**Please come and join us if you are interested, or ring 0777-167 4578 if you want more information.**

Galileo



### **Ukulele**

Once again we have had a very busy month – at our last practice I counted 23 people- we will soon have to move to larger premises if our membership continues to grow! We have had a few new members who have never played before plus two who are obviously very seasoned musicians – both of whom have decided to stand right behind me so I am really under pressure now to play the right notes in the right order!!

We have quite a few gigs coming up to Christmas ranging from visiting residential homes to a Xmas Fayre in the Shed at Mwnt – always a lovely time of the year. We went to a village hall in Newcastle Emlyn last week and played in front of a very appreciative audience. The 31<sup>st</sup> October we went to a new venue near Newcastle Emlyn – Glyn Nest Residential Home- again a lovely welcoming venue where we were treated like royalty. We have been asked to go back again in February. We always try to play the music that the audience will remember and it is very heartening to hear them joining in and –as happened in Narberth the other week- getting up and dancing to the music.

Anyone interested in learning or joining us can always contact me and I will pass on details to the committee members.

Shirley



### **Castle Bagging**

Although not a castle Sharon organised an amazing trip to the Italian POW camp situated near Henllan. The tour guide for this visit was Linda Thomson as her husband, Andrew, was unable to attend today.

The total number of people was 33 – an excellent turn- out and I think I can honestly say everyone was totally immersed in the history of the place.

I- along with many other people- did not realise that such a place existed more or less half an hour away from Cardigan.

We were given a short talk about some of the brick buildings on the site which had obviously now fallen into some disrepair. The wooden huts have obviously all gone but there was still this atmospheric feeling of them still being there.



These huts – apart from housing the POW's also acted as the hospital, dentistry and medical wings, others became the laundry room, officers' mess, dining room, kitchens, etc. The brick huts still remain but are empty shells full of the history of the prisoners that were interred there. The prisoners- not only Italian but also German- were well cared for. They worked on the local farms in and around the village. Many of the Italian prisoners at the end of the war, returned to their homeland and then brought their families over to Wales to live and work.

The camp closed in 1947, when it then became a school. The school closed in 1958, where we found out that one of our group had a family member who actually attended the school that the children in the camp went to.

Andrew Thomson's family purchased what they thought was going to be a couple of buildings, in 1960, but was handed keys for several buildings plus 20 acres of land. This was a total surprise to them. Most of them at the time were the wooden Nissen huts, with obviously the brick huts on the outskirts of the camp which still remain today.

The one building that was complete and protected by a hut that that was covering it, was the church. Originally the idea of a priest who was a prisoner at the camp as were the prisoners who built it - determined to have a place where they could worship.

The outside of the church was actually a Nissen hut. At the time of the church being built it was very much standing room only as there were no seats, but over the years seating was donated. It has standing room for 300 people – this is known as a Christmas carol service has been held in the church.

Inside the church we sat amongst some wonderful paintings that had been created by a prisoner called Mario, who was originally a jeweller by trade. He also did 14 other paintings around the church - one of Jesus carrying the cross plus an original painting of the campsite and how it looked at that time. The paints came from ground fish bones and colours made from vegetable dyes.

Linda then showed us some samples of what the prisoners made during their time on camp. A small tin, the size of a vaseline tin, contained their ration of tea for a week. Another minute packet contained five cigarettes. We were told about the ingenious methods used to make candlesticks and authentic looking scroll- like decorations for the columns of the arches. These were made from wood which was then covered with flattened tins which originally contained bully beef, covered again with strips of cement bags and then painted white to increase the authentic look. They also made candle sticks from wood, again using more tin to shape the front of the candles to make them look more decorative. There were also two original candles that had been brought back from Italy by the Italians. At the altar, was a beautiful tapestry of Jesus, as well as some historic photographs.

There are some fascinating pictures- some of which are shown below. We were shown a photograph of an imprint of someone who had been sitting in the dentist chair.

They had to have 'A' frames put in the church for support but obviously needed money to do this. The Thomson family approached CADW for help in protecting the church and a covering is now in place to protect the church from further damage from the weather. The thought of this beautiful building falling into a state of disrepair does not bear thinking about.

Tours for the general public are held at certain times of the year in order to raise funds for the upkeep.

In 1977, there was a huge re-union at the church for those prisoners wishing to visit with their families. Some did go home, but found that their home town was not how they remembered it, so they returned to Wales, where they stayed for the rest of their lives. There is a Italian restaurant in the village and the Garden Centre plus the Winery are also run by Italian descendants of some of the prisoners.

Linda also went on to say that the site is on a Roman fort, and is classed as a Site of Special Scientific Interest.

Amazingly, there was no cemetery on site, so those who died were buried locally.

It was an amazing tour with an incredible history and one which will hopefully be told for many years to come.

Thank you to Andrew, who helped to arrange this tour and to Linda for stepping in at the last minute to tell the history of this remarkable place. We wish Andrew and his family all the very best.

Sharon/Shirley





A few pictures of the beautiful art work which was done by Mario - the gentleman in the middle of the photograph above.



Above is the covering over the church to protect it from the elements.  
I would like to say a massive 'thank you' to Sharon for organising this trip. It was well organised, emotional and awe- inspiring.

If you are interested in any of the events that will be arranged, please let me know either by **email** [sharonjswifty82@gmail.com](mailto:sharonjswifty82@gmail.com).

**or tel: 01994 419010.**



## **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](mailto: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.

### **DATES OF THURSDAY MEETINGS**

Meeting Date	Event	Speaker	Location	Arrangements	Write
November 28th	<i>Marie Curie</i>	Tara Fisher	Guildhall	Stuart	Shirley
December	<i>No meeting</i>	-	-	-	-
January 23 <sup>rd</sup> 2025	<i>Life experiences at the beginning of WW2</i>	Geoff Stevens	Guildhall	Judi	Shirley
February 27th	<i>Yog- ease</i>	Jenny Scott	Guildhall	Stuart/Shirley	Shirley
March 27th	<i>Oxfam</i>	Lizzie Bailey, Cardigan Shop Manager	Guildhall	Stuart	Shirley
April 24th	<i>AGM</i>		Guildhall	Committee	Shirley



May 22nd	<i>Age friendly Ceredigion</i>	Melanie Walters	Guildhall	Jane	Shirley
June 26th	<i>Open Day</i>		Guildhall	Committee	Shirley
July 24th	<i>Our Journey with Coffee</i>	Ailsa and Sas Bluestones Coffee	Guildhall	Jane	Shirley
August	<i>No meeting</i>				
September 25th	<i>Library of Wales(to be confirmed)</i>	Rhodri ap Dyfrig	Guildhall	Jane	Shirley
October 23rd					
November 27 <sup>th</sup>	<i>Pantomime</i>		Guildhall	Shirley	Shirley
December	<i>No Meeting</i>				

**Emergency options:**

- RNLI, Poppit
- Jane and Brian; life in Zimbabwe
- 
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**U3a Meeting October**

The speaker at the October meeting was Lyndsay Morgan, MBE, who came to talk about his career in the Royal Air Force and about the Royal British Legion. The Royal British Legion, founded in 1921 and formerly the British Legion, is one of 1,500 military charities in the UK and was set up to provide financial, social and emotional support to members and veterans of the British Armed Forces, their families and dependants.

Lyndsay rose to the rank of warrant officer in the RAF; warrant officers being the highest non-officer rank in the RAF who act as a link between officers and other ranks. They are responsible for the welfare and discipline of the personnel they command. In recognition of his exceptional career he was awarded a Meritorious Service Medal.

As a young man he appeared before the court for fighting, and feels fortunate in having walked free and in making the decision to start afresh by joining the RAF.

He initially worked as an aircraft mechanic and then as a technician, which included the responsibility of cleaning planes that had flown through nuclear clouds. Lyndsay moved on to becoming an instructor, and then to teaching colleagues how to teach, before finally becoming a warrant officer. His career in the RAF took him all over the world. He recounted the experience of briefing members of parliament at Westminster and of meeting members of the royal family.

In relating the work of the Royal British Legion he stressed the importance of those who have served in the armed forces having someone to whom they can talk about mental health issues. Adapting to civilian life brings many challenges and the Royal British Legion is there to offer support. Largely run by volunteers, it can assist in housing issues, including care homes, health issues and wellbeing, for example the Breakfast Club in Cardigan.

Poppy Day is a way to raise funds for ex-service personnel in need and last year, the first year that Lyndsay had been responsible for organising the event locally, £15,000 was raised. The poppy is a symbol of both remembrance and hope for a peaceful future.

*Jane*



## **A message from Godfrey Green**

Computer-related articles

Barclays Digital Wings:

Having attended a very useful Barclays Bank event on how to avoid scams and fraud, the attendees were recommended to visit the Barclays Digital Wings website at: <https://digital.wings.uk.barclays/>

This is a valuable and totally free learning resource as well as an absolute goldmine of digital advice. There is no requirement to be a Barclays customer. You do need to sign up for a Digital Wings account with a username and password. Simply click on the "How to get started video" for further information.

Ad blockers

I used to use a browser add-on called Adblock Plus until I discovered that so-called "Acceptable Ads" still got through. I then switched to uBlock Origin, which blocks all ads.

Forthcoming changes by Google to its web browser Google Chrome mean that uBlock Origin and similar ad blockers will themselves be blocked by Google.

The cynical amongst us may wonder why a company that draws revenue from advertising would wish to block an ad blocker.

All is not lost because Firefox, an open-source (non-proprietary) web browser will still continue to accept uBlock Origin.

Open Firefox, click on Tools > Add-ons & Themes > type uBlock Origin in the Search box > Add.

Similarly, another add-on called Privacy Badger will prevent advertisers and trackers from secretly tracking where you go and what pages you look at on the web.

On the subject of web browsers, it is a good idea to only visit secure (https) websites as opposed to the older, less secure http ones.

For Firefox, open Firefox > Edit > Settings > Privacy & Security > Scroll down to Security > then, under "HTTPS-Only Mode", select the first option, "Enable HTTPS-Only Mode in all windows".

## **Fight fraud**

Two useful sites are Take 5: <https://www.takefive-stopfraud.org.uk/>

and

**Action Fraud:** <https://www.actionfraud.police.uk/>

Godfrey Green

## **General Interest**

I received this correspondence completely out of the blue this week and thought perhaps that it may be of some interest to our members of the Cardigan u3a- whether they are walkers or would just like a different sort of holiday!

The Yarn Market Hotel has 28 en-suite Bedrooms and is situated in the medieval village of **Dunster** the gate way to **Exmoor National Park**. We are within easy reach of a multitude of walks from the South West Coast Path and the Coleridge Way to circular walks from Dunster Village itself, there are walks for most abilities. Please see below for just some of the walks.

Dunster and Bats Castle Circular.

Dunkery Beacon Circular.

Minehead to Porlock Weir via the South West Coast Path.

Porlock to Lynton via the South West Coast Path.

Porlock Bay.

Selworthy and Selworthy Beacon.

Dunster Beach and Dunster Castle.

Macmillian Way

We have been hosting walking groups for over 3 Decades and can offer a good knowledge of walks in the surrounding area. We can cater for groups or individual breaks and can offer,

Maps and self- guided walks

A Walk Leader (if pre-booked)

A licenced Bar.

Restaurant for Breakfast and Dinner.

Boot/Drying room.

Packed Lunches.

Separate meeting room.

Help with transport.

If you are interested in receiving more information, Available Dates or costs please contact us by email [hotel@yarnmarkethotel.co.uk](mailto:hotel@yarnmarkethotel.co.uk) or call 01643 821425 and we will be happy to help.

Kind Regards

The Yarn Market team.



### **Chairman's column for September/October Newsletter.**

There is another Barclays Scams and Fraud help session at Cardigan castle on the 7th November,

**Howard Lillyman ---Chairman**



