

# Cardiff u3a Magazine

**Learn, Laugh, Live: Dysgu, Chwerthin, Byw**



**MAY**



Cover photography Andrew Rees



**2025**



**Learn, Laugh, Live: Dysgu, Chwerthin, Byw**

# Cardiff u3a Magazine

[cardiffu3a.org.uk](http://cardiffu3a.org.uk) Registered Charity Number: 1033518

Welcome to the 2025 edition of the Cardiff u3a Magazine. A big thank you to those members who made a written and photographic contribution to it as without them the Magazine would be, to say the least, a trifle thin!

Should you have any comments or suggestions for the next edition of the Magazine please contact me via the email address

[magazine@cardiffu3a.org.uk](mailto:magazine@cardiffu3a.org.uk)



Mario Greening

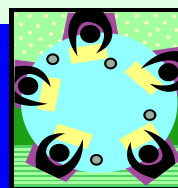
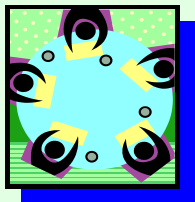
Cardiff u3a Magazine Editor

## CARDIFF u3a NEEDS YOU!!



COULD YOU SPARE A FEW HOURS TO SIT  
ON THE CARDIFF u3a COMMITTEE?

[Interested? Contact the Chair](#)



# INTEREST GROUPS

One of the main benefits of joining the u3a is the opportunity to participate in one or more of our special Interest Groups. These Groups bring together members with similar interests or those looking to get into something different. We have a wide variety of interest groups running very successfully – you can find out more about each one at -

<https://cardiffu3a.org/groups/>

A group isn't a course of study, it is a group of members learning from each other and they themselves are in control of what goes on. Sometimes there may be an external speaker or, more rarely, an expert tutor but the principle stays the same: we learn from each other

Each group meets, on average, once or twice a month, usually in central Cardiff but occasionally in fellow members' homes or when they go on day trips. Full information on the above website group page.

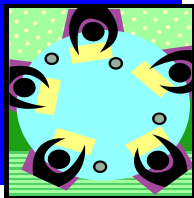
Groups do not have to include an expert on the chosen subject, as all members learn from each other, or join together to research their interests. Whilst a member has to be nominated as a convenor or facilitator for each group, they are only as an administrator, that person does not have to be any more experienced in the subject of interest than the rest of the group.

## Interest Groups Online

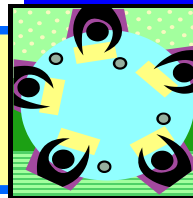
If you would prefer to meet people and learn together online, you can join Interest Groups Online. Membership currently costs £12 per year. Interest Groups Online is a platform for collaborative learning. It is an online community, bringing people together from all across the u3a movement and beyond. There are around 120 different groups that meet online across a wide range of subjects. Groups are interactive and vary depending on the needs of the participants.

**Please note: Cardiff u3a and Interest Groups Online are separate membership options. You can join one or both – it's up to you.**

Find out more on our [Interest Groups Online page](https://cardiffu3a.org/groups/).



# COMMITTEE MEMBERS and POST HOLDERS



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**Cardiff u3a Chair congratulates Cathy Elder who when joining became our 1,000 member**



**Cathy confided that she became aware of the u3a movement and Cardiff in particular via word-of-mouth after moving into the area. Our awareness campaign has resulted in an exiting growth in membership numbers. Thank you Sue Thomas and Tony Baines for leading the campaign.**

**You to can do your bit!!** Let friends and acquaintances know about this great organisation and encourage them to join. You can also help spread the word by placing our advertising leaflets around Cardiff, which are available at City church particularly after Open Meetings or get some from your group convenor.

A new banner promoting Cardiff u3a having its first outing of 2025. Publicity leader Sue Thomas is being helped by u3a member Alison Tansom to securely position the banner onto the railings outside Tabernacl church on the Hayes. Just the spot to catch the eye of the thousands that pass through the Hayes every weekday.

**Do you know of a place willing to display our banner for a week or two or perhaps even longer?**

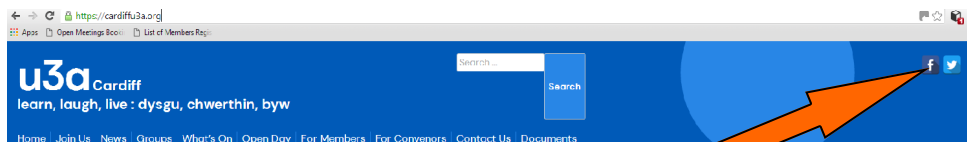
Contact the [Chair](#) or [Sue Thomas](#) and it will be arranged.



Did  
you  
see  
it?



Look for the top right- hand side of the Cardiff u3a Home Page



## Facebook



**Social Media** can be a bit like Marmite - you either love it or you don't. When used nicely it can have many uses. It can be informative and help spread the news

**The easiest way to find the Cardiff u3a facebook page is by going to the top right of our homepage and clicking on the Facebook icon.**

We encourage you to give us a 'Like' and a 'Follow'. You may become aware of a new Interest Group you may like to join.

We are often asked about the best way to advertise Cardiff u3a and bring in new members. There's no doubting that word-of-mouth is probably the surest method of achieving that but social media can help spread the word. It's fairly effortless and you never know where it may lead.

Thanks for your consideration,  
**Ted.**



**Ted Richards has been tasked to look after Social Media for our Cardiff u3a website.**



In addition to the work done by convenors, much of the organisation and information behind the successful running of Cardiff u3a is dependent on your data being held in **Beacon** so that convenors can easily and securely contact their groups and on the website where

there is a wealth of information about groups and what is planned.

## Is your data safe?

- Security is the first responsibility
- Your data is backed up professionally every day.
- Every U3A's data is encrypted

### Beacon administration

**Paul Perera and Susan Freeman**

keep us updated

on system changes such as

the new Membership login.

Some of the other ways

Paul and Susan help in-

clude supporting the set-

ting up of new groups, troubleshooting emails that do not get through to mem-

bers and supporting the membership renewal process.

[beacon@cardiffu3a.org.uk](mailto:beacon@cardiffu3a.org.uk)



### Website Management

**David Harrison** is the website support person and so is managing a key outward face of Cardiff u3a. David is helping keep members and prospective members informed of what is going on and is supporting convenors and website editors to keep the website timely, interesting and user friendly.

[website@cardiffu3a.org.uk](mailto:website@cardiffu3a.org.uk)



### Website Editors

**Martin Benton and Margaret Richards** along with many Convenors are working to keep Group pages up to date and informative.

Martin: [tabletopgames@cardiffu3a.org.uk](mailto:tabletopgames@cardiffu3a.org.uk)

Margaret: [comms@cardiffu3a.org.uk](mailto:comms@cardiffu3a.org.uk)



### Facebook

Cardiff u3a has a Facebook page and a selection of u3a meetings are advertised by **Ted Richards** on a regular basis. See a previous page on where to click to log into Facebook.

### Interested in helping or supporting Cardiff u3a IT?

If you have an interest in supporting one or all of these roles your help would be greatly appreciated. Please contact [comms@cardiffu3a.org.uk](mailto:comms@cardiffu3a.org.uk) for more information.





## *Open Meetings?*

**Simply a meeting which is open to all members of Cardiff u3a and which you do not have to 'join' - you are automatically a member!** An invitation to come along to each monthly Open Meeting is sent via email, to ALL Cardiff u3a members.

The meetings are held on the second Tuesday afternoon of each month except October and November at City URC church, Windsor Place.

There are a wonderful variety of talks and presentations which cater for all interests. Most presentations are illustrated with slides and sometimes music. Often, presentations are by u3a Members drawn from Cardiff and across south Wales. **If you feel that you have a presentation which you would like to give, please contact me via the email address below.**



**At the end of each meeting there is ample time for questions and then refreshments follow.** Recent presentations have included A personal view of the Aberfan disaster, Mr Rolls and Mr Royce, Cardiff Scott and the Cardiff Connection, Love and Betrayal behind enemy lines, the Berlin Airlift and Captain Henry Morgan:Pirate! More to come this year include the Long Man a history of medicine and Are You Being

Served? And When Ponty Rocks.

I am always open to suggestions for topics, the names of speakers and indeed contributions from our own Cardiff u3a members.

**Contact** the Open Meeting and Speaker Organiser, Mario Greening at

[Talks@cardiffu3a.org.uk](mailto:Talks@cardiffu3a.org.uk)



## Spotlight on the Recorder Group

### Congratulations on your Silver Jubilee

**What a year we've had! 2024 was our Silver Jubilee year:** we celebrated in style the first 25 years of the Recorder Group's music-making with a tumultuous series of concerts in November 2024



### **Rehearsing in St Edward's Church, Roath**

Our year of concerts began in December 2023 when we played programmes from our wide-ranging Christmas repertoire for the residents and staff of the Ty Enfys Care home, a regular annual gig, and for the Llandaff 50+ group, a new venture, and both concerts provided opportunities for some audience community carol singing, plus some Christmas readings.

March 2024 saw our St David's Day concert performances – we have a huge repertoire of Welsh music – featuring songs for audience participation and some more unusual and obscure pieces, plus some Welsh poetry.

In April we resumed our collaboration with the Cardiff Early Dance Group in which we played a programme of 17<sup>th</sup> century French and English music for the

Dance Group to dance their pavanes, bransles and galliards. We played another programme for the dancers in October. It's always a thrill to play for live dancers, and they gain equal pleasure from dancing to live music rather than the usual recordings.

The focus of the summer term was a new departure for us – a concert of summer-themed music and poetry, including the world premiere reading of two poems: Phil Edwards' epic narrative of a school summer-term trip which resulted in ecological disaster, *Beany's Nicked the Water*, and Martin Gordon's sonnet celebrating the Recorder Group's Silver Jubilee (both follow this article). We performed our ambitious summer-themed programme for the Llandaff 50+ Group, spanning the 800 years between the earliest example of written music in Europe, the famous song *Sumer is Ycomen In* (1250), and the 60's summer classic *California Dreamin'*.



After the Llandaff Society concert, Nov 2024

We had hoped to play our mid-July summer-themed concert outdoors in the patio garden of the Llandaff venue, but the British summer weather had other ideas.

And then came the climax of the year: an intensive series of celebratory concerts showcasing the range and variety of our 25 years of music-making. Our programmes covered music played in the group's earliest concerts, moving through the next 25 years of our work to our most recent challenges, including a very successful performance of the first movement of the modern and complex 'Sea Sketches', the most demanding piece in our repertoire to date. We played Silver Jubilee concerts for the u3a post-AGM entertainment and for the members of the Llandaff Society, but our major performance was our celebratory concert and party held in St Edward's Church, Roath, on November 20<sup>th</sup> 2024. This was the highlight of our Silver Jubilee year, attracting an audience of over 50 people, featuring a concert followed by tea and cakes. The refreshments were most ably organised by Rosemary Griffiths, and added immeasurably to the success of the event.

One further landmark event in the Recorder Group's 2024 story was our celebration of Corrie Weaver's 90<sup>th</sup> birthday in December 2024. Corrie is the only surviving founder-member of the group, who has brought her quiet class and authority to the group's descant recorder section for 25 years.



**Celebrating Corrie's 90<sup>th</sup> at St Edward's Church, December 2024**

It was, therefore, particularly significant that we marked Corrie's 90<sup>th</sup> in the same year as our 25<sup>th</sup>. We played – for our own pleasure - a short set from our repertoire of Christmas music, and then we held a birthday party, again organised by Rosemary, with tea, cake and candles, banners and balloons.

Our last playing engagement of 2024 was at the u3a Christmas Lunch, where we entertained the members as they arrived for their pre-lunch drinks with a medley of Christmas music.

**And now for 2025!** We're starting our 26th year with our old enthusiasm and delight in making music together. We'll aim our efforts in two directions this term: one focus is on Welsh music, and an informal St David's Day celebration on Wednesday 5<sup>th</sup> March, 2pm at St Edward's Church; the other focus is on developing, over the longer term, our repertoire of more complex and demanding music, eg *The Hallelujah Chorus* and *And the Glory of the Lord* from Handel's renowned *Messiah*; a *Fantasia* by the great 17<sup>th</sup> century composer William Byrd; the musically sophisticated *Sea Sketches* suite, in a version specially arranged for us, of which we've already performed the first movement in concert. Plus – because we are a democratic and collaborative enterprise - whatever music a member of the group might suggest, or, as is already the case, whatever music a member of the group has composed for us!

We look forward to new challenges and new musical projects in 2025, though perhaps at a slightly slower, less frenetic pace than we ended 2024! We will, of course, whatever the year has in store for us, continue to have enormous fun, enjoying the music and – especially - one another's company!



**Martin Gordon January 2025**



**U3A Recorder Group (1999 – 2024)**  
**Silver Jubilee Celebratory Sonnet**

*In truth, it seems like only yesterday  
That we, so young, so fresh, so full of zeal,  
All members keen of Cardiff U3A,  
Did forge a bond more tight than ropes of steel.*

*Our founders then - musicians of great skill -  
With musical ambition our souls they fired:  
Our gentle Corrie, immortal Stella's will,  
The U3A Recorder Group inspired.*

*Now five and twenty years have passed to this,  
And still we meet and play and laugh and thrive.  
Though Stella, Auriel, Joan we sorely miss,  
Our music keeps their memory alive.*

*Thus keeping time, with breath, with harmony,  
We'll march towards our Golden Jubilee.*

**Martin  
Gordon**



## Beany's Nicked the Water

It was a lovely lesson plan,  
as lesson plans do go.  
A trip to Nant-Cwm-Ceffyll  
To see the waters flow.

The children were all well prepared  
With wellies and a ruler  
And warnings to wear strong sunscreen  
And hats to keep them cooler.

But when we got to river bank,  
we're all quite mortified,  
water-----there was none to see,  
leaving teacher horrified.



Wikipedia Commons

No, not a drop was there to see,  
like Sahara's raging sand.  
The school trip lay in tatters  
wrecked by climates fickle hand.

Memories of films I'd seen  
then quickly filled my brain,  
of Lawrence in his flowing robes  
On Arabia's dusty plain.

Of Sean Bean in the S.A.S.  
in Saddam's desert battle  
and episodes of Bon-an-za,  
with dehydrated cattle.



Wikipedia Commons

Then came a voice from far away  
And from my dreams I wake.  
A single word that causes fear  
To make most teachers shake:- **'SIR!!!!'**



'I know where the water's gone,  
where liquid can be found.  
I can provide a reason  
for this parched and arid ground.'

'See, Beany's nicked the water Sir,  
made a most ma-hus-ive dam.  
A junior home-made reservoir  
built with clodges and a pram.'

'Yes, Beany's forged a mighty lake,  
a creative little scheme,  
with mortar and a pile of blocks  
a quarter-mile upstream.'

So, we were left anhydrous  
deep in that juiceless brook  
with naught at all to measure  
or re-cord in a book.

Now teacher, heed my warning  
As you read this anecdote.  
Murphy's Law demands respect.  
Write a Plan-B lesson note.



**Phil Edwards  
Recorder Group**



**Photo credit  
Pauline Bezodis**



### Craft and Card-Making and the Poppy Display

One Friday morning in early Spring a suggestion was thrown into conversation; 'Shall we make some poppies for a display in the church?' (City URC church)

Well, that sounded like a great idea so a pattern was sourced, scraps of wool found and donated, knitting needles and crochet hooks primed, and all offers of help gladly accepted.

We thought at first that the display would hang outside the church but the prospect of rain and soggy poppies, gradually hanging lower and lower on the wall, until the weight pulled the whole lot down made us reassess and go for an indoor display.

We wanted a cascade but had to bear in mind that people would be walking past so decided on a pillar centred drape. Members of the Craft and Card-making group along with other Cardiff u3a members then spent the last 10 months making poppies in preparation for Remembrance Day at City URC last November.

Poppies were knitted in meetings, in front of television programmes, on holidays and at any other available moment. Mainly red poppies, but with some white to symbolise peace and remember all victims of war, and purple to remember animals lost in war.



Black bin liners full of poppies began to arrive around August and continued to arrive right up until the last minute, usually accompanied by the phrase ‘I never want to see another poppy again’.



The poppies were assembled by many hands in three busy meetings and the church pillar provided an ideal support. The display will be put away for use in future years.

**Margaret Richards**



**Photo**  
**Pauline Bezodis**





[bpt@cardiffu3a.org.uk](mailto:bpt@cardiffu3a.org.uk)

Most Cardiff u3a members qualify for a bus pass and are therefore eligible to join Bus Pass Thursday. As you may guess, we use our passes to travel on local authority buses to many destinations in south Wales. We have a regular BPT trip once a month, on a guessed on a Thursday! There is no group meeting fee just the cost of your coffee and lunch. Sometimes however we need to pay for entry to

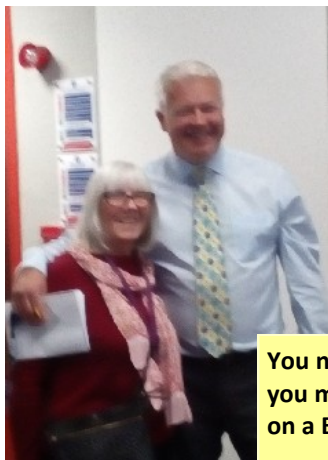
places such as the BBC Wales studios or for a guided tour. Each BPT starts in central Cardiff and we may use one or two buses to get to our destination. Once there we have coffee at a comfortable establishment before visiting an attraction



such as the castles in Chepstow, Raglan and Caerphilly. As an educational body we have free entry under the Educational Scheme to CADW sites. Recent BPT visits have included Caerwent and Caerleon roman remains, Hereford, the BBC

studios as well as Cowbridge and Cyfarthfa museum. And the Nantgarw China Pottery museum and Brecon.

Lunches are taken at quality establishments and there is often free time to sample the destinations attractions (read shops)!



**You never know who you might meet on a BPTuesday trip!**

You have to be a member of the BPTuesday group in order to participate on the trips.

**Mario Greening**

2024 and going into 2025 has been a great year for our cycling group. We sometimes had 2 rides a week! And we were fortunate in attracting new members who have now become regulars. The longest trip we had was up to Pontypridd. Some of us had the famous faggots and peas in the market there and we visited the museum. During the year we made the **Timbered Forest Cafe**, set in wood-



land, just beyond Tongwynlais, a regular destination as we did Weatherspoon down **the Bay**.



Amongst other interesting places we visited were St. Fagans Folk Museum where the **Vulcan Pub** has been rebuilt and which serves some rather nice Amber Ale. The Nantgarw Pottery was one of the more interesting places.

We also went along to







the new **Ffos market in Caerffili** and, just like that, we also paid homage to the statue of one of our most famous comedians, **Tommy Cooper!** How lucky we have



been - we've had a great time, great rides, interesting places, good discussions at our destinations and kindled great friendships :) Join us !



**Rob Morris**

Forest Café  
Tongwnlais



After diligent research your Editor discovered this ... The most popular bicycle model—and most popular vehicle of any kind in the world—is the Chinese Flying Pigeon with about 500 million produced - Wikipedia Commons



# A Review of Change and Transition

*by* the Change and Transition Group

**The Change and Transition Group was formed** in the autumn of 2022. Our aim was to find ways of living well by learning to cope more effectively with the changes that come with age. Our way of working would be to recall and reflect on our own experiences using help from writers and thinkers in psychology. How well were we managing change? Could we find ways to be more fulfilled and creative? Were we comfortable with the person we had become? The group would look inwards using models from psychology to raise awareness of what we think, feel and imagine. This would also help us recognise how we behave and are perceived by others. The group would also look outwards to understand the changes in the world around us. This is our review of the work the first group has done together over the last 2 years. The second group will undertake a similar review when it reaches its second anniversary.

**We work experientially.** This means that we explore, reflect on and acknowledge what we have experienced. One of the great things about being older is that we have had lots of experience. Discussions focus on a topic or idea and are facilitated in a collaborative inquiry. Participants listen actively, ask questions, and contribute from their ideas and experience. We foster a spirit of open disclosure by agreeing a contract of confidentiality within the group. That was helped by being closed to new members after the early meetings. What was disclosed in the group stayed in the group. We aim to be generous, accommodating diverse points of view to decide what is true for us.



Carl Jung about 1935  
Wikipedia Commons

**We have looked at a wide variety of experiences** including boredom, prejudice, procrastination, sibling relationships, friendship, living well, taking risks, regret, and denial. We do not have guest speakers, relying instead on peer-to-peer learning. We explore experience using ideas from a wide range of thinkers including theorists like **Jung** who saw old age as the afternoon of life, and Erik Erikson whose model of the life cycle is completed in old age. We have also incorporated the work of Bowlby on attachment, Kubler-Ross on the change curve and Melanie Klein on object relations.

We have dipped into systems thinking, the drama triangle, learning styles, Buddhism, fast and slow thinking, mindfulness, and meditation. One member of the group describes this as ‘taking cherries from all the trees in the orchard’.

### **Some perceptions from members of what they’ve learnt from the way we work:**

*We ‘bathe in a pool of ideas’ ‘By not judging others I find I’m not judging myself so much’ ‘Group confidence has grown organically’ ‘We have become self-sustaining’ ‘We have created a supportive space for deep conversation, the kind you expect to have only with longstanding friends’ ‘I enjoy the dynamic with people I have grown to like’ ‘I like the way my ideas change by what emerges from discussion’ ‘Taking time to explore with others builds community’ ‘Humour has helped me accommodate difficult subjects and feelings’ ‘Intimacy and openness have led to shared social activities’*

### **Some perceptions of members of what they’ve learnt from what we’ve studied:**

*‘I liked discovering the type of person I am but it’s important not to become too attached to a type’ ‘I have become more positive and flexible in my outlook and with my challenges’ ‘I have become less prejudiced about older people’ ‘The group has challenged my assumptions about who I am and how I relate to others’ ‘I enjoyed discovering my learning style’ ‘It’s also my thinking style and I find I use that insight every day’ ‘It’s too easy to equate older with wiser’ ‘Wisdom comes from accepting the person we have become’ ‘My outcomes are more about being, the person I have become, rather than what I am achieving’ ‘I am living more comfortably with uncertainty about the future’ ‘I value my personal productivity, which has increased’ Sometimes I’m surprised to discover it’s not what I’m used to’ ‘Some models we have studied fail to take into account the decline in physical health which can occur with age. Most models of change need to be adapted to describe accurately the lives of older people’*

**Our review has revealed a remarkable degree of unanimity. We can continue to learn as we age.** There’s much to grasp about living well in an increasingly chaotic and unpredictable world. Learning in respectful, trusting and honest relationships with others can be fun. It can help us develop the skills and relationships we need to live more fulfilled lives. How we work together is just as important as the subjects we have studied. It has been a joy to be part of the group.

**Philip Champness**

**My first encounter with u3a** was when I went to a session on local history with a friend. After a couple of sessions I joined U3a and continued to enjoy hearing about local history. The following year I went to a 'Meet the Groups' afternoon and there discovered Digital Matters. Having always had an interest in techy things, I signed up and learned that Digital Matters meets twice a month at Sight Life in Womanby Street.

Around twenty people form the regular group, and its around 50/50 men and women. The younger generation probably think that us old fogies are only interested in gardening and knitting, but our recent lively discussions have centred around AI – Artificial Intelligence, and we shared various ideas on what use it is and how it impacts us.

The Digital Matters meetings tend to fall into two formats. One week we have a presentation, often on items that have been spotted in tech news. The alternate week is more of a general discussion and troubleshooting session. Presentations in the last year have included:

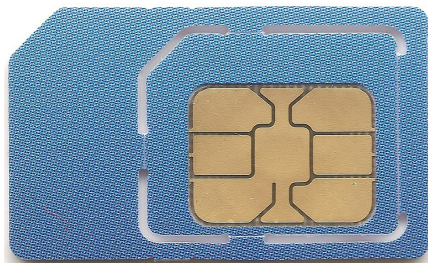
- The best ways to store and retrieve digital photographs
- Using software to improve photo quality (but the photography group does more on this)
- Keeping safe online and scam detection
- Why we should *or shouldn't* upgrade to newer equipment
- Using a Raspberry Pi and the Linux operating system
- How to minimise electricity bills by maximising the use of technology
- A talk by a member who had visited GCHQ to learn about the birth of computers in the UK and the work of Alan Turing.

Whilst the group convenor, David Harrison, is very much an Apple fan, the group members are divided in their fondness for Apple, Microsoft, Android and other equipment. Thus in general discussion sessions we can cover a wide range of issues, both on hardware and software issues. Questions asked recently have been around the value of a VPN – Virtual Private Network, how to



make your emails more secure, popular browsers and search engines, how do you protect your Sim card and many more. The varied experience of the group can usually be a help to others, and if we don't come up with an answer in the session, it is taken away for more research.

My own memory failed me recently, when having found an ancient (all things are relative) iPhone 3 and charged it up, I couldn't work out how we used to insert a Sim card. The group reminded me that in the olden days (!) we needed to take the phone apart in order to insert a Sim card. Not that it was much help really, because the technology inside the phone can't cope with today's 4 and 5G signal. 50 years ago we couldn't envisage wireless phones, now in less than 15 years technology has moved so far that an old smart phone is anything but smart! I continue to enjoy the twice monthly meeting, and continue to marvel that so many heads covered in grey hair (or no hair) can keep acquiring and using skills of the modern generation.



SIM Card Wikipedia Commons

**Sheila Fear**



**Bargod Miners Credit Pauline Bezodis**

## **Philip Stewart describes members personally contributing to the group programme**

The History Group has continued to meet on the second and fourth Wednesdays of each month (except August) with a variety of talks given by Group members. Meetings are held in the Upper Room at URC, starting at 2:00 pm and have been well attended throughout the past year with over 30 members usually attending and occasionally, over 40 members.

The subject of talks is at the various speaker's discretion, and over the past year 12 members have volunteered to give talks on subjects of their choice. New members of the Group are encouraged to offer talks and help is always available to assist with presentations, whether it be power point or other technology requirements and it is encouraging that several members have given talks for the first time this year.

Recent talks are mentioned in the Group's page on the Cardiff U3A's web site, including

- the History of the Falkland Islands and in particular the Argentinian claim of their ownership which Argentina calls the Malvenas;
- the Antarctic rivalry between Captain Robert Scott and the Norwegian explorer Roald Amundsen, leading to the tragic death of Scott and most members of his expedition;
- the History of Holidays, through the ages from holiday festivals of Ancient Egypt to Victorian and Edwardian excursionists;



**The Promenade Blackpool, 1898**

- the peace treaties which followed the armistice of the First World War, which took over four years to conclude;
- how Ukraine became a nation, which inspired another member to give a talk on the true story behind the musical 'Fidler on the Roof'; and
- the story of the richest man whoever lived, which surprised nearly all members was **Mansa Musa, the 14th century emperor of Mali.**

Further information about the Group is available on the [Group's page](#) on the web site, or contact me on through the web site.



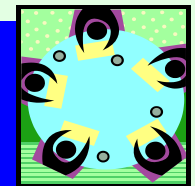
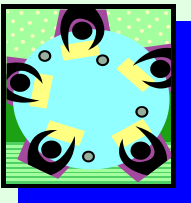
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## CARDIFF u3a NEEDS YOU!!



COULD YOU SPARE A FEW HOURS TO SIT  
ON THE CARDIFF u3a COMMITTEE?

[Interested? Contact the Chair](#)





## Stuart Swinburne makes an eloquent case for you joining his Local History Group

To many, Cardiff is a “shadow of its former self”, ruined by decades of new, unimaginative development. Others see a new city arising from the detritus of the old Victorian ruin of a city. The truth is..... there for you to find for yourself when you come along to our meetings. The Local History Group aims to help people see the rich history of our home city. Over the last year we’ve covered two thousand years of Cardiff’s existence. In Victorian times Cardiff was the fastest growing city in the world. We’ve looked at how the street transport systems developed to support that, how the Glamorganshire canal running from Merthyr Tydfil to the Bay and was for a time actually Cardiff Docks, supported the lives of Cardiff folk. We saw beneath the shiny veneer that Victorian and present media paint for the Bute family and saw some reality. We also looked behind the façade of the rich houses down St Mary’s and other streets in old Cardiff town, into the squalor, deprivation and despair of Victorian city life. And the crime and real lives of a thriving dock city. We saw how other influential families for example, the Insoles and from outside the city, the Mackintoshes, influenced Cardiff’s expansion. And the impact of different ideologies in the development of **Temperance town**, Tredegarville and Rhiwbina.

But we’ve only scratched the surface. There is so much more for us to explore together. You may



not realise it but you are a wealth of your own knowledge. We'd like you to share it. And we're here to help. One group member is already focussing on Cardiff transport, another on the Central Library. Another has good knowledge of Roath and particularly the wealth of history buried (literally) in **Cathays Cemetery**. But what about



you? Where did you grow up? In Cardiff? Or moved to it? Go to school, go to church, the cinema, dances, concerts? Where did you work? What did you do? What was it like? You will have lots of memories, maybe photos or memorabilia? Would you be prepared to share a story or two so that we can all understand what day-to-day life and any special events were like? Did you follow any sports clubs, or play? Any "Swing Sixties" memories? Family histories that help us see the history of local businesses, buildings?

You don't have to be a speaker or researcher. Just have information to share. We'll help with all that.

We have comfortable meetings in the warmth of Eglwys Dewi Sant and trips

out to venues in and around Cardiff, led by our group members and knowledgeable folk from outside the group. Some come along and join us. It's informal and fun and our diary is on the [Cardiff u3a website](#). And if you join the group, you'll get regular email updates

The earlier photograph shows Cardiff u3a member Dr Ted Richards pointing out this particular grave headstone during the visit to Cathays cemetery. Ted responded to your Editor's request for information and replied that the grave was that of John Stuart Rogers, a ship and boat builder from Cardiff who died aged 50 in Smedleys, Matlock Bath, Derbyshire. The headstone is an excellent example of the symbolism that many Victorian/Edwardian gravestones exhibited. The tree standing on a rock indicates a strong attachment to religion: the clear cut in the top of the bough represents a life cut off in its prime; the upturned torch shows a life extinguished, whilst the anchor epitomises hope for life beyond death; the ivy climbing the bough is a symbol of immortality.

**Dr Ted Richards describes a unique grave during his guided tour with the group around Cathays Cemetery**



**Photo Michael Barnes**

**The newest of the three History Groups has been  
a success from the start!**

This is a new group established only some four months ago and has its roots in the already existing History Group. Our first meeting took place in late January this year and I am delighted to report attendance exceeded all expectations. It would be

no exaggeration to say we had a full house. Myself and fellow convenor, Dave Munson, used this first meeting to get a feel for the attendees expectations from the group. It was encouraging to find the members wanted to explore a full range of topics extending from campaigns, scientific developments and the social impact of conflict. Thus far there have been two talks, the first being on partisan warfare in the former Yugoslavia during WW2, the other being on the fate of the mighty battleships Prince of Wales and Repulse in December 1941. We are due our third talk on the 25th of April 2025 with the accomplished speaker Ian



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Doyle presenting on the disastrous British campaign in Argentina in 1806. Dave and I both agree one of the most rewarding aspects of convening the Military History Group is the readiness for the membership to step up with offers of presenting. This enthusiasm means



we can confidently say we have a full calendar until at least September. Future talks will look at the early history of nuclear weapons, the Russian army in 1914, Dave's experiences in Afghanistan, the War of 1812-14 (US-Canadian war, topical!) and a talk on the impact of industrialisation on the American Civil War. The group will also run a discussion this year on the Battle of Jutland 1916 on the 23rd of May. The idea is to consider some of the controversies surrounding



this important engagement. Certainly field trips will be a feature of our activities and we are looking at generating a list of potential sites to call on. We meet on the fourth Friday of every month in meeting room 1, City URC. So, if interested,

do email myself [Michael Bailey](#) or David Munson for more information or simply come along and have a look, you will be welcome

**Mike Bailey**



**Photo Michael Barnes**

# Tabletop Games

This month, what shall it be  
Building railways? Escaping sinking isles?  
A game played with dice or cards?  
Or vari-pictured tiles?

A chance to meet and chat  
With many like-minded people  
Who like to play a game  
With rules and board, and **meeples**.

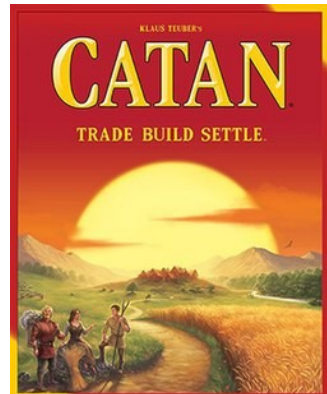
Do I settle **Catan**, this time?  
Or build a hospital, in "Quarantine"?  
Play a game that I'm familiar with,  
Or one I've never seen?

The table is laid, the cards we deal  
Will you conquer, at the end?  
Or play a cooperative game  
Where everyone's your friend?

Each month, there's something new  
The choice of games, immense.  
So open the box, remove the pieces  
And let the fun commence.



**MEEPLES ....small wooden human  
-shaped board-game pieces**



**Andrew Yeo**

**Group member**



Via Wikipedia Commons

Question from the Editor. **What do any two opposite sides of a dice always add up to?** Answer at the end of the u3a Festival article.

## **Improv group (there's no 'e' in its spelling) Convener Rob Morris is at pains to explain**

If you remember the TV series **Whose Line is it Anyway?** that will give you some idea of what improv is about. The basic premise is very simple. Two or more people act out a scene, making up the dialogue entirely on the spot. There is no scenery, no props, no costumes; everything has to be created by the improvisers by what they say and do. The aim is to create a scene which is entertaining and amusing. But the main thing is that everyone has fun.



**Yes ! Our Improv group** has recently started and it's a roaring success ! January 2025 was the first time an Improv Workshop was held at our Cardiff u3a and soon there will be others. Improv is like acting but there is no script. You don't need to be gifted to attend our workshops because instructions and practice are provided to help the flow of scenes and conversation - which, incidentally, are all created out of our own imaginations ! A lot of fun and good humour is enjoyed in the process ! This activity is beneficial in improving memory, spontaneity, creativity, confidence, resilience and happiness. It is a lot of fun. Give it a try !



**Rob Morris**

**Having retired at Easter 2024**, I decided, like many people do, to spend more time on my hobbies. I had taken photographs for many years and had some understanding of the way cameras work and, therefore, how to take decent photographs, but I knew I had a lot more to learn.

**I was aware of the U3A, but didn't know a huge amount about it, so onto the website I went. I was very pleased to see there were two photography groups. One was full with a waiting list, so I contacted Andrew Rees, the convenor of the Wednesday afternoon group. He was very welcoming and invited me to their next meeting.**

Along I went to the United Reformed church, where we spent an hour or so looking at pictures the group had taken on their last trip to Cowbridge. I was made to feel very welcome, and it soon became clear to me that there were people in this group who really knew what they were doing. Hopefully, I thought, I could learn from them.



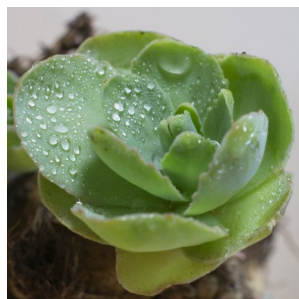
The way the afternoon group works is that the first Wednesday of the month we visit somewhere (in the summer), or have a topic/subject to photograph in the church (generally in the winter). The visits are also themed. So far, we have had themes including minimalism panning, shutter speed, industrial heritage and light painting . During the visit, we all explore on our own, or in small groups, take the photographs we want and then we meet somewhere for coffee. On the third Wednesday of the month we then meet in the URC, and view and discuss





some of the photos we all had taken. I was a little concerned about this as there are far better photographers than me in the group, but all comments I have received have been constructive and have helped make me a better photographer. Andrew then introduces the next topic, and often shows some videos with salient guidance (he also sends out links for these videos so we can view them again in our own time).

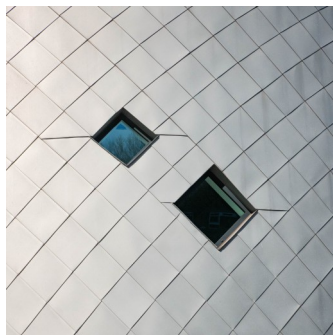
In addition to the above main meetings, when there are five Wednesdays in the month (which happens more often than I would have expected), Andrew generally arranges a trip to somewhere interesting. So far I have been to Bristol and Swansea with the group. Several group members do not drive, so all trips are designed to easily accessible by public transport.



Overall, I have really enjoyed this group and, because members are so willing to help, explain things, and answer all my questions, I am now a much better photographer than I was a year ago. My photographic experience has also widened considerably, e.g. I had never heard of light painting before, but now have some nice photos to add to my collection.



So thank you Andrew and all the members of the group for the last year, and I hope my skills continue to im-



prove in the years to come.

**Jeremy Hucker**

# Singing for Pleasure

## AND WHAT A LOT OF PLEASURE IS BEING GIVEN TO OTHERS BY THE GROUP

**Susan Wass**, one of the stalwart members of the group pens the following report about the group activities.

We meet in the Upper Room at City URC on the 2nd and 4th Monday of each month 1pm until 3pm.. If you enjoy singing this is the group for you! You do not have to read music or learn the words of our many songs, so no pressure. John Sadler leads us, he's full of fun, has a very good voice and an extensive knowledge of music. The accompanist is Shane who plays the piano and has lots of patience with us especially when we are learning a new song (yes, I have noticed that for myself - Ed.)

During 2024 we performed at many concerts, of course wearing our 'uniform' of white and red.

In March we sung at Ty Enfys Care Home followed by a session at St. Edwards church to entertain one of their long standing community groups . We were asked to perform in Llys Herbert Care Home to celebrate a V.E. Day Anniversary where we were warmly welcomed by all the staff and residents. It was a lovely summer



day so they were able to enjoy our concert in the garden. Some of us decided to dress appropriately in 40s style clothes. Which surprised everyone. We sang a range of old songs which were also appropriate to the occasion; see how many YOU recognise!

**We'll Meet Again**

**A Nightingale Sang in Berkeley Square**

**Boogie Woogie Bugle Boy**

**Don't Sit Under the Apple Tree**

**I'll Be Seeing You**

**Lili Marlene**

**I've Got a Gial in Kalamazoo**

**The White cliffs of Dover**

It was so successful that we were invited back the following month and



also invited back for the 80th celebration of VE Day in 2025.

We were part of the entertainment for the Cardiff u3a AGM in November where we were accompanied by the Ukulele group

and sang -

**Pokarekare Ana**

**The Lion Sleeps**

**Tonight**

**Sloop John B**

**Bye Bye Love**

We were back at St Edwards







church for Christmas and then once more entertained a community group called 'Forget me Not' whilst they had their afternoon tea in march 2025. Again a variety of songs including I Love Paris and an Elvis Presley medley were delivered with plenty of audience participation.



There are three more concerts planned for this year, perhaps you would care to join us?



**Technical trouble is suspected .....**



**and attended to .....**



**before it all came together!**

## Playing on home ground has its advantages!

**Mary Allen** reports on the regional u3a Team Quiz held in the Porthcawl YMCA and ably organised by Porthcawl u3a.

Questions on Geography, Science, General Knowledge and a Picture round found Cardiff tying with Cowbridge for second place. So there was to be a tie-breaker to decide which team was to come second to the winners, Porthcawl.

The question was: **When did George the III die?**

Quick as a flash, team member Aiden shouted out the correct answer!

**Could you have answered the question?** The correct answer is at the end of this article.

Cardiff has entered a team every time there has been a competition but despite trying very hard have yet to finish in first place.

Representing Cardiff u3a for the second time were members **Kevin Gregory, Jan Gregory, Aiden Pathy, Steve Wride, Helen Christmas and Mary Allen** who incidentally has in the past organised quiz competitions along with Owen Pryce; Owen may be hankering after doing so once more now that the interruption enforced by covid regulations has passed. Sometimes there were even two quizzes in a year!

Yes there was a prize for second place, a box of chocolates and a bottle of wine.

Lacking a team captain it fell to **Kevin Gregory** to accept them on behalf of the team. The chocolates were duly consumed but the Editor knows not what happened to the wine!



Correct answer is 1820

# 100 NOT OUT!

## Christmas Lunch 2024



Breaking with tradition we ventured to the Clayton Hotel for Christmas Lunch this year. It was early December but the hotel staff were so full of Christmas spirit the mood was infectious.

As ever **Shelagh Passey** organised 100 people to arrive at the right place, at the right time and was able to tell each one what they were having for dinner.





We were welcomed with music from the Recorder Group of whom I shamefully admit forgetting to take a photograph; it made for a festive and mellow start to the proceedings.



Dinner was eaten amidst hearty conversation and laughter; we even had a few moments of stand up comedy from Stuart Lewis over coffee.

**Margaret Richards**

Susan Thomas captures a rare sight .... Not a seagull to be seen in Penarth!





Rosemary Griffiths and Nina Foley visit the inaugural 2024 Festival and have compiled this glowing report for you

## u3a Festival 24

**The u3a movement held its first ever Festival on July 18-20 2024 at the University of York. Hundreds of members took part in workshops, sports tournaments, talks and music events and it was the largest meeting of u3a members in the movement's history.**

Having seen the Festival advertised online and in u3a newsletters we decided to attend. To make the most of travelling to a distant part of our neighbouring country we extended the trip to include sightseeing en route and in and around York!

The University of York campus proved to be an ideal location for the event, offering on- site accommodation, eateries, lecture and workshop rooms, sports facilities and performance spaces, all in beautiful surroundings within easy reach of the city centre.

The Festival was extremely well organised and efficiently run by a hard working team of volunteers. (There were a few technical hitches with the booking processes, but not unexpected with a 'first' such as this.) All sessions were led by u3a members and the programme was hugely varied. Sporting activities catered for all levels of fitness and mobility and musical performances ranged from ukulele and guitar through choirs (vocal and flute) to small orchestras. There were talks on history, lit-





erature, art, astronomy, the brain, politics and current affairs and much in between. A limited number of places were offered for guided tours of different aspects of the city of York and workshops for the creatively minded included card making, paper quilling

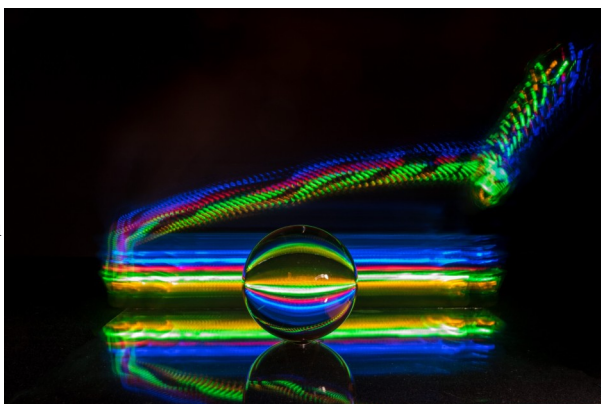
and painting for beginners. French and Italian conversation was on offer at tables in the café each lunchtime and evening events included country dancing, quizzes and live music.

Somewhat to our surprise attendees had travelled from as far afield as Swansea, the south coast and northern Scotland. It was fascinating to hear what groups are on offer in different u3as and meet members from across the country who attend some of the groups we attend in Cardiff.

We had a most enjoyable time and would thoroughly recommend attending any future Festivals. Be sure to book as soon as booking opens to get first choice of the events on offer! More details, photos (the ones that accompany this article were taken from the u3a website) and a video are on the [u3a website](#)

7

**Photo  
Patrizia Donovan**



# Ukulele

**Spring 2023 and a meeting of upwards of fifteen people** interested in playing Ukulele started the Cardiff u3a Ukulele group. We still go by that name but are working on a better one!



**Some people could play a bit and others had never tried.** Some decided it was not for them but others arrived and we are still a group of about 15 people at any one meeting. Today, some can play rather well and others play what they can; it all adds up to a good sound. By November 2023 we were brave enough to play a piece at the AGM; putting the chorus on a screen meant that people sang along and that encouraged us enough to do a second piece; that was probably as many songs as we were ready to perform at that time.

Over the last year we have built up a set list, played again at the AGM, and had our first non-u3a 'gig'. In February 2025 we performed for the ForgetMeNot café in St Edward's Church to an audience that sang and clapped loudly. The performing bug has well and truly bitten.

**We play, we sing and we enjoy ourselves** and will help anyone interested in





giving it a go to do the same, however much or little ukulele experience they have.



**Targets for the future: Learn more songs, Remember to SMILE! And try to remember some chords to avoid frowning at the music!**

Why not have a listen Cardiff U3A - YouTube!

**Liz Ferrand and Tony Perkins are joint Convenors**



## From Dada to Do-Dah. A very peculiar history of the Urban Spaceman

### Jim Wood, Ukulele group

To make more sense of this article it might help to listen to “I’m the Urban Spaceman” before you read it. Or possibly instead of reading it.

**The trouble with history is that it has a nasty habit of occurring in chronological order.** Not here though. We’ve pressed its doorbell and run away before it’s even got its slippers on.

**Don’t worry, all will become clear. Possibly.**

Central London, 1968. “Is that a poor man’s violin?” She said. “No”, replied Apollo, “It’s a rich man’s ukulele”.

**Let’s now go to Zurich, 1916.** A loose conglomerate of writers, poets, philosophers and radicals, horrified by the war raging around them grew into the Dadaist movement. Through irreverence, nonsense and **absurdism**, the “anti-art art movement” sought to challenge the accepted beliefs of the established order. Think bearded Mona Lisa or a urinal as artwork here.

**Absurdism is the philosophical theory that the universe is irrational and meaningless Ed.**

Back now to the 1960s, or more particularly, 1962. Just 17 years after the end of the war (writer’s note, this bit’s important so pay attention at the back there). Rationing had ended a few years back, and though the major cities were still punctuated by bombsites change was in the air. Commercial TV was thriving, the paperback Lady Chatterley was in the bookshops, “That Was the Week that Was” mocked the establishment, and the MacMillan government was about to be rocked by the Profumo scandal.

**South London.** A group of art students embracing the spirit of the age in music. Using the Dadaesque technique of cutting up and juxtaposing random pieces of text to create a name **Bonzo Dog Dada Band** was born, the brainchild of

Vivian Stanshall, Rodney Slater Larry Smith, Bob Kerr and others. Rather like it's 1916 forbears, it began as a loose association of individuals coalescing around a core group. The lineup of the band often differed depending on inclination and who hadn't gone down to the pub that night. The music was anarchic and self mocking; although commercially unsuccessful, it had an enthusiastic cult following, and In 1963 it had been joined by Neil Innes, whose talent was to transform its fortunes.

**The band later substituted Doo-Dah for Dada**, and eventually dropped it altogether, becoming simply the Bonzo Dog Band.

**Back to post war London.** Remember the bombsites? While the word remained in popular usage ("go and tidy your bedroom, it's like a bombsite in there") the later, sanitised term was "urban spaces". As the new buildings rose, so did the new consumerism, fuelled by advertising and its image of the perfect, squeaky clean gadget embracing, car owning aspirational family.

From the urban spaces came the Urban Spaceman; from the perfect family came the lyrics of the perfect individual. Penned by Neil as a critique of conformism, more satire than Dada, the song ends:

*I never let my friends down*

*I've never made a boob*

*I'm a glossy magazine, an advert in the tube*

*I'm the urban spaceman, baby; here comes the twist--*

*I don't exist*

Although their most successful song, with Neil playing lead guitar and vocals and Viv on vocals, tenor recorder and garden hose, Viv apparently thought it too commercial and something of a betrayal of their anarchic identity. Perhaps he was mollified by the inclusion of the surrealist B side, "Through the canyons of your mind".

Urban Spaceman might never have been as successful had it not been for one Apollo C Vermouth, who produced and arranged the record, at one point grabbing a ukulele and strumming a suggested line or two. If you listen carefully, he can be heard playing it on the recording. The record was released in October 1968 and reached no 5 in the charts

Apollo C Vermouth was a pseudonym of Viv's friend Paul McCartney. Now whatever happened to him?

*In grateful memory of Viv Stanshall (1943-1995) Neil Innes (1944-2019) and the boys who brought a little nonsense and joy into our lives.*

## FROM RUSSIA -

## - WITH LOVE

The Russian revolution of October 1917 is well documented in all its bloodshed and brutality. Many of the victims were landowners and titled people who supported the Tsar of Russia, but support also came for many educated men and women - artists, doctors, musicians and because of their resistance to the “red” revolution, they became known as “white Russians” and many fled their country into Western Europe.

Russian access to the sea is of course, largely limited to ports around the Black Sea, particularly the city of Odessa. In February 1920, two and a bit years after the revolution, several thousand “White



Refugees of Odessa and White Army troops trying to flee from the Red Army.



HMS Cardiff

Russians” were in and around that area. The British and some other countries decided to mount a rescue operation, and sent ships to Odessa. Britain sent eight vessels, four war-

ships including **HMS Cardiff** and four merchant ships.

About 40,000 people were seeking rescue, and some white Russian army officers committed suicide rather than face death in Bolshevic captivity. In the end less than half the total number, - about 16,000 were rescued.

One of the British merchant ships was called “Rio Pardo” and although we do not know how many Russian people were taken aboard we do know the name of one of them, a young, well educated young lady called Katerina. During the voyage Katerina made friends with the ship’s wireless op-

erator, a young man called Hector Potter.

Hector was a couple of months past his 19<sup>th</sup> birthday, and had been rescued when serving on a ship - the "Highland Prince" - which was destroyed by a German U boat 6 months earlier. Hector continued to travel the world, and in particular he loved New Zealand and Russia, which he had visited on previous visits. My Dad told me that on one trip there had been on board a black bear and he had made friends, by talking to the animal and taking food. When the ship reached a Russian port, the bear was taken ashore to the town square and chained to a post. When Dad went ashore he saw the bear,



Hector Potter

went up to it, hugged it and said something like "Hello Boris," much to the astonishments of the crowd. On another occasion, also in a Russian port, Dad went ashore and some Russian woman took a dislike to this British Officer, kicked him in the private parts, and as a result, he had to seek medical help.

There is no evidence of the truth of either events, but there is no reason to disbelieve them.

Any way this girl Katerina, seemed aware that Hector liked poetry. Perhaps, by moonlight he had read love poems to her whilst crossing the Black Sea by moonlight. And so she gave him a book of poetry by Samuel Coldridge Taylor and wrote inside the front cover, in French "I love you to-day, more than yesterday, but not as much as to-morrow". And continued; "On route from Odessa, near the coast of Yugoslavia. 1920". We know this to be true because I still have the book in my bookcase, 104 years afterwards. I have treasured it all my life and I am now 92. I wonder who will treasure it when I can no longer do so.

**William Potter**

**Cardiff May 2024.**

*(Many readers may recall that Bill was in the habit of writing about historical events). This essay was written for his Children, Grandchildren, and Great Grandchildren.*

*Thank you Bill and I hope that you will have another contribution which originated as a history essay for the family.*



## We Celebrate Marjolaine Oda Whittaker 1930 - 2025



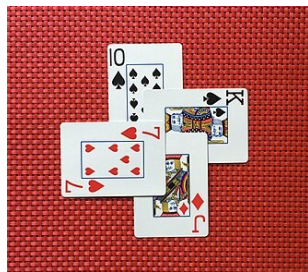
**“Elke dag is een gerchenk”**

**Marjolaine was born in Rotterdam**, the daughter of

Net and Herman Mees, a renowned portrait artist. She, her parents and her three older brothers survived the tough times of the German occupation and despite the shortage of teachers she had a formal, classical education and was a bright schoolgirl.

As a young woman she boarded a ship going to Africa to visit her brother in Ghana and met a charming Lancastrian, Tony Whittaker. They married in 1957 and lived in exotic locations around the world. In 1963 they arrived in Cardiff with their three daughters. She worked as a legal secretary & after retiring, and the death of her husband in 1998, her active mind and interest in art lead her to join u3a.

She was a leading light of the Bridge group and for many years the convener. She did a sterling job and welcomed new members with patience and kindness. We celebrated her 90th Birthday with cake and flowers.



She played on until 2024 and lit up our Monday mornings with her enthusiasm and, if the game hadn't gone to plan, a loud chuckle.

We also loved her delicious home made, Dutch biscuits, which she was still baking and sharing last year.

**Marjolaine lived by the motto “Elke dag is een gerchenk” (every day is a gift).** She was a “grand slam” of a lady and our heartfelt condolences go to her three lovely daughters

Liz Perkins



# u3a Friends

u3a Friends is an exciting new initiative to bring together stories and interests from across the u3a movement; to use our collective voice to change lives and to share exclusive member offers with our exclusive Friends Extra benefits program. All of these come together under the banner of u3a Friends. Signing up to the newsletter means you are up to date and in touch with all that's happening across the movement as it happens. Use the link below for further information

<https://www.u3a.org.uk/get-involved/u3a-friends>

Also here's something which may interest you as well as non u3a family and friends



<https://www.u3a.org.uk/get-involved/u3a-friends/friends-extra-faqs>



**Reflections ... The Hayes**  
**Pauline Bezodis**  
**and**  
**Insole Court**



# u3a Air Fryer Community

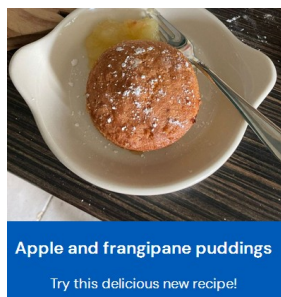
Have you recently acquired an air fryer and are excited by the possibilities of what you can make with it but feel slightly overwhelmed by the range of recipes out there and where to start? Well, you're not alone! A recent online tutorial through u3a office saw over 700 people try to book a place to find out more about air fryers and we can see that there is definitely a need for a forum where people can exchange tips and recipes on how to use this new technology

## Apple and frangipane puddings

Serves: 6, but recipe may be halved, to serve 3. Cooking time remains as given. Use either individual, 240ml size teacups or ramekins to cook the puddings.

If preferred, use an additional 50g ground almonds instead of the flour. Ideal for those with gluten intolerance.

Cook the puddings in batches if necessary. Cooking time remains as given.



## Ingredients

450g Bramley cooking apples, peeled and chopped

60g caster or light brown sugar

For the sponge batter 100g softened butter and 100g caster sugar

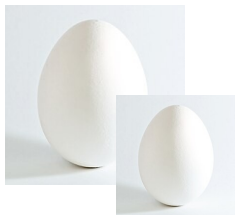
2 large eggs, beaten

1 tbsp milk

1 and a half tsp almond essence

50g ground almonds

50g self raising flour



Wikipedia ComAmons

**Method (next page)**



## Method

1. Prepare the apple puree. Put apples and sugar into a medium size saucepan. Add 2 Tablespoons water. Simmer gently until apples soften completely. This will take about 5-7 minutes. Remove pan from heat and beat into a lumpy puree, using a wooden spoon.
2. Divide the apple puree between each of each 6 lightly greased teacups or ramekins. Level surface.
3. Make cake batter. In a large mixing bowl, beat together the butter and sugar, using a handheld electric beater, until light and creamy. Gradually beat in the egg, a little at a time, adding a little flour to prevent mixture curdling. Fold in remaining flour and ground almonds, with the milk and the almond essence.
4. Divide pudding batter evenly, between the 6 ramekins or cups. Level the surface.
5. Bake for 20-23 minutes at 170C, until well risen and golden and a sharp knife, inserted into centre of puddings, comes out clean.
6. Remove from air fryer and allow to stand for 5 minutes before running a dinner plate round edge, turning puddings out onto tea plates. Serve the puddings, with any remaining apple puree and hot custard.

## Stir fried cabbage, with courgette, asparagus, and chilli

**Serves 3-4, as a side dish or 2 as a main course.**

To air-fry certain vegetables, it is a good idea to use a little water alongside some oil to help the cooking process.

## Ingredients

½ a Savoy cabbage, thinly sliced

1 red chilli, de-seeded and chopped

6 asparagus spears, trimmed, and each spear cut into 3, optional but nice

2 small courgettes, sliced

1 small red onion, sliced

1/2 tsp dried mixed herbs



**Stir fried cabbage**

A great side or main dish.

**Continued on next page**

1 tsp sesame seeds

6 sprays water

10 sprays olive oil

Salt and ground black pepper

To Serve: soy sauce



Wikipedia Commons

## Method

1. Pre-heat air-fryer to 200C.
2. Put prepared cabbage, chilli, asparagus, courgette, onion, herbs, and sesame seeds, into a large mixing bowl. Add water and oil. Season lightly with salt and pepper. Toss together well.
3. Turn prepared vegetables into air-fryer basket, spreading out as much as possible. Add sesame seeds and a seasoning of salt and pepper. Air-fry for 6-8 minutes, stirring or shaking basket twice during cooking, until vegetables are lightly charred in places, but retaining crispness. Serve immediately, sprinkled with soy sauce, to taste

# Learning Activities

These two recipes came from the national u3a website

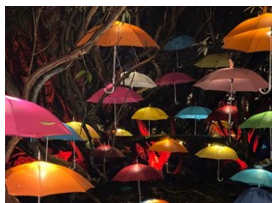
[Home > Learn > Learning Activities >](#)

Where you can find many more Learning Activities including -



### Paint or Draw

Monthly themed galleries – Submit your artwork!



### u3a Eye

Themed photography project – Submit entries for "Unfolding."



### The u3a Quiz Library

Quiz leaders & enthusiasts—swap quiz rounds here!

## JIM BARTLETT PHOTOGRAPHS THE 2024 AGM ENTERTAINMENT

John was not only incredibly good at magic, here he is thanking his victims: sorry volunteers -



but also at extracting the best possible performance from the assembled ranks of the Singing for Pleasure Choir and the Ukulele group.



John interacting with the members







## THIS MAY COME IN HANDY IN A QUIZ

The *haiku* is a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second, and five in the third.



Haiku by Matsuo Bashō reading "*Quietly, quietly, / yellow mountain roses fall – / sound of the rapids*"  
Wikipedia Commons

Now why am I telling you this well known fact?

It's because Sue Biggin sent in THREE examples each one to link with Cardiff u3a! Here they are ----

### **Flash the Pass to Mario, in appreciation**

We've savoured whiskies  
abbeys, castles, piers and parks,  
making memories

### **Omnibus to Margaret in appreciation**

All aboard: check our  
eclectic calendar for  
challenge - or coffee?

### **Cornucopia to Shelagh, in appreciation**

In varied venues  
we clink and chat, Sundays shared  
sampling Cardiff's fare

## CARDIFF u3a TAKE PART IN A CLIMATE 'FRESK' WORKSHOP

*The Climate Fresk* is a French nonprofit organization founded in December 2018 whose aim is to raise public awareness about climate change. It proposes a collaborative serious game based on 42 cards where the participants draw a fresco, hence "fresk", which summarizes the work of the Intergovernmental Panel on Climate Change. As of 2023, over a million people have participated. We were contacted by Paul Graham of Climate Cymru with a

request to facilitate such a workshop for a group of Cardiff u3a members, which was duly set up for late April. The workshop, led by Paul lasted for about three hours but the time went quickly. There was a close look at the causes and effects of climate change using a hands on 'fresk' activity which

used a series of information cards to map and establish links between the cards by cause-consequence relationships to build the Fresk (or fresco). The discussions that ensued explored not only the relevant science but





also politics, history, economics, sociology and much more. Interest was stimulated, knowledge built on and possible u3a actions seeded for future planning. Conversation continued among the group for some time after the workshop and the interest to pursue exploring this fur-

ther was firmly planted.

**Report by Margaret Richards**



**Photo  
Michael Barnes**

# WHAT IS THE u3a?

Founded in 1982 the u3a is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment. If you're wondering what we mean by the third age - it is a time after you have finished working full-time or raising your family and have time to pursue your interests or just try something new. Members explore new ideas, skills and activities together. There are over a thousand u3as - of which Cardiff is one - with nearly 400,000 members worldwide.



Not yet a member but Interested in membership? You may wish to use the telephone number below as an alternative to emailing or using the website. Standard call charges apply.

**07544 289434**

Please leave a name and contact number and your call will be returned.

The Cardiff u3a website can be found at

<https://cardiffu3a.org/>

Mail can be sent to

City URC Church, Windsor Place, Cardiff CF10