

## **B&R for 21st Feb issue**

By Margot Hollingdale

Last Thursday, Pharmacologist, Aidan Seeley, and two of his Research Colleagues explained the science behind the cannabis plant and the differences between its two most important ingredients THC and CBD from a range of 300 components. Detailed research now involves using small, primitive Californian Blackworms rather than mice.

The Art Appreciation Group enjoyed a well-illustrated talk by Corinne Thomas on Green Men (often carved in stone) and fascinating wooden Misericord carvings. Robert East described the formulating of Human Rights since the 18th century which led to much audience participation – Richard Walker will direct us around a Philosophical look at Human Rights, tomorrow. In the morning, we will learn the history behind the creation of St Fagans Welsh Living Museum prior to our visit in July. In the afternoon, Mervyn Bramley will guide us around The Stirling Prize for Architecture 2023, and we can decide who would have received our votes? There will be the third and final play-reading of “Hobson’s Choice”. Last Wednesday, thirteen u3a members enjoyed a 4 –6 mile walk through the Glasfynydd Forest above Crai and from next month, Mah Jong will restart on the first Friday 2–4pm at the Theatre.