

Sully and District u3a Newsletter Jun 2025



Group News

Planned new Groups

This month we have some exciting new groups on offer. They are Astronomy /Stargazing, Croquet, Mahjong and Rummikub. I will be having a Start-up meeting for them all on FRIDAY 4TH JULY in The Old School starting at 10.30am in the Woods Room. So, if you are interested in joining one of these new ventures, please come along. Each new group can then decide where and when it will meet and can check the availability of the rooms in the Old School.

We used to have a Croquet group which met at Dyffryn house and run by Pat Wright. Unfortunately, it had to go when Dyffryn decided to close their club! Pat has kindly offered to coordinate the organisation of the new group. So, anyone who fancies an excuse to get out into the fresh air please contact me or Pat or come along on the 4th.

Astronomy/Stargazing is an unknown quantity but sounds fun if you want to make the most of getting outside on starry nights and understand what's happening up in the heavens. I have a few people interested already. So come along on the 4th. (Maybe the Stars and Stripes banner will go floating past!)

Mahjong wants to have a revival. It was very successful when we last had the group, but it had to finish for various reasons. Let's get it going again. It will be suitable for beginners or those with some experience.

Rummikub may be a new experience for you. It is based on the card game of Rummy. Easy to learn but can get more challenging as you progress. Sounds fun.

I hope at least one of the above will encourage you to try something new (or old). So please come along on FRIDAY 4th JULY and help get some new groups up and running.

Gill Mathias (Groups Administrator)

WALKING GROUP

The walking group, which started in 2012, has until this May undertaken walks in the Vale, but on 16th of May ventured further afield to the Brecon Beacons. Four of us Nigel, Kay, Joan and Shelagh went to the Mountain Centre at Libanus to start a walk to the Twyn y Gaer, an Iron Age Hillfort with superb views of Pen-y-Fan to the south and Brecon to the north east. On descending from the hillfort, we saw the pillow mounds - artificial mounds created for the rearing of rabbits in warrens. We then followed a circular route back to the Mountain Centre, seeing enroute a standing stone marking the reputed site of St Illtyd's grave. Further on we visited St Illtyd's Churchyard, a circular wooded enclosure that was an old Christian churchyard, it was believed to be the site of the martyrdom of Illtyd. We then returned to the visitor centre for lunch.

The Walking Group undertakes walks on the first and third Friday of the month. Whilst most of our walks will continue to be within the Vale, we will undertake two or three walks further afield.



Book Club 2

Book Club 2 has released its summer reading programme:

19 June: Precipice - Robert Harris

17 July: Northanger Abbey – Jane Austen

21 August: Score – Jilly Cooper

We buy our own books and aim to follow a mix of long/short and light/serious titles.

We meet at 10.30 on the third Thursday of each month in the Jubilee Hall at the Old School Sully. We'd love to welcome new members. Just drop us a line at bookclub2@sullyu3a.co.uk.

Singing for Pleasure

A joyous afternoon of music and community spirit

The U3A's Singing for Pleasure group took part in a Spring Concert at the Paget Rooms in Penarth on Saturday 3rd May. They joined three choirs, Rhapsody, Harmonics and Diatonics made up of pupils and ex-pupils of Corpus Christi, Catholic High School in Cardiff. The event was a fundraiser for Tenovus the Cancer Care charity chosen by Penarth's Town Mayor, Cllr Gwenda Roberts, as her charity for the year.

The programme was varied including songs from My Fair Lady, John Rutter and Fame among others. Voices young and not so young blended beautifully providing a lovely sound which was much appreciated by the audience. The event raised £700 for the charity. Please find attached a short video of their rendition of Barry Manilow's song One Voice.

Singing for Pleasure led by Rosemary Cook meets every second and fourth Monday at 11.00am at the Old School in Sully. New members are always welcome.

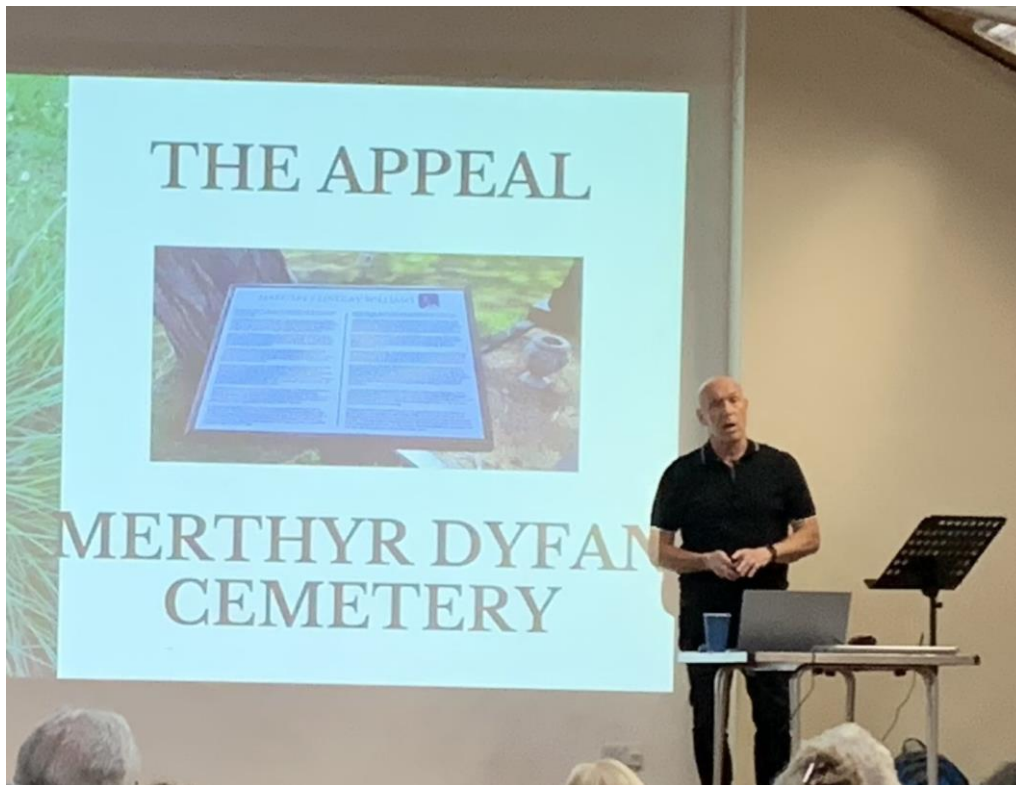
Below is a link that opens a short video somebody took of one of the songs (Place cursor over link and press Ctrl + Click to follow the link)

[Piece1 \(1\).mp4 - OnCtrlDrive](#)

Speakers

Report on Speaker 12th June

The original speaker for June, Gaynor Legall, was unable to give her talk due to unforeseen circumstances but we hope that Gaynor will be able to give her talk at some time in the future. Fortunately for us, Dr Jonathan Hicks was able to step in at short notice and give his talk which was originally scheduled for next year.



'Life is my Canvas' by Dr Jonathan Hicks – Report by Norma Johnson

An enthusiastic and warm welcome was given to Dr Jonathan Hicks who gave an interesting talk, about local artist and painter Margaret Lindsay Williams, to the Sully u3a meeting on the 12th June 2025, using a power point presentation in a combination of photographs and text.

Dr Hicks told the audience that he first became interested in Margaret's life when he attended a guided tour of the Merthyr Dyfan Cemetery in Barry. During his visit Jonathan discovered that Margaret is buried in an unmarked grave and felt that she should have an appropriate headstone to commemorate her life and work. He wanted to rectify this somehow and it inspired him to research Margaret's life and started a quest to raise funds in order to purchase a headstone for her.

Margaret was born in 1888 in Cardiff, the eldest of the two daughters of Samuel A. Williams, a shipbroker of Barry Docks and Martha Margaret Lindsay, who was of Scottish descent. From the age of 9, she lived in Windsor Road, Barry with her family and younger sister Olwen. The Williams family endured a series of heart breaking tragedies losing family members at very young ages – two sons in infancy and daughter Dorothy, in a fatal accident in a fall, as she was being carried down stone steps outside their house in Barry.

Margaret studied painting at Cardiff School of Art, winning a gold medal for art in 1904. In 1905 she enrolled at the Pelham Street School of Painting in Kensington to prepare for entering the Royal Academy in 1906. At the Royal Academy she won several prizes including a gold medal in 1911 for her work *The City of Refuge*. At the time she was the youngest artist to win a gold medal at the school and the first from Wales to do so.

The following year she won a travel scholarship who, on the advice of John Singer Sargent, spent eighteen months studying in Italy and The Netherlands.

Throughout her career as an artist Margaret has painted a number of prominent people such as George V and Queen Mary, Prince Charles, Princess Anne and at least five portraits of Queen Elizabeth II, including one of her as a young Princess with her sister Princess Margaret.

Margaret visited the United States at least five times during her lifetime and in 1922 was

commissioned to paint a near life-size portrait of President Warren Harding. Other commissions included portraits of Henry Ford, Field Marshal Slim as well as Ivor Novello.

At the outbreak of World War I, Margaret wrote to and lobbied David Lloyd George for an appointment as an official war artist with the Welsh Division in France. Whilst Lloyd-George thought it a good idea for the regiment to have an artist attached, he would not allow a woman to go that close to the front line and refused her request.

Margaret was a very talented artist who has lived a full and exciting life but perhaps never had the recognition she deserves. It is important and rightly so that she now gets the headstone she should have had and all due credit to Dr Jonathan Hicks for his determination to make this happen!!!

Next month's speaker

The speaker for next month on the 10th July, is Professor Robert Pickard on the subject of Atoms, Nutrition and Life. At 2.00pm

CHEPSTOW TRIP 19th JULY

This is a free coach trip for members.

If you have booked a place on the trip, you should have recently received an email with details of the arrangements for the day. If you have not received this then please contact the organisers on trips@sullyu3a.co.uk

If you haven't booked but would like to go along there are still a few places left. Please contact organisers on trips@sullyu3a.co.uk

Joyce Stent/Sue Hawkings (Organisers)

Use of Artificial Intelligence in Healthcare

The following link gives some interesting information on this subject and could be worth a read if you are interested (Place cursor over link and press Ctrl + Click to follow the link)

[Use of Artificial Intelligence in Healthcare Tickets, Tue 17 Jun 2025 at 14:00 | Eventbrite](#)

Membership

Reminder about Membership

As you are all aware Sully u3a relies on email to keep in touch with members and inform them of what is happening.

If you are planning to change your email address, please let the membership secretary know your new contact details.

We also need correct postal address details so we can arrange for you to receive the u3amatters magazine. If you are planning a house move, then please let the membership secretary know your new address details.

u3amatters Magazine

Many of you will already be receiving this through the post 5 times a year.

If you decide you no longer wish to receive the magazine then please let the membership secretary know by email and you will be removed from the list.

For those members not receiving the magazine on a regular basis more information can be found here [u3amatters magazine](#) (Place cursor over link and press Ctrl + Click to follow the link)

If you then decide you would like the magazine on a regular basis then email the membership secretary with your details.

Membership is often asked by members if there are any surplus copies of the magazine available to read before they commit to getting the magazine on a regular basis. If you do have any magazines you would like to recycle then please put them in the magazine holders by the front door of the Old School.

Security Update

As we are sure you are all aware, there are an awful lot of security threats out there, from hackers, to scammers, to identity thieves, malware and much more. In an effort to reduce the opportunity for such unwelcome attention, we have decided to stop publicising our u3a contact email addresses on our website. Instead, we will be utilising a function that is already in place. This means that we will only allow contact via the inbuilt forms on the website, which you may already have seen and used.

Don't forget to visit our website to access these forms and other UpToDate news, just follow: [Sully](#) (Place cursor over link and press Ctrl + Click to follow the link)

June update for u3as

For those interested, the following link will take you to the June update from The Third Age Trust

[June update for u3as](#) (Place cursor over link and press Ctrl + Click to follow the link)

Regards,

Paul Lister (Sully u3a Newsletter editor)