

Sully and District u3a Newsletter March 2026



Membership 2026

Message from Membership

If you still haven't renewed for 2026 then please do so immediately.

We accept renewals by bank transfer or post your cash (no cheques please) with your name and membership number into the u3a post box in the Old School foyer.

Further details on how to renew can be found on our website and in previous newsletters. *Remember you are not covered by our insurance if you are not a member and something untoward should occur.*

Please let me know if you move house or change your email address.

Also let me know if you wish to cancel or sign up for the national magazine 'u3a matters' You can contact me via the form on the membership page on our website.

MEETERS & GREETERS NEEDED (repeat request)

Our u3a needs people to Meet and Greet members and non-members when they arrive at The Old School for our monthly meetings. A warm and helpful welcome is appreciated by everyone when entering what may be a "new environment". Are you happy to talk to people you do not know? Are you happy to help them find their way in a new environment? If your answer is "YES" to either question, please spare about 30 minutes of your time in The Old School foyer with David on the second Thursday of each month at our Monthly Meetings from 1.30pm to 2.00pm. Thank you in anticipation of your help! Please contact Paul or David at [Chair](#) or [Web](#) for more information.

GROUP NEWS

No new groups are being formed at the moment, though there is some interest being shown for a few ideas.

1. **Writing a 'Memoir Book'** for your children and grandchildren. This would be a collection of your memories that could be of interest to your following generations. It would be a firsthand account of how one actually managed to live before mobile phones, smart TVs, microwaves, fast food, etc! This group could incorporate a Family History investigation too.

2. **Craft Group.** This could be individuals working on their unfinished projects that are at present, languishing in the back of a drawer. Or it could be on different subjects such as Card making, Origami, Box making, Scrapbooking (this could tie up with Memoir books), Paper cutting, Macrame, Decoupage, Mandala painting, Rock painting..... the list goes on! Whether you sew or cross-stitch, enjoy macramé or Origami or are new to craft work entirely but would like to give it a try, come along and join us, all are welcome.

3. **Board or Tabletop games.** A relaxing way (unless you're very competitive) to spend a couple of hours. These could include card games such as Uno, Scramble demon, lots of 'old' card games, or any board games in your cupboard that you used to enjoy playing. I hope some of these ideas will whet your imaginations and creative abilities to try something new.

Anyone interested in these or who have other suggestions please contact Gill (Groups Admin), via message form [Contact - Sully](#) (place cursor over the link and press Ctrl + click to open)

Book Club 2

Spring program

16 April: Remarkably Bright Creatures – Shelby Van Pelt

21 May: Any Human Heart – William Boyd

The full program is on the sully u3a website. [Book Club 2 - Sully](#) (place cursor over the link and press Ctrl + click to open)

We'd love to welcome new members. Just drop us a line at bookclub2@sullyu3a.co.uk.

Silvers Club at the Odeon cinema in Cardiff

If you enjoy watching films then you might be interested in the "Silvers Club" at the Odeon cinema in the Red Dragon centre in the Bay.

<https://www.odeon.co.uk/special-screenings/odeon-silvers/>

Each Tuesday afternoon for just £2 you can watch a special screening for guests over 60 which includes tea, coffee and biscuits.

Tuesday 24th March at 1pm, the film is Wicked: For Good

History Group

The History group is delighted to welcome Mr Nick Hodges of "Victorian Barry Experience" who will give a talk entitled **Victorian and Edwardian Entertainment in Barry**

The talk will take place in the Woods room of the Old School on 1st April at 10.30 am

All are welcome - £2 to include tea, coffee and biscuits.

National Museum, Cardiff – Geology Open Day: (reminder)

To include a discussion on the future of Welsh Geodiversity Homepage | Amgueddfa Cymru
| Museum Wales

Saturday 28th March 2026

Please reply to: cindy.howells@museumwales.ac.uk

Essential museum information:

The National Museum Cardiff opens from 10am - 4pm during winter months and has free entry for all. There is a public carpark at the rear of the building, for which there is a charge of £6.50 each day. There is ramp access to the front door, and internal lifts to access all floors. There is a small cafe in the Main Hall which sells a limited selection of sandwiches, cakes and drinks. External venues for lunch can be found close to the museum, or you are welcome to bring your own lunch.

Geology Group

Although Sully u3a don't have a geology group, South Wales Network does and it is very much still active and welcomes members of South Wales u3a's. Their site is [South Wales and Severnside Geology Group - Wales Region](#) (Place cursor over link and press Ctrl + Click to follow the link)

We are still looking for volunteers to join our committee, especially for Treasurer position

Becoming a U3a Committee Member/Trustee

Without volunteers Sully u3a would cease to exist also without members and convenors there would be no u3a – it is a co-dependent organisation.

The roles within the committee consists of: Chairperson, Deputy Chairperson, Treasurer, Secretary, Membership Coordinator, Speaker Co-ordinator, Events Planner, Group Administrator, Room Rent Collector, Website and IT Manager and a Gift Aid Administrator. There are other less defined but still very important roles within the committee that provide help and support when needed. The meetings are friendly, and matters are discussed that relate to the success of our u3a and getting the best for its members.

Please help. If you think you can help, **please e-mail Paul Lister, who is the current Chairman of the Committee Via sully.u3a@site.uk contacts, chair.** It can then be arranged for you to sit in at a meeting as a non-contributory observer.

Link to website [Sully](#) (Place cursor over link and press Ctrl + Click to follow the link)

March Speaker's Report for 12th March 2026 talk,

Flat Holm – A Walk Through Time

Talk by Bridget Box, Chair of the Flat Holm Society, for Sully u3a, 12th March 2026

Did you know ... salmon grow large enough to swallow library books; Antigua, Gibraltar and Flat Holm have a connection; and, Flat Holm was partially responsible for inventing the original British booze cruise?

All was revealed in Bridget's richly illustrated, impeccably researched and entertaining talk. She looped around the historical timeline of the island, from the earliest Anglo-Saxon settlers in c.800 B.C. to its present-day warden Megan.

We learned until the Ice Age ended with the sea level rise, the island was a Mendip hill. Saints Baruc and Cadoc, after whom Barry is named, retreated to Flat Holm for meditation and hermitage, though Baruc drowned returning to Flat Holm to collect a book Cadoc had left. Mythical saints became real settlers. Rabbit farmers followed Vikings. Resident staff came when a Bristol Channel lighthouse was established in the 1730s. The Victorian military's Lord Palmerston built the barracks and gun defences in the 1860s for a French invasion which never came. In the late 19th and 20th centuries, the island gained considerable scientific and strategic importance, first hosting the early over water radio transmission experiments of Marconi in 1897, then the British home guard defences of World War Two.

The 20th century island is an astonishing array of statistics and numbers: 12 pairs of lesser black-backed gulls became 6,000 and are now back to 2,000. Herds of sheep have been and gone, and are back again. There were 500 human troops there during the war; now one resident warden and a handful of volunteers. One peregrine falcon has steadfastly held dominion over the island for many years, occasionally producing chicks. Several TV crews recently, including BBC's *Countryfile*, have filmed there. Never has so much history and interest been crammed into a 550m diameter island. There's even a *Titanic* connection.

As for St Cadoc's lost book, it was purportedly swallowed by a giant salmon. When caught and opened, the fish revealed the missing book. Antigua and Gibraltar have water catchments too, similar to the one on Flat Holm built by the Victorians for the men stationed there, though certain doggedly loyal tour guides on each island disagree! When the sale of alcohol was banned on Sundays in Wales, the then owner of Flat Holm obligingly opened a 'hotel' for thirsty visitors to row across and quench their thirst.

Today the island is a nature reserve managed by Cardiff Council, with several sites of special scientific interest (SSSIs), and recently stabilised heritage buildings such as the foghorn station and the cholera hospital. Visitors are now most welcome. They may enjoy one of the island's dedicated range of beers in *The Gull and Leek* pub, the most southerly in Wales, and properly licensed these days!

Do visit if you can, and for more information search for The Flat Holm Society
<https://flatholmsociety.org.uk>. **SJW**

Next month's speaker

Thursday 9th April 2026 at 2.00pm.

Soul of Japan in 10 Words by Kaori Onoda



Through 10 words chosen by Kaori this talk will examine aspects of the Japanese value system which have become deeply embedded in the Japanese psyche.

She will talk of where these values originated and what place they have in modern Japanese life today.

Invitation to Cowbridge u3a Quiz (reminder)

Any members interested in forming a 4 person team please see below

As a bit of fun we are organizing a U3A Quiz at Cowbridge Town Hall on Monday 23 March doors open at 1.30 for a 2.00 start finishing between 4.00 and 4.30. A lift is available. It will cost £10 cash for a table of 4 payable on the day.

Ample parking at the back of the Town Hall in the centre of Cowbridge, free parking a walk away. There will be 8/9 rounds and 2 picture rounds with an interval at halftime for light refreshments.

if you would like to enter a team. Please let Hywel Davies know by email at hyweld@aol.com

Don't forget to visit the Sully u3a website

There is a wealth of useful information on our website, it can be reached at [Sully](#) (place cursor over the link and press ctrl + click) or use the QR code



Also check out the national website

[u3a - Welcome to u3a](#) (place cursor over the link and press ctrl + click)

Regards,
Paul Lister (Sully u3a Newsletter editor)