



Sully and District u3a Newsletter October 2023

Sully, Penarth and Dinas Powys

Here is the latest news from your Sully u3a.

Group News

History Group visit to St. Fagans – from John Miles

On Wednesday 4th October 2023, seven of us gathered in the foyer at St. Fagans Museum for a visit, which was primarily aimed at an examination of some of the newer medieval exhibits. The day had been researched and planned by our leader, Nigel Adams but unfortunately he was unable to be present so Roy Bell stepped in as our guide. Roy did an excellent job in difficult circumstances with some help from Chair Wendy with the Welsh place names.

The tour commenced with an inspection of the two replicas of iron age round houses, the aim being that these would provide an interesting contrast with the medieval buildings. The entrance was rather low but once inside they were surprisingly spacious. There was a beaten earth floor and a hearth in the middle but no chimney, the smoke having to escape through the thatched roof. The smoke apparently helps to keep down the amount of vermin in the thatch. One of the roundhouses was set up as living accommodation, the other was mainly for food preparation although there was also a loom. The overall impression was positive; think of the dens you built as a child but much larger and more homely.

Our next place of call was a reconstruction of the 13th century Llys Rhosyr, which was one of 22 such buildings which were to be found in Gwynedd. These Llysoedd were where the Royal Court of the princes of Gwynedd was held. Llys Rhosyr consists of a hall, kitchens, stable, barn and a privy. Nothing of any of the Welsh Llysoedd exists above ground so the plan has been based on the results of archaeological work on Anglesey. Compared to the iron age roundhouses this was a big step forward although there was still no chimney. The interior was bright and it felt very comfortable and was brightly decorated, although the floor looked suspiciously like modern concrete. One wonders if the real thing was beaten earth.



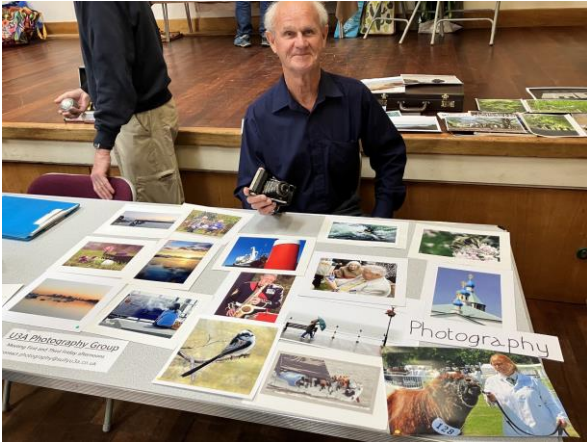
Our third stop was St Teilo's church from near Pontarddulais, which was believed to have been built in the late 12th or early 13th century. The original church was quite small and was substantially extended during the 14th century by building an additional isle on the south side of the nave. The interior walls are beautifully decorated with paintings depicting various scenes. The original wall paintings were covered over with plaster but this was carefully removed during the deconstruction before the church was moved to St Fagans and beautifully reproduced during the restoration which shows the church as it was around 1530.



Next on the itinerary was the Tudor Merchant's house. This is a small, late medieval house from Haverfordwest, consisting of two rooms, one above the other. Its original location was a quay alongside the Cleddau. The upper room was the living quarters and the lower a warehouse for the merchant's business which the web site says was dealing in rope, salted fish, cheese and wine. Sadly, the building was locked up so all we could do was peer through the windows. As it was lunch time we cut our losses and decided to head off for some 21st century food.

Groups Open Day

Our Annual Open Day took place on Thursday 12th October, where it was very well attended by members, who had a good browse around all of our display tables. As a result, I am pleased to say we have recruited numerous additional group members, as well as many new members joining Sully u3a. Many thanks to everyone who ran a table for us.



Alan Roberts - Photography



Ann Simons and Marty Presdee – Recorders



Noelle Ferguson – Knitters & Stitchers



Martin Sanders – Petanque

Photography Group – from Alan Roberts

Our new season and programme are well under way, with a mixture of events planned for our meetings which are held on the first and third Fridays of the month at The Old School during the Winter but some outdoors visits in the better weather.

The members are of all abilities and use all sorts of equipment, from phone cameras and iPads to simple digital cameras and more complex ones. The one thing that we all have in common is in the pleasure we have in taking snaps and, hopefully, improving our way of looking at things to get a better overall end result.

On 17 November at 2.00 at the Old School we will be having a not-to-be-missed presentation by **Mike Baker**. Mike was a TV lighting engineer and will be giving us a fascinating insight into what goes on behind the camera when filming a production, whether an advert or full series, and what happens in the studio or on the set.

Visitors will be welcome to join us for a nominal £1. Towards the room rental.

Welsh Learners Group – from Wendy Gruffydd

The Welsh Learners group has now left Sully u3a but we retained a Welsh table at the Open Meeting on Thursday 12th October in the hope that we might be able to recruit new members and continue to offer this activity.

Eight members have expressed an interest in joining this group and we are in the process of trying to find a mutually suitable date and time to meet. The abilities of the eight vary considerably and the emphasis will initially be on very simple conversation. If you were not at the Open Meeting but would like more information please email cymraeg@sullyu3a.co.uk

For info on any of the groups, please contact Gill at groups@sullyu3a.co.uk

Speakers

There was no speaker on the second Thursday of October as this is always the month when Sully u3a holds its Open Day and all the groups set out their stalls for current members and potential newcomers to come along and see what is on offer. This year was particularly successful with a number of new members signing up to join us.

The Speaker on 9th November will be a return of **Geoff Henderson**. Previous audience members will remember Geoff's splendidly illustrated talks on Venice and two visits to Ukraine with historical Welshmen. This time however he will trace the development of the Chinese people and will examine how they have arrived at their current situation in the world. Should be fascinating.

Sully u3a Christmas Party 2023

As reported last month, the Christmas Party will be held on **14th December 2023 at 1.30pm** in the Old School. We have had a fantastic response, so, as a result, there are now very few places left. For those who have already booked, can I ask that if you can no longer come along, please let David Briggs know at christmasparty@sullyu3a.co.uk so we can re-allocate your space.

U3A Summer School

U3A South East Forum Summer School – from Joyce Stent

At the beginning of September I attended the 3 day Summer School held at the University of Chichester. There were over 100 members from many different U3As attending a variety of courses including Walking, Poetry, Majong, Ukulele and Tai-chi. The course I chose was called 'Physics for Fun' which was aimed at the members like myself who had left school with very little understanding of Physics. Our tutor Geoff had taught secondary school students all his working life and had just the right approach to encourage our interest and understanding. We did some fun experiments including playing a tune with a paper straw 'flute'. There were some terrible science jokes:

Q. Why can't you take Electricity to the U3A party?

A. Because it doesn't know how to conduct itself.

The whole Summer School was very well organised by volunteer U3A members. We had 3 good meals a day and some entertainment in the evening. The campus at Chichester is in pleasant surroundings, quite compact and very easy to get around. I met some interesting people and learnt a lot about U3A. I hope to go again another year. The message I came away with is that you are never too old to ask questions and learn something new.

Community News

Latest warning from South Wales Listens

Large community and religious WhatsApp groups are being targeted by scammers who infiltrate them to try and deceive their members into sending them money. Since January of this year, 268 people have reported falling victim to this scam. The fraud often begins when a member of the group receives a WhatsApp audio call from the fraudster, pretending, or claiming, to be a member of the group. This is done in order to gain the individual's trust, and often the scammer will use a false profile picture and / or display name, so at first glance it would appear to be a genuine member of the group. The fraudster will then call the victim and say they are sending a one-time passcode which will allow them to join an upcoming video call for group members. The scammer then asks the victim to share this passcode with them so they can be "registered" for the video call. What's really happening is that the scammer is asking for a registration code to register the victim's WhatsApp account to a new device where they then "port" their WhatsApp profile over. Once the fraudster has access to the victim's WhatsApp account, they will enable two-step verification which makes it impossible for the victim to access their account. The scammer will then message other members of the group, or friends and family in the victim's contacts, asking them to transfer money urgently as they are in desperate need of help.

5 Minutes with... A member

Thank you to **Marty Presdee**, this month's 5 Minutes volunteer, who responded to my request at the Open Day.

I joined U3A in January having moved to the area quite recently, as it was recommended as a good way to meet people. I attend Tuesday Tootle, as our recorder group is affectionately called, and have a very enjoyable time playing recorders in the group.

I was born in Sandy, Bedfordshire, and moved as a child to Kent. Attending university in Lampeter and Aberystwyth, then trained as a Methodist minister aged 34, having previously worked as an English teacher, home tutor and medical receptionist. My husband and I also owned a music shop in Cardiff.

These experiences were valuable in my ministry. We moved around England and Wales, wherever I was sent, and my last appointment brought me back full circle to Lampeter. We moved to Barry for retirement, as we had many friends in the area. Sadly, my husband died a year ago, so I am now living alone, with my cat Tomos, and I'm discovering a new way of living.

I attend a radical theology discussion group, play in the church worship group and have various roles within the church. I enjoy attending Tootle and seeing friends, old and new. I also like reading (mainly theology, but also poetry and fiction) and playing my recorders and 'cello at home, as well as listening to classical music.

(Editor's note – Marty's pic in Groups Open Day above)

National News

Please click on the link below for the recent mailing from National U3A. (CTRL-Click) to access.

[Newsletter Express](#)

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For more information on Sully U3A and up to date information on Group activities. Please visit our website:

<http://www.sullyu3a.co.uk/>

On behalf of the Sully U3A committee, I wish you all the best and hope to see you at one of our general meetings.

Regards,

Claire (Sully u3a Newsletter editor)