



They just keep winning!

“Russian Graffiti”, Maureen Salmon’s winning entry for the ‘In the City’ photography competition.



“Monday in Mumbai” won Jill Evans Joint Runner-up prize for the ‘In the City’ photography competition.

Our winning photographers have done it again. More *First* and *Runner-up* prizes go to our intrepid camera-wielding ladies in the Cardiff branch of the NHSRF.

Congratulations to Maureen Salmon on achieving *First Prize*, a *Joint Runner-up* and a *Highly Commended*. Jill Evans was awarded the other *Joint Runner-up* prize and an *Honourable Mention*.

‘click’ on camera

The Theme for the ‘summer’ competition is “By the Water” and the closing date for entries is 27th September 2019.

The Earth is Flat!

Reports on the visit to
Flat Holm, 1st March 2019



Celebrating St David's day by visiting the most southerly part of Wales seemed a good idea at the time. We travelled across 5 miles of the Bristol Channel on a Rigid Inflatable Boat which has no shelter on it and can travel at speeds of up to 40mph. Fortunately the sea was calm. We safely sailed through the lock on the barrage and over the channel to arrive on the beach and met by the indigenous people of the island who went by the names of Matt and Sam. They spend three weeks at a time on the island as part of the Flat Holm Project, looking after the wildlife and the island in general including a vast colony of Lesser Black Backed Gulls. These are quite big birds and very protective of nest sites so the island is best seen in early spring before the nesting season. That said there is always the chance of having a dollop of guano land on your head so a hat is advisable. Apart from the gulls we saw rabbits and Soay sheep.

There are several buildings and gun batteries on the island of varying vintage. Ironically the older 19th century buildings have lasted better than the 20th century ones that were mostly erected during the Second World War as part of the UK's defences. On the southern side of the island is a

rather strange large brick structure that forms a water catchment. It slopes down to one corner where the water used to drain into underground tanks. Today water is collected from the roofs of the buildings, stored and filtered prior to use.

In the centre of the island there is what remains of an isolation hospital that was built for sufferers of cholera and other infections in 1886. Ships bound for ports around the Bristol Channel would moor near to the island and anyone suspected of being infected would be taken to the hospital. One person died of bubonic plague and was cremated on the island.

Arguably the most famous thing that happened on Flat Holm was the first ever wireless transmission over water that was carried out in 1897 by a young Italian called Guglielmo Marconi. The first message sent to the receiving station at Lavernock Point on the Welsh mainland was sent in Morse and was "are you ready?" The original paper slip from the transmission is now in the National Museum of Wales.

After a brief lunch visit to the bar and the shop in the barrack house we headed back to the beach to get the RIB back to Cardiff. It was a very enjoyable and interesting day out.

Andy Mardell



A total of 9 people took the boat to Flat Holm, which was an exhilarating high speed boat trip on calm seas to the island from Cardiff Bay, taking around 10 min from the barrage. We were met by the Island Warden and his assistant and after climbing up from the beach, were taken to the barrack block, which houses a visitor centre, small museum, shop, café and pub. The warden gave a brief talk about the history of the place followed by a guided tour of the main features including the lighthouse, fog horn, Victorian and WWII gun emplacements, the monument to Marconi's first radio transmission and the abandoned cholera hospital.

We returned to the café, where we had refreshments, tea, coffee, cake, before the return trip back to Cardiff Bay.

Lawrence King

Forthcoming Events

Tredegar House *Guided Tour & Lunch*

Friday 25th July 2019

£27 NT members, £35 non NT members

Whitchurch 11:00, 3-Arches 11:15

Set in a beautiful 90 acre park, Tredegar House is one of the best examples of a 17th century Charles II mansion in Britain. Home to the immensely influential Morgan family, later Lords Tredegar, Tredegar is one of the most significant Restoration houses in Britain. The original stone house dates to the late 15th century. Between 1664 and 1672, William Morgan substantially rebuilt and enlarged it, creating a red brick house in the Carolean style.

At the heart of the home farm is a building that once housed the Morgan family's horses before it became their very own brewery and is now The Brewhouse tea-room, serving a range of hot and cold dishes, cakes, bakes and icy treats.



Cliveden House

Thursday 22nd August 2019

£27 NT members, £35 non NT members

Whitchurch 08:15, 3-Arches 08:30

Built in 1666 by the 2nd Duke of Buckingham as a gift to his mistress, Cliveden house is currently leased as a luxury country house hotel and, to protect the privacy of its guests, the house is not generally open to the public. However, for limited times of the year the doors of the glamorous ground floor are open to visitors for a 30 minute guided tour, run by volunteers.

On the tour this year you'll learn about the centenary of Nancy Astor becoming the first woman to take a seat in British Parliament, paving the way for future generations of female politicians from all backgrounds.

Malvern & Madresfield Court

Thursday 12th September 2019 £30

Whitchurch 08:45, 3-Arches 09:00

Malvern is a spa town in Worcestershire lying at the foot of the Malvern Hills which is designated an Area of Outstanding Natural Beauty. The centre of Malvern, Great Malvern, is an historic conservation area, which grew dramatically in Victorian times due to the natural mineral water springs in the vicinity. At the 2011 census Malvern had a population of 29,626.

Madresfield Court is a moated stately home which has been in the Lygon family for nearly 900 years and is currently home to the 29th generation of that family. Tours are fully guided and begin at 2.30pm, lasting about 90 minutes. Visitors will be guided around the Court in smaller groups of 16 or 17 people. Individuals or small groups may be amalgamated with other visitors until capacity has been reached.





WANTED!

Committee Members

In December 2019, Hilary Fairney will be stepping down as Speakers Secretary and we are looking for her replacement together with new committee members. Help and guidance will be available. Please contact the Chairman, the Secretary, Hilary, or a committee member.

Devon Weekend Sites of interest in and around Exeter



Dates in October to be confirmed but we will probably be based at the Countess Weir Premier Inn, close to city centre.

We say goodbye...

To **Dr Lorna Tapper Jones**, a member for five years, who sadly died on 1st May 2019; and to **Mary Dawes**, a former Director of Nursing for Velindre NHS Trust, who died at the end of May.

The Chairman leads the membership in offering condolences to their family and friends.

To **Lorraine Tanner**, just started as our new NHSRF Wales Development Officer, has now just resigned.

Wales Conference, Llandrindod Wells.

Thursday 26th September. £15

Three Arches 08:00, Whitchurch 08:15

The theme this year will be **Modern approaches to CRITICAL CARE**. Speakers will be Julian Hayman, Aneurin Bevan UHB, to speak on the new Critical Care Hospital being built in Gwent; Graham Mayers, recently appointed head of Welsh Ambulance Service and a representative from the Welsh Air Ambulance Service. They will be introduced by John Rostill, CEO NHSRF.



Metropole Hotel

Your Committee & Others

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Newsletter	David Manning
Meeting Registration	Christine Lewis
Raffle Organiser	Norman Bishop
Special Interest Groups	
Walking	Bob Holbrook
Ornithology	Various Leaders
Theatre	Vacant

Forthcoming Speakers



July 3rd

Catrin Hall: Air Ambulance

August 7th

John Evans: Message in a Bottle

September 4th

John Prior Morris: The Insoles of Llandaff