

# FLINTSHIRE U3A NEWSLETTER

Volume 4

Issue 1

February 2009

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## 4 WAYS TO COLLECT YOUR NEWSLETTER

1. At the bi-monthly Open meetings.
2. From your Group co-ordinator.
3. From The Bookshop, High Street, Mold.
4. Download from our website:

[www.flintshire-u3a.co.uk](http://www.flintshire-u3a.co.uk)

Contributions for the **April** Newsletter are welcomed by **21 March**. Please contact the Editor, Angela Parry.

To aid communication please ensure that your Group coordinator has your up-to-date contact details.

If you are not happy about appearing in photographs on our website or in other publicity material, e.g., the newsletter and posters, please contact Hilary or Angela.

## HAPPY NEW YEAR FOR 2009 AND A WARM WELCOME TO ALL OUR NEW MEMBERS!

How about expanding your horizons this year by joining another Interest Group? See page 4 for our current list. Just contact the Group's coordinator first to ensure there is availability.

Or why not set up a new Interest Group? These form as a result of members getting together with a shared interest. No one needs to be an expert; members develop the learning experience within the group. Prior approval of the committee is needed to meet the terms of our insurance.



## AWAY DAYS GROUP – THEIR FIRST OUTING IN 2009 PRINCES ROAD SYNAGOGUE, LIVERPOOL



Twenty two members and visitors ventured over to Liverpool in January to visit the Princes Road Synagogue. It certainly lived up to the saying: 'Don't judge a book by its cover.' The outside of the synagogue was rather austere but inside it just took your breath away! The decor was magnificent - no expense had been spared. Our guide, Naomi Hoyland, gave us a fascinating account of the history of the synagogue and about the Jewish faith. We discovered a wonderful Grade I listed building which is well worth a visit. The very interesting day was rounded off by a three course lunch at the Adelphi Hotel.

The next Away Days Group's outing is to the North Wales Mounted Police Stables at Erddig on Monday 16<sup>th</sup> February. (Note change of date). Please contact Judith (01824 780221) or Gill (01352 713972) if you are interested in attending.

## GROUPS' NEWS

### ADDITIONAL OPEN MEETING – everyone welcome

Wednesday 11<sup>th</sup> March 2009 at 10.30am, New Brighton Community Centre

**Age Concern** – a talk about their aim of seeking to ensure that older people, and those who care for them, should have access locally to those services and advice that will contribute to their sense of health and well-being. They will also talk briefly about their befriending service.

### AWAY DAYS

Please let us know **as soon as possible** if you are interested in joining any of our outings:

Thursday 19 <sup>th</sup> March	Electric Mountain, Llanberis
Thursday 23 <sup>rd</sup> April	Meet the Gardener at Chester Zoo
Thursday 21 <sup>st</sup> May	Anderton Boat Lift
June	Hilbre Island
July	Royal Welsh Show

Contact **Judith 01824 780221** or **Gill 01352 713972**

### BELLEPLATES GROUP



We are holding our 200<sup>th</sup> meeting on 27<sup>th</sup> April 2009, 2-4pm at the Glanrafon Centre. Visitors, U3A members and their friends are all welcome. Listen to us, have a go yourselves! We shall provide some light refreshment so please let me know if you intend coming as we may need to find extra mugs for tea! **Rita: 01352 757693** or email: [tonyandrita@msn.com](mailto:tonyandrita@msn.com).

### CARD MAKING



There are now twelve members meeting at my home on the 2<sup>nd</sup> Monday of each month at 10am. We enjoy a number of techniques when constructing various greeting cards and we are continually adding to our skills. Should there be a need, it would be greatly appreciated if a second Card Making Group could be formed. **Carole**.

### CHESS

Thanks to a grant from FLVSC the new Chess Group has been able to acquire chess sets and even a real talking Chess Computer. The latter, which can be used for solo practice and training at home, is a great asset not only for learners but also for more experienced players and those returning to chess playing. Interested in having a go? Please contact **Barrie on 01352 752418**.



### DINING GROUPS



As the founding coordinator of the Wednesday and Thursday Dining Groups I am very pleased that we are fast approaching the need for the formation of a THIRD Dining Group in order to avoid continuing oversubscription or the need of a "waiting list". I would like to suggest that a new coordinator create this third Group. Should any assistance be required please contact **Ken on 01352 740916** or email: [archerkp39@aol.com](mailto:archerkp39@aol.com).

### GARDENING GROUP

A number of people have spoken with me about the possibility of forming a Gardening Group. I am prepared to set up a meeting to discuss, but not coordinate, how such a Group might function. I think the potential range of activities might require a team of 3-4 people to 'manage' the Group.

If you are interested, please contact me (**Philip**) preferably by email: [philip@johnson5184.freeserve.co.uk](mailto:philip@johnson5184.freeserve.co.uk) or telephone: **01352 741001**.



### HEALTH & HAPPINESS



We focus on the bright side of life and aim to feel good about ourselves by developing self-awareness so we can feel better physically, mentally and emotionally. One way we can do this is through meditation and soft breathing. We plan to have a meditation each meeting. After that anything goes! These are our themes for March to July:

5 <sup>th</sup> March	Feeding the positive in negative times.
9 <sup>th</sup> April	Understanding our visions, dreams, feelings and impressions.
7 <sup>th</sup> May	Listening to others, understanding body language and unspoken thoughts.
1 <sup>st</sup> June	Storytelling – balance sacredness with irreverence!
2 <sup>nd</sup> July	Connecting with the natural world – the healing power of plants.

We have been running for nearly a year now and have a good nucleus of members but would welcome any new members who wish to join. Meetings take place on 1<sup>st</sup> Thursday of the month, 1.30 – 3.30 pm.

Julia: 01244 813844.

### **PILATES for BEGINNERS**

Please contact [Mary](#) for the start date for this new group: 01244 547238 or email: [marykaterega@aol.com](mailto:marykaterega@aol.com).

### **SCRABBLE**

We now have a full complement of twelve members who meet comfortably at my home in Mold on the 2<sup>nd</sup> Wednesday of the month at 7.30 pm. This has proved to be a very happy group. Are there any members who would like to commence a second happy Scrabble group?

Additionally, please contact Barry, Games Coordinator, or myself, regarding playing Scrabble on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at Gwernaffield Church Hall from 2 - 4 pm. [Carole](#).

### **TAI CHI**



The new term started on Thursday 15<sup>th</sup> January from 4.30 - 6.30pm in Gwernaffield Church Hall. The cost for 10 weekly sessions is £40. [Chris](#): 01352 741836.

### **WALKING GROUP (2)** – 1<sup>st</sup> Tuesday of month

Please note that you can view the Tuesday Walking Group's programme for February 2009 to July 2009 on the website. Just click on the link under Walking Group (2) on the Outdoor Activities page. [Sue](#): 01352 752508.

### **WELSH CONVERSATION** – change of details.

Please note that the Welsh Conversation Group now meets on the 4<sup>th</sup> Wednesday of the month from 2.30 - 4 pm. [Diane](#): 01244 544284.

Flintshire U3A was 'highly commended' in the Network Wales Awards 2008 for our communication policy.



### **Annual Summer Schools**

These will be held at Harper Adams College, Newport, Shropshire 20-23 July 2009, and at Cirencester 24-27 August 2009.

There are 11 subjects on offer at Newport ranging from Art History to Geology, Crime & Punishment to Literature.

Details from Diane: 01244 544284

### **REMINDER**

**2009 Subscriptions are due on 1<sup>st</sup> March 2009.**

The annual subscription is £12. However, if you renew by the end of March you will only need to pay £10.

You may renew in person at the 11 February 2009 Open Meeting and AGM.

Alternatively, renewal/application forms can be obtained from Anne (01244 819897) or downloaded from the website. Please include a stamp for receipt of your membership card.

### **COMMITTEE MEMBERS**

Chair	Philip Johnson	01352 741001
Vice Chair	Hilary Jones	01352 780324
Treasurer	David Williams	01978 761824
Secretary	Diane Sauvage	01244 544284
Membership Secretary	Anne Kay	01244 819897
Editor	Angela Parry	01352 720501
Other Committee Members	Sue Brown, Barry Ashton	
Guest Speakers Organiser	Philip Johnson	01352 741001

### *In memoriam*

*It is with great sadness that we inform you of the deaths of Chris Walters and Eluned Williams. They will be sorely missed by their Flintshire U3A friends.*

**INTEREST GROUPS**

<b>GROUP</b>	<b>MEETING VENUE</b>	<b>DAY</b>	<b>TIME</b>	<b>CONTACT NAME</b>	<b>TELEPHONE NUMBER</b>
Art (1)	Mold, Daniel Owen Centre	Alternate Fridays	09.00-13.00	Anne	01352 752881
Art (2)	Mold, Glanrafon Centre	Alternate Fridays	09.00-11.30	Rita	01352 757693
Art Appreciation	Mold, Glanrafon Centre	3 <sup>rd</sup> Tuesday of month	10.00-11.30	Rita	01352 757693
Away Days		Variable		Judith/ Gill	01824 780221/ 01352 713972
Belleplates (Handbells)	Mold, Glanrafon Centre	Mondays	14.00-16.00	Rita	01352 757693
Bolivia	Mold/Buckley	1 <sup>st</sup> Monday of month	19.30 start	Jill	01244 544646
Bridge	Pantymwyn	2 <sup>nd</sup> Thursday of month	19.30-22.30	Ken	01352 740916
Card Making	Mold	2 <sup>nd</sup> Monday of month	10.30-12.30	Carole	
Chess		Twice monthly		Barrie	01352 752418
Crown Green Bowls	Rhydymwyn	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month	10.00-12.00	Barry	01352 741836
Flat Walking Group		2 <sup>nd</sup> Thursday of month	10.00 start	Barbara	01352 759855
Flora and Fauna		2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays of month	10.00 start	Joe	01352 810318
French Conversation (advanced)		Bi-weekly on Mondays	15.00-17.00	John	01352 752508
French Conversation (intermediate)	Gwernaffield	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month	14.00-16.00	Sheila	01352 740607
Health and Happiness	Connah's Quay	1 <sup>st</sup> Thursday of month	13.30-15.30	Julia	01244 813844
Lunch Club	Theatr Clwyd	Bi-monthly, 3 <sup>rd</sup> Wednesday	12.30 for 13.00	Diane	01244 544284
Music Appreciation	Mold	1 <sup>st</sup> Wednesday of month	14.00-16.00	Bea	01352 752737
Needlecraft Group	Ewloe	1 <sup>st</sup> Thursday of month	14.00-16.00	Catherine	01244 538698
Philosophy Group	Mold	4 <sup>th</sup> Wednesday of month	14.30-16.00	Charles	01352 754765
Play Reading	Mold	2 <sup>nd</sup> Thursday of month	14.00-16.00	Charles	01352 754765
Poetry	Mold	4 <sup>th</sup> Thursday of month	14.30-16.00	Tina	01352 753860
Quilting (1)	Mold	1 <sup>st</sup> Thursday of month	10.00-12.00	Margaret	01352 753076
Quilting (2)	Mold	3 <sup>rd</sup> Monday of month	10.00-12.00	Hilary	01352 780324
Reading Group (1)	Mold	3 <sup>rd</sup> Thursday of month	10.30-12.00	Contact	07708435105
Reading Group (2)	Buckley	3 <sup>rd</sup> Wednesday of month	10.30-12.30	Norma	01244 546683
Reading Group (3)	Mold	4 <sup>th</sup> Thursday of month	10.30-12.00	Margaret	01352 753548
Reading Group (4)	Mold	4 <sup>th</sup> Thursday of month	10.30-12.00	Tina	01352 753860
Scrabble Group	Mold	2 <sup>nd</sup> Wednesday of month	19.30 start	Carole	
Singing		2 <sup>nd</sup> Wednesday of month	15.40 start	Eirlys	01352 756746
Social History	Gwernaffield	1 <sup>st</sup> Monday of month	10.00-11.30	Anne	01352 752881
Sunday Lunch Club		1 <sup>st</sup> Sunday of month		Sue	01352 713252
Table Tennis	Gwernaffield	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of month	14.00-16.00	Barry	01352 741836
Tai Chi	Gwernaffield	Thursdays (10 session courses)	16.30-18.00	Chris	01352 741836
Theatre Clwyd	Meet every 3 months	To arrange theatre trips		Sue	01352 713252
Thursday Dining Club		Bi-monthly, 1 <sup>st</sup> Thursday	19.00 for 19.30	Ken	01352 740916
Walking Group (1)		3 <sup>rd</sup> Friday of month	09.45 for 10.00	Philip	01352 741001
Walking Group (2)		1 <sup>st</sup> Tuesday of month	10.00 start	Sue	01352 752508
Wednesday Dining Club		Bi-monthly, 3 <sup>rd</sup> Wednesday	19.00 for 19.30	Peter	
Welsh Conversation	Mold	4 <sup>th</sup> Wednesday of month	14.30-16.00	Diane	01244 544284
Wine Appreciation		4 <sup>th</sup> Thursday of month	19.30 start	David	01978 761824
Writers Group	Mold	2 <sup>nd</sup> & 4 <sup>th</sup> Monday of month	09.30-12.00	Connie	01352 754838
Yoga	Gwernaffield	Tuesdays (6 session courses)	11.30-13.00	Karen	01352 759333

**OPEN MEETINGS – All members welcome! Don't forget the Book/CD/DVD Exchange!**

All meetings except the December one are at 10.30am at New Brighton Community Centre.

11 February 2009

**Wales Air Ambulance** - a talk describing the vital service they provide to those in urgent need of medical attention. They are a charity and rely on public donations to be able to operate. Similarly to when we heard from the Captain of QE2 in April 2007, we will request donations (£1) on the day, which U3A will match.

11 March 2009

**Age Concern** – a talk about their aim of seeking to ensure that older people, and those who care for them, should have access locally to those services and advice that will contribute to their sense of health and well-being. They will also talk briefly about their befriending service. **This is an additional meeting.**

8 April 2009

**Journeys through Lebanon** by June Hargreaves.

3 June 2009

**The History of Halkyn Mountain** by Mr Elvet Pierce.

9 September 2009

**Cheshire Bowmen and the History of the English Longbow** by Alan Benyon. His talk is illustrated with a range of bows, arrows and arrowheads, together with explanations of many well known phrases used in everyday language, such as 'rule of thumb', 'brace yourself', 'the butt of the joke', 'fast and loose' etc.