

FLINTSHIRE U3A NEWSLETTER

Volume 5

Issue 1

February 2010

Flintshire U3A – Friendship & Fun through Lifelong Learning

INSIDE THIS ISSUE

Groups' News	page 2
Website	page 3
Enigma Variations	page 3
Committee	page 3
Open Meetings	page 3
Interest Group List	page 4

DATE FOR YOUR DIARY

Africa – a continent with problems.

A personal view by **Dr Alan Yates**

An additional Open Meeting on Wednesday 17th March 2010, 10am for 10.30am, at New Brighton Community Centre.

Dr Yates is one of the world's leading experts on sugar cane and has travelled the world with the industry.

MEMBERSHIP FEES ARE DUE ON 1ST MARCH 2010.

Existing members pay £10 if paid before 31 March 2010, otherwise £12. Subscription for new members is £12 for the year commencing 1st March 2010. Please send monies with **stamped addressed envelope** for membership card return to Membership Secretary, Woodedge, St John's Park, Rhydymwyn CH7 5HZ, or renew in person at February's Open Meeting.

Contributions for the **April** newsletter are welcomed by **14 March**. Please contact the Editor, **Angela Parry** on 01352 720501 or email: ameparry@btinternet.com

WHY NOT JOIN A NEW INTEREST GROUP THIS YEAR?

The following groups have vacancies and warmly welcome you to join them. You will find further details inside. Venue, date, time and contact information are on page 4.

ARTS & CRAFTS:

Contemporary Flower Arranging



Flower arranging with a modern twist, using floral accessories as well as flowers and foliage to create containers and arrangements suitable for the home.

Needlecraft



We do embroidery, tapestry, cross-stitch, Assisi work, crewel, blackwork, or bring along your knitting.

GENERAL INTERESTS:

Computer Dabblers



For those who just like to dabble and want those annoying little problems solved!

Gardening



Join us for informative talks and visits to shows and gardens. See inside for more information.

Health & Happiness



We are using Feng Shui and Space Clearing to enhance the flow of energy in the home to create happiness and harmony in our lives. See inside for more information.

LANGUAGES:

French for Beginners



This isn't an absolute beginners' class since all have already studied French for at least one year or have lived in France for a while. The aim is that participants try to use whatever French they have in conversation. There is no pressure – just come and enjoy! See inside for more information.

Our website

www.flintshire-u3a.co.uk

also has details on all the Interest Groups.

READING & WRITING:

Play Reading



We welcome new members who would enjoy reading a part, no experience required.

Reading Group 3



We enjoy lively chats on novels chosen by members.

Writing



Each member writes an article, short story or poem on a chosen topic. Friendly discussion with gentle & constructive criticism follows.

OUTDOOR & PHYSICAL ACTIVITIES:

Walking Group (Friday)



We are a very social Group, enjoying walks over distances of 4-6 miles, in the beautiful countryside of North Wales, The Wirral and West Cheshire. See inside for more information.

Tai Chi



For health & relaxation. Come and join us and find out. £4 a session payable in advance.

GROUPS' NEWS

ART APPRECIATION

The highlight of the Art Appreciation Christmas gathering on 15th December 2009 was an outstanding display of puppetry performed by Seiriol Jones. We were entertained by Pinocchio, a violinist, two teddy bears and a skeleton, all worked with consummate skill which delighted and amused everybody present. It has got to be the best Christmas gathering of Art Appreciation yet - thanks to Seiriol for giving us such a wonderful treat. Rita.

AWAY DAYS



Several Away Day members enjoyed a trip to the Millennium Stadium in Cardiff in December. Here they are in Cardiff Bay.

COMPUTER DABLERS



Contact [Sandra](tel:01244818384) on 01244 818384 or email: reply.sandrau3a@yahoo.co.uk if you would like to join this group.

FRENCH FOR BEGINNERS



This isn't really an absolute beginners' class since all have already studied French for at least one year or, as in the case of one, have lived in France for a while. It's a two-hour spell every other Tuesday at the home of one of the members in Mold. The aim is that participants try to use whatever French they have in conversation. We use various textbooks, including 'The French Experience I' which can be bought cheaply on eBay, etc. We do other things, too, which should be tasted. Of course, our fortnightly class needs to be supplemented with other study if one is to advance. There is no pressure – just come and enjoy! John: [01352 715873](tel:01352715873) - alternate Tuesdays from 2.00pm to 4.00pm.

GARDENING GROUP

Come in from the cold and join good company at our next meeting two meetings:

Friday 5 February **'Herbs & Health'** by Miriam Shepherd

Friday 5 March **'The National Gardens Schemes'** by Ann Rathbone

Venue: New Brighton Community Centre.

Time: 2.00pm to 3.30pm

Cost: £2.00 including tea/coffee

Please contact: [Philip 01352 741001](tel:01352741001): [Irene 01352 740762](tel:01352740762): [Elisabeth 01352 754519](tel:01352754519): [Joe 01352 810318](tel:01352810318)



HEALTH & HAPPINESS

We are using Feng Shui and Space Clearing to enhance the flow of energy in the home to create happiness and harmony in our lives:



- simple, effective Space Clearing techniques to use to clear stuck energy.
- the benefits of living a clutter-free existence.
- how to safeguard yourself against electromagnetic and geopathic stress.
- how to use furniture placement, mirrors, wind chimes and other Feng Shui enhancements in every area of your life.

And, of course, meditation.

We meet the **first Thursday** of every month, 1.30pm until 3.30pm. [Julia: 01244 813844](tel:01244813844)

TAI CHI GROUP

For health and relaxation. Join us on **Thursdays**, from 10am – 11.30am, at Gwernaffield Church Hall. We have a good mix of people and Gaynor is an excellent teacher. Only £4 per session, payable in advance. Just turn up or ring [Wendy](tel:01824780266) on [01824 780266](tel:01824780266).



WALKING GROUP (FRIDAY)



We are a very social Group, enjoying walks over distances of 4-6 miles, in the beautiful countryside of North Wales, The Wirral and West Cheshire. Our walks conclude with refreshments (optional) at a 'watering hole', accompanied by convivial conversation. Details of our programme for 2010 can be found on the web site.

We would like to invite up to six new members to join us. Please contact [Philip](tel:01352741001) on [01352 741001](tel:01352741001) or email: philip194johnson@btinternet.com

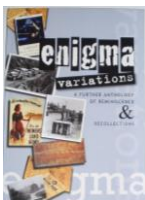
**DID YOU KNOW?
THIS IS WHAT YOU CAN DO ON OUR WEBSITE:**

www.flintshire-u3a.co.uk

- keep updated by checking the Latest News page
- learn what each of the Interests Groups can offer
- view the Tuesday & Friday Walking Groups' schedules
- find out which performances/films our Theatre Group will be attending
- discover where the Away Days will take you
- delve into the Gardening Group's program
- peruse the Social History Group's schedule
- read and/or download the newsletters
- remind yourself of the Open Meetings dates and topics
- print out an Application Form for a friend who might like to join us
- enjoy the Photo Gallery

Relevant photographs for the website Photo Gallery are always welcome. Please send them to Angela by email: ameparry@btinternet.com or she can scan a photograph and return it to you.

Enigma Variations



You may recall that Project Enigma was published for Remembrance Day 2008 and included memories of WW2. The publication was a joint initiative between Flintshire Adult Social Services and FU3A.

As it was such a positive experience for contributors and readers alike it was decided to expand the numbers of people involved and additionally seek reminiscences of the 1950s.

The outcome is **Enigma Variations** which includes experiences of the Liverpool Blitz, Stalag Luft 111, The Burma Road, Saturday morning cinema, the chamber pot, and Terracottapolis.

This small anthology is a testament to the spirit and resilience of all the contributors who lived through the dark days of WW2 and the continuing hardships of the early years of the next decade.

Susie Lunt, Service Manager within Adult Services in Flintshire, said:

“This is another brilliant book of stories produced jointly with people who receive services from Social Services and two members of FU3A. I have spoken with a number of people involved who all enjoyed the experience immensely. Huge thanks go to Philip and Vivien of FU3A for taking the time to capture people's memories and securing the funding to make the publication real for us all.”



Enigma Variations was launched at Llys Eleanor in Shotton on 18 December 2009.

A limited number of copies will be on sale for £2 at our Open meeting on 10 February 2010.

National U3A Newsletter/Magazine

For the first time this year the National Newsletter will NOT be distributed to your home but must be collected at an Open Meeting. If you cannot get to the Meetings just ask your Group Co-ordinator to take a copy to your Group meeting. This change in the method of distribution will save Flintshire U3A over £350. The money saved can be put towards equipment and our own newsletter publication.

Summer Schools

This year both Summer Schools will be in Cirencester in August. There is also a North West region Residential School in Preston in April.

Please contact our secretary for details or view the notice board at the Open Meeting/AGM.

Thank you

Many thanks to Lyn for taking on the running of the Tea Rota for Open Meetings, and to Philip for agreeing to be the Speakers' Organiser. Thanks to Sue and Ken for their help in the past.

COMMITTEE

Chair	Hilary Jones	01352 780324
Vice Chair	Ken Archer	01352 740916
Treasurer	David Williams	01978 761824
Secretary	Diane Sauvage	01244 544284
Membership Secretary	Barry Ashton	01352 741836
Editor	Angela Parry	01352 720501
Publicity Officer	Carole Speller	
Other Committee Members	Sue Brown, Gill Causer, Jeff Green & John Yates	

OPEN MEETINGS – All members welcome.

Don't forget the Book/CD/DVD Exchange!
All meetings are at 10am for 10.30am at New Brighton Community Centre. A charge of 50p is levied which includes refreshments and a contribution to the hire of the hall.

10 February 2010	Islands & Lifelines by John Plummer.
17 March 2010	Africa - a continent with problems by Dr Alan Yates. (ADDITIONAL MEETING).
7 April 2010	Shropshire Union Canal & Taylor's Boatyard by Geoff Taylor.

INTEREST GROUPS					
GROUP	MEETING VENUE	DAY	TIME	CONTACT NAME	TELEPHONE
Art (1)	Mold, Daniel Owen	Alternate Fridays	09.00-13.00	Anne	01352 752881
Art (2)	Mold Glanrafon Centre	Alternate Fridays	09.00-12.00	Rita	01352 757693
Art Appreciation	Mold, Glanrafon Centre	3 rd Tuesday of month	10.00-12.00	Rita	01352 757693
Away Days		Variable		Judith Gill	01824 780221 01352 713972
Bolivia	Mold/Buckley	1 st Monday of month	19.30 start	Jill	01244 544646
Bridge	Pantymwyn	2 nd Thursday of month	19.30-22.30	Ken	01352 740916
Card Making		2 nd Monday of month	10.30-12.30	Barbara	01352 751388
Chess		1 st & 3 rd Friday of month	14.00 start	Barrie	01352 752418
Computers: Beginners				Sandra	01244 818384
Computers: Dabblers				Sandra	01244 818384
Crown Green Bowls	Rhydymwyn	1 st & 3 rd Thursday of month	10.00-12.00	Barry	01352 741836
Digital Photography	Gwernaffield	4 th Wednesday of month	14.00-16.00	Frank	01352 741416
Dining Club (Wednesday)		Bi-monthly, 3 rd Wednesday	19.00 for 19.30	Peter	
Dining Club (Thursday)		Bi-monthly, 1 st Thursday	19.00 for 19.30	Ken	01352 740916
Dining Club (Friday)		Bi-monthly, 2 nd Friday	19.00 for 19.30	John	01352 751881
Flower Arranging	Gwernaffield	1 st & 3 rd Wednesday of month	14.00-16.00	Jenny	01244 818739
Flora and Fauna		2 nd & 4 th Tuesdays of month	10.00 start	Joe	01352 810318
French for Beginners	Mold	Alternate Tuesdays	14.00-16.00	John	01352 715873
French Conversation (intermediate)	Gwernaffield	1 st & 3 rd Tuesday of month	14.00-16.00	Sheila	01352 740607
French Conversation (advanced)		Bi-weekly on Mondays	15.00-17.00	John	01352 752508
Gardening Club	New Brighton Community Centre	1 st Friday of month from September to April	14.00-15.30	Philip Irene Elisabeth Joe	01352 741001 01352 740762 01352 754519 01352 810318
Health and Happiness	Connah's Quay	1 st Thursday of month	13.30-15.30	Julia	01244 813844
Italian (Teach Yourself)		2 nd & 4 th Monday of month	14.00-15.30	Freda	01352 810557
Lunch Club (Wednesday)	Theatre Clwyd	Bi-monthly, 3 rd Wednesday	12.30 for 13.00	Diane	01244 544284
Lunch Club (Sunday)	In & around Mold	1 st Sunday of month		Sue	01352 713252
Member Support				Sue	01352 713252
Music Appreciation	Mold	1 st Wednesday of month	14.00-16.00	Bea	01352 752737
Needlecraft Group	Ewloe	1 st Thursday of month	14.00-16.00	Catherine	01244 538698
Philosophy Group	Mold	4 th Wednesday of month	14.00-16.00	Charles	01352 754765
Pilates	Buckley	Mondays	10.00-11.00	Mary	01244 547238
Play Reading	Mold	2 nd Thursday of month	14.00-16.00	Charles	01352 754765
Poetry	Mold	4 th Thursday of month	14.30-16.00	Tina	01352 753860
Quilting (1)	Mold	1 st Thursday of month	10.00-12.00	Margaret	01352 753076
Quilting (2)	Pentre Halkyn	3 rd Monday of month	10.00-12.00	Hilary	01352 780324
Reading Group (1)	Mold	3 rd Thursday of month	10.30-12.00	Contact	07708435105
Reading Group (2)	Buckley	3 rd Wednesday of month	10.30-12.30	Norma	
Reading Group (3)	Mold	4 th Thursday of month	10.30-12.00	Margaret	01352 753548
Reading Group (4)	Mold	4 th Thursday of month	10.30-12.00	Tina	01352 753860
Scrabble Group	Mold	2 nd Wednesday of month	19.30 start	Carole	
Scrapbooking		Alternate Fridays		Barbara	01352 751388
Singing	Looking for new	coordinator			
Sketching Outdoors	Loggerheads	3 rd Thursday of month	14.00-16.00	Celia	01244 550663
Social History	Gwernaffield	1 st Monday of month	10.00-11.30	Anne	01352 752881
Spanish for Beginners	New group starting in	January		Charmian	01352 810607
Table Tennis	Gwernaffield	1 st & 3 rd Wednesday of month	14.00-16.00	Barry	01352 741836
Tai Chi	Gwernaffield	Thursdays (12 session courses)	10.00-11.30	Wendy	01824 780266
Theatre Clwyd	Meet every 3 months	To arrange theatre trips		Sue	01352 713252
Walking Group (1)		3 rd Friday of month	09.45 for 10.00	Philip	01352 741001
Walking Group (2)		1 st Tuesday of month	10.00 start	Sue	01352 752508
Walking (Easy Social)		2 nd Thursday of month	10.00 start	Gordon	01244 812836
Welsh Conversation	Mold	4 th Wednesday of month	14.30-16.00	Diane	01244 544284
Wine Appreciation		4 th Thursday of month	19.30 start	David	01978 761824
Wood Turning & Carving	Pentre Halkyn	3 rd Monday of month	10.00-12.00	Wyn	01352 780324
Writers Group	Mold	2 nd & 4 th Monday of month	09.30-12.00	Connie	01352 754838
Yoga	Gwernaffield	Tuesdays (6 session courses)	11.30-13.00	Karen	01352 759333