

FLINTSHIRE U3A NEWSLETTER

Volume 3

Issue 2

June 2008

INSIDE THIS ISSUE

- New Interest Groups page 2
Project Enigma page 3
3RD Age Trust News page 3
Group News page 4



The Quilting and Flora & Fauna stalls at the Open Day

OUR NEW WEBSITE

A **BIG THANKYOU** to Emma Houghton, a student at Deeside College, who is helping us to upgrade our website. We hope the new website will be up and running by the end of June so do go online then and see what a professional job she has done.

www.flintshire-u3a.co.uk

Contributions for the September Newsletter are welcomed by 15 August. Please contact the Editor, Angela Parry.

NOTE FROM THE CHAIR

This is another welcome opportunity for me to thank again the team, which came together in February, to organise our Open Day on 24 May.

I would also want to extend the thank you to not only those who manned the stands on the day, but many others who worked behind the scenes supporting our endeavours.

The end result was a fitting testimony to everyone's commitment – we had 240 'visitors' on the day, of whom 70 took away membership forms.

The profile of FU3A has definitely been raised across the County as a direct result of the publicity we have received leading up to the Open Day. The Committee will now discuss how we can build on this momentum and attract more new members to our splendid organisation, in which the number of Interest Groups seems to be growing on a monthly basis.

We are also at the early stages of understanding how we can become more involved in the community, specifically through interaction with Day Care Centres and Sheltered accommodation. This will form part of the agenda at the Group Coordinators, and 'Open Day Team', meeting on Friday 4 July at New Brighton Community Centre from 2pm to 4pm.

I have received a number of enquiries about a beginners' Spanish Group – is there a member who would be prepared to coordinate this please?

PHILIP

Ty'r Binwydden

Kieran Duff, Chief Officer of Flintshire Local Voluntary Council (FLVC), has advised that their relocation to refurbished premises on the 'Evening Leader' Business Park should commence in mid June.

All FLVC's interests at Ty'r Binwydden. together with 6 other voluntary organisations who currently use the premises, will make the move. It is envisaged that the facility will close by the end of the year.

The new premises will have 2 meeting rooms which can hold up to 20 people in each, or can be opened up to accommodate 40. There is a smaller room which will service 10-12 people. The proposed hourly charge for the small room will be around £3 per hour.

Kieran anticipates that bookings can commence in mid/late July, and I will see if it is possible to hold our August committee meeting there. PHILIP

If any member has not yet received a copy of our booklet "Flintshire U3A - A Guide to Our Current Interest Groups" please contact our membership secretary Anne Kay.

NEW INTEREST GROUPS – MAY 2008



HEALTH AND HAPPINESS

To promote good health by sharing a collective well-being. The Group will include meditation at most meetings and instruction in basic meditation will be given.

Julia: 01244 813844 for further information.

THURSDAY DINING CLUB

Members of the Group organise an event at a restaurant, normally within 10 miles of Mold. The Group meets in January, March, May, July, September and November.

Ken: 01352 740916 - bi-monthly on 1st Thursday 19.00 for 19.30.

CROWN GREEN BOWLS

Come and play at Rhydymwyn Institute. Own bowls preferable – but some available. Maximum of 20 can play. £1.00 per head. Please wear trainers or flat-soled shoes. Refreshments extra.

Barry: 01352 741836 - 1st and 3rd Thursday of month 10.00 to 12.00.

April to 3rd week September - weather permitting.

TABLE TENNIS

Two tables at Gwernaffield Church Hall. Bats and balls available. Also darts and dominoes whilst waiting to play.

Barry: 01352 741876 - 1st and 3rd Wednesday of month 14.00 to 16.00. £1.00 per person.

Commencing 18th June.

TAI CHI

Gwernaffield Church Hall with a qualified teacher.

Chris: 01352 741836 -Taster Session on 31st July for £2 – starts full time on 11th September

17:00 to 18:30. 10 x 1.5 hour sessions per term. Cost £37.50.

YOGA

Gwernaffield Church Hall, initially with an existing non-U3A Group.

Karen: 01352 759333 - every Tuesday 11.30 to 13.00. Six week course - £4.50 per session or £22.50 for full course. Next course starts 3rd. June.

SUNDAY LUNCH CLUB

Members of the Group organise an event at a restaurant, normally within 10 miles of Mold. The next one is on Sunday 6 July at the Miners Arms, Rhes y Cae.

Sue: 01352 713252 – monthly on 1st Sunday of month.

THEATR CLWYD

If you are interested in joining with people to enjoy the theatre together, I am proposing an initial 'coffee get-together' meeting. The idea is to meet every three months in the Bistro as the new programme comes out to choose who wants to see what, and get our own tickets.

Sue: 01352 713252

WINE APPRECIATION

The aims of this group are to learn the skills of tasting and how to appreciate the subtleties and the endless varieties of wine; to learn to recognise grape varieties along with the different attributes associated with the wine's provenance; and to learn about the history and development of wine in Europe, the new World and other interesting locations. Maximum group size per session to be 12.

Joan and David Williams: 01978 761824 - at their home 4th Thursday of month at 7.30pm. Each participating member to pay £5 per session. A nominated member will select wines to the value of £50 and do the necessary research to lead that session.

PROJECT ENIGMA

Arising from a very recent discussion with Dawn Holt, Older Peoples' Strategy Development Officer at Flintshire County Council, I have become involved in a project, meeting with people in Day Care Centres and some Residential Centres across Flintshire to hear of their experiences in World War 2. It is the intention of Flintshire CC to publish a collection of the stories for Remembrance Day 2008.

Due to an impossible time constraint in relation to a NIACE grant for audio-visual recording equipment, I am 'ploughing a lonely furrow' up to the middle of June. However I would welcome 5-6 members to join me in order to provide a greater momentum to the task, in what National U3A would call a Self Learning Project (SLP). This would then increase the number of people with whom we could speak over the forthcoming months.

Please contact me if you are interested – if there's a rush! it will be on a first-come basis.

I would hope that after November the project could continue for at least a further 12 months, either on the above approach, and/or by probing deeper into the wider circumstances prevailing at the time. For example, one person was evacuated from Jersey at the age of 13: it could be interesting to explore the German occupation of the Channel Islands, and also evacuation across Britain, with a focus on Wales. I believe Anne Smith is talking to the Social History Group about the possibility of taking on one such challenge.

Why the title 'Project Enigma'? – well this arises through a 100 year old lady in a Day Care Centre, who worked as part of the Enigma code-breaking team at Bletchley Park in WW2 – she has not yet told the full story.

PHILIP

NEWS FROM THIRD AGE TRUST

- 1) Third Age Trust has produced a beginner's introduction to computers and the internet in a book and CD entitled "Computer Basics for Seniors". This can be purchased from Third Age Trust at a cost of £6. Diane has details and a specimen copy.
- 2) There are 5 online tutored courses available from the Third Age Trust, covering:
 - Digital Imaging
 - Autobiography & Journaling
 - Design in your Life
 - The Night Sky
 - Writing Family History

Each course costs £15 and lasts approximately 8-9 weeks. More information on the national website - www.u3a.org.uk

BOOK EXCHANGE



Have you any books that you found interesting and feel others might like to read?

(or CDs, DVDs, Videos).

Why not bring them to the next bi-monthly Open Meeting and exchange them for something NEW !!

There should be no expectation of getting them back but this will give the items a second life. Any items not exchanged may be retrieved or will be donated to a charity shop.



MOBILE PHONE CONTACT LIST

The emergency services suggest that you put **ICE** by any numbers in your list of contacts which you would be happy for anybody to use, "In Case of Emergency".

GROUP NEWS

ART APPRECIATION

At the Open Day it became evident that non-members of the Art Appreciation Group are sometimes attracted to a particular event in the Art Appreciation programme. So here are brief details of what is planned by the group for the remainder of 2008:

17th June	William Blake and Samuel Palmer	16th September	John Elwyn
15th July	Augustus & Gwen John	21st October	Albrecht Durer
19th August	Gallery visit to view Gustav Klimt	18th November	Salvador Dali

Please feel free to attend on a 'one-off' basis - we shall be delighted to see you! RITA

AWAY DAYS

- Archaeology Walk, 17th July 10.30 start.
We will be meeting an archaeologist from Clwyd Powys Archaeology Trust who will be taking us up Penycloddiau, near Nannerch, to look at the Hillfort and to hear about the recent survey and excavation on the summit. The visit should take about 2 hours and we will be adjourning to the Cherry Pie for lunch afterwards. You will need walking boots and warm clothing as it is an exposed area. A donation of £1 would be appreciated to go to the CPA Trust. Please contact Hilary Jones by 30th June if you would like to attend. 20 in the group.
- Port Sunlight Visit, 25th July 10.30 start.
There will be a 45 minute visit to the museum, and then an hour and a half guided walking tour of the village plus a free bar of soap! The cost is £3.75 per person. If you wish to come, please contact Hilary Jones and send the money by the 25th June. Maximum of 20 in the group.
- Contact hilaryjones7491@hotmail.com or 01352 780324 (both Away Days)

DINING INTEREST GROUPS

The existing Dining group is Co-ordinated by Ken but each member, with another, takes turns in organising the venue. The Dining is to take place on the third Wednesday evening, 7pm for 7.30pm, of every Feb, April, June, Aug, Oct & Dec, and normally are held within 10 miles of Mold. The only other criteria are that 2 courses excluding beverages cost no more than £20 per head and the number of diners is restricted to 20 unless the chosen venue can comfortably seat more.

Because of the continuing popularity of this current Group, a second Dining Interest Group is to be formed, meeting on the FIRST THURSDAY of the same months. Should you be interested in either, or both, groups please advise me on 01352 740916 or email archerkp39@aol.com ASAP. It is expected that additional interest in these, and other, groups will be generated at the OPEN DAY on 24th May so if you are interested make contact ASAP. KEN

FRENCH CONVERSATION (beginners) and READING GROUP (4)

We need a member to co-ordinate a new French Conversation for Beginners Group as Sheila's group is now at an Intermediate level, and someone willing to start a fourth Reading Group as the other three are full.

GROUPS' MEETINGS – All at 10.30am at New Brighton Community Centre

3 September 2008	“A Prospect of Old Rhyl by Magic Lantern” by Mr Philip Lloyd.
10 December 2008	“Something about Christmas” by Mr Michael Murphy, followed by Christmas Lunch.
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 last year, we will request donations (probably £1) on the day, which U3A will match.
8 April 2009	“Journeys through Lebanon” by June Hargreaves

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, Charles Harrison, Barry Ashton	
Guest Speakers Organiser	Philip Johnson	01352 741001