

FLINTSHIRE U3A NEWSLETTER

Volume 3

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September 2008

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Members enjoying Tai Chi and Table Tennis – two of our new Groups

NOTE FROM THE CHAIR

Our very successful Open Day has resulted in over 30 new members to date. I would like to take this opportunity to welcome each one of you to Flintshire U3A, and I hope that you will enjoy a long association with us.

We are currently in the final design stages for a new recruitment poster to display in libraries, medical and dental practices etc. It will carry mostly photographs, rather than too many words, to deliver the message of how much pleasure can be gained from learning with FU3A.

Your committee continues to actively explore all the available practical options in regard to meeting facilities for those Groups that will be affected by the impending closure of Ty'r Binwydden.

We will soon be taking the next step to understand if there is a role we can play in Adult Social Care, through interaction with clients in Flintshire County Council Day Care Centres. I am extremely grateful to Bea, Carole, and Sheila, each of whom will be taking their Interest Group activity into the Melrose and Marleyfield Centres from early October.

I look forward to their feedback at the next Group Coordinators meeting on Friday 31 October at the New Brighton Community Centre from 2 pm to 4 pm. Items for the agenda to myself please by 15 October.

PROJECT ENIGMA

I have now interviewed 21 people in Flintshire County Council's Day Centres and Residential Homes. The Project is currently on hold, and awaits a meeting with the Adult Social Care team in late August to determine the next step.

A number of people have expressed an interest in joining a Self Learning Project, which would primarily focus on our members' memories from World War 2, and also the second Elizabethan age of the 1950s.

Finally this: *'Hay alguien que me ayude y monta las clases de espanol, por favor¿'*

If you are able to correct the grammar in this sentence you are just the person we are looking for!

PHILIP

4 WAYS TO COLLECT YOUR NEWSLETTER

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

www.flintshire-u3a.co.uk

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

There is a new newsletter from **U3A Wales** – ask your co-ordinator or Diane for a copy.

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.

GROUPS' NEWS

ADDITIONAL GROUPS' MEETING

Wednesday 15th October at 10.30am, New Brighton Community Centre

Steve Woosey from the Energy Saving Trust will be talking on the subject of "Energy Conservation", particularly in the home. He says 'we could save at least 60% of the energy we use in our homes today, mostly at little or no cost, without any changes to our way of life, and with improved home comfort'. This is an extra meeting brought forward to this year because of its relevance to the current upward trend in energy prices. **As usual for all Groups' Meetings, all members welcome.**

CHANGE OF VENUE for ART APPRECIATION, ART GROUP 2 and BELLEPLATES

As from 16th September 2008 Art Appreciation will meet at the Savoy Restaurant, Chester Street, Mold from 10am - 11.30am. (Still 3rd Tuesday each month, but please note new times).

From the beginning of September, Art Group 2 (9am – 11.30am Alternate Fridays) and Belleplates (2pm – 4pm Mondays) are also meeting in the Savoy Restaurant.

As there is no charge for this accommodation, we shall use the catering services there: 85p for a cup of coffee or tea. Any queries regarding these changes please contact Rita on 01352 757693.

VACANCIES IN ART GROUP 1

There are some vacancies in Art Group 1 as some of their members have had to drop out for various reasons. The group meets at the Daniel Owen Centre in Mold between 9am and 1pm on alternate Fridays to Art Group 2. If you are interested please contact Anne on 01352 752881.

TAI CHI – CHANGE OF DATE & TIME



Over 20 members attended the Tai Chi taster session on 31 July. Please note that the first 10 week term of Tai Chi starts on **18 September from 4.30pm – 6pm**. The cost is £37.50 for the 10 weeks. The venue is the same: Gwernaffield Church Hall. Please contact Chris on 01352 741836.

NEW QUILTING GROUP

Due to the great interest shown by a number of people at the Open Day a second Quilting Group will meet from 10am to 12 noon on the 3rd Monday of the month commencing on 15th September. It is a self help group with a good mix of beginners and more experienced quilters. It is hoped that this group will get together with the other group for trips to quilt exhibitions and fabric sales. Please contact Margaret on 01352 753076 or Hilary on 01352 780324.

SINGING GROUP – restarting in September

Eirlys Roberts is restarting the Singing for Pleasure Group which will meet every 2nd Wednesday afternoon. The first meeting will be on September 10th at 3.40pm. Please contact Eirlys on 01352 756746.



NEW CHESS GROUP



Are there any chess players out there? Would you be interested in a chess group, either for regular or for occasional games? If yes, or maybe, please contact Barrie Hird on 01352 752418, or leave a message.

The **Christmas Groups' meeting and lunch** will take place at The Rainbow, Gwernymynydd, on Wednesday 10th



December. Diane will take bookings from 1st November on a "first come first served" basis.

The ART APPRECIATION GROUP invite you to an
OPEN AIR WORKSHOP

conducted by Tim Pugh, environmental artist.

DATE: 11th November 2008, 10am – 12noon.

VENUE: Alyn Waters Country Park, Wrexham.

COST: £5 per person.

Please contact Rita on 01352 757693 if you would like to join in this unique experience.

AWAY DAYS – A BUSY JULY

Who said retirement was boring? Not Flintshire U3A!



On Thursday 17 July 13 members of the Flintshire U3A ignored the rain and low cloud to explore the **Iron Age Hill Fort on Pen y Cloddiau**. They were accompanied by Nigel Jones, an archaeologist from Clwyd Powys Archaeology Trust, who brought the whole area alive with his knowledge.

Despite the weather, the group was able to see the protective boundaries and ramparts, the probable burial mound on the top and the flattened scoops where the Iron Age people had built their roundhouses. There are more than 70 of these huts which have been identified by archaeologists who have recently surveyed Pen y Cloddiau. Nigel enlivened the whole visit with interesting information about life in the Iron Age. What a difference having an expert made to understanding this part of North Wales. A fascinating morning was rounded off by lunch at The Cherry Pie where members dried off and planned the next archaeology walk, with Nigel.

On Friday 25 July members enjoyed the sunlight when they visited the village built by Lord Leverhulme for his workers. In the Sunlight Vision Museum the group discovered a well appointed exhibition relating the story of Lord Leverhulme's **Port Sunlight Village**. A guide then walked the group around the famous village, pointing out the many remarkable features such as the school for the workers' children, the church, the site of the swimming pool and the hospital, all of which were built in the early 20th century to improve the life of the workers. The guide told the U3A of the 30 architects employed to design the distinctive dwellings, all 900 of them. Flintshire U3A's exploration of the area's social history was rounded off by lunch at the Village's Bridge Inn – voted by the wives of Port Sunlight's workers to be 'wet' – so they would know where their husbands were!



The next day members of two of Flintshire U3A's walking groups went underground for a walk with a difference – some 400 stairs (not all at once) and more than 3,000 steps (recently recorded by pedometer)! Forsaking the beautiful countryside of Flintshire, members donned hard hats and fluorescent jackets for a tour behind the scenes of the **Mersey (Queensway) Tunnel**. The tour went from the dizzy heights of the fifth floor of the George's Dock Building, where the construction of the Tunnel was explained, to beneath the road surface of the Tunnel. On the way underground the group visited the Control

Room to see how the traffic flow, air quality and Tunnel systems are monitored 24 hours a day. One of the ventilation stations was seen in action before the tour continued below the road surface to see where a tramway, included in the original Tunnel plan, would have run but which was subsequently abandoned. The last stop on the tour was to one of the recently installed Emergency Escape Refuges where up to 180 people can be kept safe in the unlikely event of a major incident.

The North Wales Area Study Day

This will be held at Capel Bera, Bangor, at 10am on Wednesday 8th October. The theme of the day is "The impact of North Walians upon the World". Cost £10 per person, lunch included.

Names and payments to Diane by 26th September (cheques payable to D Sauvage). Also please state if there are any special dietary needs, and whether an allocated parking space is required for mobility needs.

Can you help?

We are looking for someone to take on the publicity role when Hilary assumes the role of Chair next February. This has been an exceptional year for media coverage, and we foresee only a maintenance level thereafter, so the onus would not be significant. You would be encouraged and assisted by the committee as you ease into the role.

If you feel you would like to contribute to your U3A in this rewarding and pivotal role please contact Philip or Hilary: 01352 741001 or 01352 780324.

INTEREST GROUPS

GROUP	MEETING VENUE	DAY	TIME	CONTACT NAME	TELEPHONE NUMBER
Art (1)	Mold, Daniel Owen Centre	Alternate Fridays	09.00-13.00	Anne	01352 752881
Art (2)	Mold, Savoy Restaurant	Alternate Fridays	09.00-11.30	Rita	01352 757693
Art Appreciation	Mold, Savoy Restaurant	3 rd Tuesday of month	10.00-11.30	Rita	01352 757693
Belleplates (Handbells)	Mold, Savoy Restaurant	Mondays	14.00-16.00	Rita	01352 757693
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	Mold	2 nd Monday of month	11.00-12.30	Carole	
Crown Green Bowls	Rhydymwyn	1 st & 3 rd Thursday of month	10.00-12.00	Barry	01352 741836
Flat Walking Group		2 nd Thursday of month	10.00 start	Barbara	01352 759855
Flora and Fauna		2 nd & 4 th 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 st & 3 rd Tuesday of month	14.00-16.00	Sheila	01352 740607
Health and Happiness	Connah's Quay	1 st Thursday of month	13.30 start	Julia	01244 813844
Lunch Club	Theatr Clwyd	Bi-monthly, 3 rd Wednesday	12.30 for 13.00	Diane	01244 544284
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	14.30-16.00	Charles	01352 754765
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	Eluned	01352 750318
Quilting (1)	Mold	1 st Thursday of month	10.00-12.00	Margaret	01352 753076
Quilting (2)	Mold	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	01244 546683
Reading Group (3)	Mold	4 th Thursday of month	10.30-12.00	Margaret	01352 753548
Scrabble Group	Mold	2 nd Wednesday of month	19.30 start	Carole	
Singing		2 nd Wednesday of month	15.40 start	Eirlys	01352 756746
Social History	Gwernaffield	1 st Monday of month	10.00-11.30	Anne	01352 752881
Sunday Lunch Club		1 st Sunday of month		Sue	01352 713252
Table Tennis	Gwernaffield	1 st & 3 rd Wednesday of month	14.00-16.00	Barry	01352 741836
Tai Chi	Gwernaffield	Thursdays (10 session courses)	17.00-18.30	Chris	01352 741836
Theatre Clwyd	Meet every 3 months	To arrange theatre trips		Sue	01352 713252
Thursday Dining Club		Bi-monthly, 1 st Thursday	19.00 for 19.30	Ken	01352 740916
Walking Group (1)		3 rd Friday of month	10.00 start	Philip	01352 741001
Walking Group (2)		1 st Tuesday of month	10.00 start	Sue	01352 752508
Wednesday Dining Club		Bi-monthly, 3 rd Wednesday	19.00 for 19.30	Peter	
Welsh Conversation	Mold	4 th Tuesday of month	14.30-16.00	Eluned	01352 750318
Wine Appreciation		4 th Thursday of month	19.30 start	David	01978 761824
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

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

GROUPS' 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.

15 October 2008

Energy Conservation – additional meeting – see page 2.

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.