

Flintshire **U3A** Newsletter

Volume 11 Issue 3

June 2016

Flintshire U3A - Friendship & Fun through Lifelong Learning

Website: www.flintshire-u3a.co.uk

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Possible New Group - How did I get here?

I have been a member of the U3A for about a year. What has struck me in each of the groups that I have attended is the varied and interesting backgrounds and perspectives brought by all of those attending. I think it might be worth trying to capture some of this diversity: to further learn from each other; to see how we have helped to shape the organisation; to look at similarities and differences in our individual experiences.

If you would be interested in attending an initial meeting please contact Stuart on 07763 397045.



Diary Dates

**Open Meeting
Thursday 1st
September, back at
new Brighton
Community centre.**

Newsletter
Please submit
contributions for the
Newsletter before
August 15th.



A walk on the wild side!

Cwm Idwal walk Saturday 30th July 2016 at ten a.m.

An opportunity for a 2.5 hour guided walk with a National Trust Ranger

few places remaining. Contact Philip

philip194johnson@btinternet.com

Contacts:
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Summer Social Event - Sunday 17th July, 2pm - 5pm

Strawberries and Cream Tea in the Gwernymynydd
Community centre

Places are limited so this will be a ticketed event.

To reserve your ticket please contact Marie on 01352 752844





MEMORY COURSE- Anne

I recently finished U3A's excellent memory course, and found it very helpful. The course runs one day a week for 4 weeks, each session lasting 2 hours. We learnt all about different types of memory loss, and how the brain is a muscle, which we should keep regularly stimulated by perhaps taking up a new hobby, doing crosswords or maybe even joining a U3A quiz team! As we get older we all suffer some loss of memory but we can help ourselves, in other words "use it or lose it". We also learnt that eating the right foods and watching our sugar levels can make a difference to our memory levels. And smoking is definitely out!

Everything was carried out in a relaxed and friendly atmosphere, where we were helped to discover things for ourselves. The course is still running and I hope others will join and learn how to help themselves and others in a relaxed and stress free atmosphere.



Away Day Theatre Group

Join us for a visit to the Liverpool Empire on Saturday 19th November 2016.

For a matinee performance of the popular Musical - White Christmas

The cost of the tickets will be £20.

Please contact Maureen - 01244 543291 to book your place
Payment will be required by the end of July.
Cheques should be made payable to Flintshire U3A

U3A-P30

Welsh Language Short Story Writing Competition- Hilary



Any U3A member can enter!

Two categories: **Learners and First Language Welsh**

Title: Bywyd Newydd - A New Life
Max. 1500 words

Entries in by 31st August 2016

Competition details on the All Wales website:

www.u3asites.org.uk/wales

SINGING FOR PLEASURE - Marie

The group continues to enjoy singing a variety of songs and recently we have been adding to our repertoire.

We'll Keep A Welcome In The Hillside is going well and the male section are sounding good with Men Of Harlech. Da iawn ! We are also practicing I Believe which most of us remember being sung in our youth by Frankie Laine and then The Batchelors.

We are kept busy with 4 bookings to sing at care homes in June and July. The residents really enjoy our visits and love to sing along with us.

New members of any ability are always welcome and the only requirement is to enjoy singing.

Margaret our accompanist does a great job and we all appreciate her talents and commitment.



Sadly we are lacking a conductor/musical director so if anyone can offer this service we would be delighted.



Chester French Film Club

There are a few places available in this new Chester French Film Group, meeting in Christleton on a Thursday evening five or so times during the winter months.

Anyone interested should contact James Holroyd at jandwholroyd@btinternet.com



Ireland trip 11th - 15th April - Linda Kinsey

We left Mold at 6.00 am. on a very wet Monday morning travelling to Holyhead to board the ferry to Dublin.

Our hotel was the Carrickdale Hotel and Spa at Dundalk -the staff, service and accommodation etc, were excellent, nothing was too much trouble and we were able to use the swimming pool, sauna and hot tub before dinner for those of us who had the energy!

Dublin had a lot to offer; the castle and the Chester Beatty Library housing manuscripts, prints and artistic treasures of great cultures and religions of the world.

Temple Bar with lots of quaint bars and restaurants.

Art Galleries, churches, boat trips -plenty to see.

Our visit to the Custom House designed by James Gandon was of particular interest to us as the building had some wonderful statues and moulding depicting different themes.

The Garden of Remembrance to the Children of Lear was particularly moving as was the group of sculpted figures, depicting the potato famine period, which were alongside the River Liffey.

Belfast was also memorable with a guided tour of major sites including murals depicting the struggles which have caused so much strife for all concerned.

We opted to go walkabout in Belfast and visited the City Hall, a magnificent building where meetings of Parliament were held.

We also saw marble columns with stunning colours, grand staircases, the Great Hall and council chambers with decorative ceilings, which were amazing.

We were given a guided free tour for over an hour and were very impressed. It was definitely worth the visit.

The majority of our Group had a tour of the world's largest Titanic Exhibition which was very impressive. In addition, we saw the Giant's Causeway, amazing structures, lovely walks and stunning scenery.

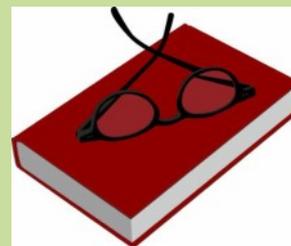
So much was packed into 4 days.

It was a thoroughly enjoyable trip with good company and an excellent hotel base.

Our thanks to Gill for arranging this wonderful experience!



U3A



Short Story Writing Competition

Any U3A member can enter!

Title: **My Favourite Place**
Max. 1500 words

Entries in by 31st August 2016

Competition details and entry requirements on the All Wales website:

www.u3asites.org.uk/wales

New Venues - Reminder

The Digital Photography Group has now relocated to the Rhydymwyn Nature Centre. The next meeting is on the 13th June, 2pm till 4 pm - David

The Welsh group has now moved from Queen's Head to Drovers Arms, Denbigh Rd. MOLD.

We still meet every Monday, 2.30 pm -4 pm (excluding Bank Holidays). -Vera

Congratulations!

Pat Archer has won 2 tickets to the WWT @ Slimbridge in the Third Age Matters Magazine.

Flintshire U3A Committee Members

Chair	Chris Winner	01244 550381	Website Manager	Chris Winner	01244 550381
Vice Chair	John Tiplady	01244 534394	Social Events	Marie Edwards	01352 752844
Treasurer	Elen Williams	01352 752174	Other Committee Members	Jerry Carter	01244 546529
Secretary	Elaine Ingman	01352 740704		John Hornby	01352 741811
Membership Secretary	Lesley Roberts	01352 840532		Philip Johnson	01352 700850
Enquires	John House	01244 818384		Alan Harris	01352 700062