

FLINTSHIRE U3A NEWSLETTER

Volume 3



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December 2008

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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

Contributions for the **February** Newsletter are welcomed by **23 January**. Please contact the Editor, Angela Parry on 01352 720501 or email: ameparry@btinternet.com

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.



THE LAST NOTE FROM THIS CHAIR

May I wish each and every one of you a very Merry Christmas and a Happy and Healthy New Year.

My 12 months as Chair is drawing to a close and it is time for the end of term report.

In the March Newsletter I said that one of our strengths is exploiting to the full, the potential of all our members, for our members.

It was my privilege to draw on that potential to mount our Open Day in May, which brought together the talents and expertise of so many people into an event of which you can all be rightly proud. There was a unification of some 36 Interest Groups into a single entity, with a common focus and objective. More than forty people who 'visited' that day have become members, and are now enjoying being a part of this marvellous organisation.

I also wanted to harness that energy and turn the focus outwards to give something back to the community. The initial step was taken in October when three Interest Groups, Music Appreciation (Bea), Card Making (Carole) and Play Reading (Charles), took their activities into Flintshire's Day Care Centres. I know it is a cliché but words cannot fully express my thanks to the three Group coordinators and their members who looked into the abyss and jumped. I hope they felt, as I did, the warmth of response from the service users, who all wanted to know when we would be back again.

However, the physical effort required in preparing to make cards proved too onerous for the clients and, therefore, Card Making is unable to continue. Nevertheless, it is much better to have tried than not to have tried at all.

Having experienced first hand the positive response from the 'audience' when the Play Reading Group performed, Eluned's Poetry Group is now planning readings for the New Year.

None of these initiatives would have been possible without the fulsome support of my splendid committee, together with so many coordinators and members who worked incredibly hard to embrace my 'fanciful notions'. It is very easy to think up new ideas, but without the commitment from those who put them into practice, they would have remained just ideas.

Continued

THE LAST NOTE FROM THIS CHAIR - continued

This year we successfully secured grants to fund our Open Day in May and the attendant marketing, together with start-up money for crown green bowls, table tennis and dominoes, darts, chess, intermediate French and a second quilting group.

It is impossible to thank everyone individually here (I will do so directly over the forthcoming weeks), but I would like to acknowledge:

Hilary, for her support as Vice Chair and also for gaining so much excellent publicity this year.

Angela, who has done an amazing job with our Newsletter and who, together with Hilary, launched our twenty-first century web site.

Anne, who has been relentless in chasing up membership payments, and equally in encouraging new members to join.

Barry, for his boundless enthusiasm for starting up new Groups, and the use of his 'lorry' at the Open Day.

Charles, for always providing good advice, and ensuring a 'steady hand on the tiller'.

David, for keeping such a firm rein on our finances – I'm sure he must have some Scottish blood in him.

Diane, who has made sense of my various utterances at meetings and translated them into sensible minutes.

Sue, who has unreservedly supported all our initiatives, and is now leading the evaluation of her proposal for a Welfare Team to support members at difficult times.

I will shortly be handing over to Hilary, and am confident of the continued growth of Flintshire U3A.

Philip

U3A and the OU's Open Learn

The Open University (OU) has provided on the web over 5000 hours of study material FREE. These can be used for individual or group study. The material is arranged in units which take from 4 to 50 hours to study. There are currently over 400 units, arranged in 13 Topic Areas ranging from Arts and History to Science. This is good quality learning material taken from OU programmes from Introductory to Masters level.

All you have to do is go to the website (www.open.ac.uk/openlearn/home.php), browse and register (for free), and study the unit of your choice.

SOCIAL HISTORY GROUP VISIT TO RHYDYMWYN VALLEY SITE



For their September meeting about 50 members and prospective members of Flintshire U3A spent a very interesting day at the Rhydymwyn Valley Defra site .

During the morning members watched an archive film on the work carried out at Rhydymwyn during WW2 when gas was produced and stored for retaliation, in case the enemy resorted to the use of chemical warfare, which fortunately did not happen. This was followed by a slide show and talk on the history of the site, given by Colin Barber, local historian and founder member of the Valley History Society.

After lunch Colin led members on a tour of the site, accompanied by U3A's own flora and fauna expert, Joe Phillips, who was able to point out various plants and wildlife of interest. What stands out for me most was when Colin sounded a horn at the entrance to the extensive limestone tunnels: the echo reverberated for what seemed like minutes, and when he spoke it was as though voices from the past were whispering back.

Altogether a very fascinating and informative day was enjoyed by all.

ANNE

GROUPS' NEWS

ADDITIONAL GROUPS' MEETING – all members welcome

Wednesday 14th January 2009 at 10.30am, New Brighton Community Centre

"Surviving the Credit Crunch" by Mark Reidford. In light of the ongoing financial turmoil, I have decided to change the proposed format of this meeting, and have asked Mark Reidford, who previously talked to us about Inheritance Tax, to return and speak this time on the implications of all this financial upheaval on us. PHILIP.

AWAY DAY – Thursday 15th January 2009 – Princes Road Synagogue, Liverpool

A guided tour of the Princes Road Synagogue - a Grade 1 listed building in Liverpool - on Thursday 15th January 2009. The tour starts at 11am and the cost is £3.50 with an option to go for lunch afterwards at the Adelphi Hotel for £6.00. If you are interested please contact either Judith (01824 780221) or Gill (01352 713972). Also please let us know if you would be interested in any of these other outings planned for 2009:

19/02/09 No charge	Visit to N Wales Mounted Police Stables at Erddig National Trust Estate. Commences at 2pm	19/03/09 Cost £7.50	Visit to "Electric Mountain" at Llanberis. Film & Mountain Bus Tour last 70 mins. On site café. Tour starts at 11am
23/04/09 Cost £9.50.	"Meet the Gardeners" visit to Chester Zoo. Including meeting the gardening team as they undertake the planting of thousands of summer bedding plants.	21/05/09 Cost is around £10.50.	Visit to the Anderton Boat Lift. The trip commences at the lift at 12.30 – the lift takes 30 minutes and is followed by a river trip which takes 40 minutes.
June	Walk at Hilbre Island Date tba subject to tide times and availability of warden.	July	Coach outing to Royal Welsh Show

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

Please contact Rita on 01352 757693 to find out the new venue for these three groups.

NEW READING GROUP (4) - 4th Thursday of month from 10.30am to 12 noon.

A list of recommended books is made up by the group and each month one of the books is read and discussed. There are a wide variety of opinions which makes for lively sessions. Please contact Tina on 01352 753860 if you would like to join this group.



PILATES for BEGINNERS – BEAT THE FLAB!



Would anyone be interested in a taster session of Pilates?

A short course of six daytime lessons is proposed, with a qualified instructor, starting in January 2009. ***Become more supple, strengthen your lower back, beat the flab!***

If you are interested please contact Mary Katerega on 01244 547238 or email: marykaterega@aol.com.

CALLING ALL CHESS PLAYERS!

A new group has been formed and is just waiting for you to join. Please contact Barrie on 01352 752418 or barrie.hird@talktalk.net

A CHANCE TO KEEP ACTIVE!

The Table Tennis group is growing, but would welcome more members. Come along and keep that hand and eye co-ordination going. Contact Barry on 01352 741836 or bandc@onetel.com

ANNUAL GENERAL MEETING – 11 FEBRUARY 2009 NEW BRIGHTON COMMUNITY CENTRE

The AGM will follow the Wales Air Ambulance talk at the February bi-monthly open meeting.

We have three vacancies on the committee with effect from February 2009:

1. Vice Chairman with a view to taking over as Chairman in February 2012.
2. Publicity Officer - this is not a huge job and plenty of support will be given.
3. Vacancy

Nominations to fill these vacancies are requested, to be sent to Diane by 15th January 2009 please.

Start the New Year with a resolution to support your U3A and help it flourish!

THEATRE GROUP'S PROGRAMME - December 2008 to March 2009

If you are interested in joining with people to enjoy the theatre together here is our program for the next few months at Theatre Clwyd. Sue: 01352 713252

<u>DATE/TIME</u>	<u>DAY</u>	<u>FILM/PERFORMANCE</u>	<u>VENUE</u>	<u>ROW</u>	<u>COST</u>
5 December @ 8pm	Friday	Death Defying Acts	FT	F4	£4.50
9 December @ 8pm	Tuesday	Sweet Land	FT	F4	£4.50
19 December @ 8pm	Friday	The Woman	FT	F4	£4.50
29 December @ 8pm	Monday	Mamma Mia!	FT	H13	£4.50
8 January @ 8pm	Thursday	Young @ Heart	FT	F4	£4.50
16 January @ 7pm	Friday	Cinderella	AHT	P16	£16
21 January @ 2pm	Wednesday	Quantum of Solace	FT	E4	£4.50
31 January @ 2pm	Saturday	Easy Virtue	FT	E	£4
5 February @ 8pm	Thursday	Belle de Jour	FT	F4	£4.50
6 February @ 8pm	Friday	W	FT	F4	£4.50
22 February @ 7.30pm	Sunday	Raphael Wallfisch	AHT		£13.50
25 February @ 2pm	Wednesday	Changeling	FT	F4	£4.50
27 February @ 7.45pm	Friday	Great Expectations	EWT		£13
6 March @ 7.30pm	Friday	Noises Off	AHT	F18	£14
20 March @ 7.30pm	Friday	Rambert Dance	AHT	N18	£15.50

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.

10 December 2008	Something about Christmas by Mr Michael Murphy, followed by Christmas Lunch (booking essential).
14 January 2009	Surviving the Credit Crunch by Mark Reidford – additional meeting – see page 3.
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. The AGM will follow after a short break – see page 3.
8 April 2009	Journeys through Lebanon by June Hargreaves.

ART APPRECIATION GROUP'S PROGRAMME FOR 2009

Do come along if you are interested in any of these meetings. Please contact Rita (01352 757693) for details of venue/time.

20 January	Development of 19 th C Romantic Painting	17 February	The Lost Art of <i>Radio Times</i>
17 March	Three Generations of Artists: The Williams Family	21 April	<i>Visit to Theatre Clwyd Gallery</i>
19 May	Three Mystery Mini Presentations	16 June	Grinling Gibbons
21 July	Claude Monet	18 August	<i>Gallery Visit – Pre-Raphaelites</i>
15 September	Victorian Narrative Painters	20 October	David Bomberg "It is all one, the way from Youth to Age"
17 November	Camden Town Group	15 December	<i>To be decided</i>

Advance Notice

2009 Subscriptions are due on 1st 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 Kay (01244 819897) or downloaded from the website. Please include a stamp for receipt of your membership card.