



U3A Ireland

Age Action

IRELAND

For All Older People

Volume 3, Issue 4

May 2008



Ann Neville, Development Officer U3A

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U3A Ireland is funded by



Welcome to U3A

Welcome to the May edition of the U3A Ireland Newsletter. We have a packed issue full of interesting items with many stories and suggestions sent in by U3A's. We are always looking for new materials, so if you have had a particularly successful event and would like to tell us about it, we would be delighted to include it in future issues of U3A Ireland.

This month we are highlighting a new project that is a joint initiative of Age Action Ireland and Dublin Employment Pact. The **SeniorForce** project offers the chance to work in another EU country for people aged 50 and over.

A difficulty faced by all U3As is how to source interesting speakers and from May onwards there will be a new section in the newsletter. **Speakers**

Corner will give details of the expertise and contact details of people who are prepared to give talks to the U3A's. As always, if you have had a particularly interesting speaker I would be grateful to hear from you so that the information can be shared with the other groups.

Best wishes,
Ann Neville
Development Officer U3A

What's On Where

Digital Photography/ Windows Movie Maker Course

A combined Digital Photography / Windows Movie Maker Course is available for 8 weeks.

Start date: Wednesday 7th May

From: 1.30pm – 3.30pm.

Cost: €0pp.

Course Content: Upload photos to Windows Photo Gallery, create Tags, organise pictures, enhance and adjust photos, put photos in a slideshow and put them to music etc...

You can use Windows Movie Maker to capture audio and video to your computer from a digital video camera, and then use the captured content in your movies. You can

also import existing audio, video, or still pictures into Windows Movie Maker to use in the movies you create. After editing the audio and video content in Windows Movie Maker, which can include adding titles, video transitions, or effects, you can then save your final movie and share it with your friends and family.

The course runs in the Community ICT Project based in the Macro Community Resource Building in 1 Green Street, Dublin 7, next to the Green Street Court House. For further details please contact:

Andrew Madden

andrewmadden@communityict.ie

Tel: 01 873 7035

Mobile: 086 8208658

www.communityict.ie

A joint initiative of Dublin Employment Pact and Age Action Ireland



Have you ever thought about working and living in another country – with the chance to experience another culture and learn a new language? Age Action Ireland is involved along with Dublin Employment Pact in a new EU funded project designed to promote the mobility of older workers within Europe. It aims to give 10 older workers or retired people the chance to work abroad – specifically in Poland,

Hungary, Finland, Greece and Denmark. There is no upper age limit for participation and as the countries involved are all EU Member States, there will be no loss of PRSI contributions or risk of a negative impact on your pension through participation in the project.

People interested in taking part will be matched with potential employers in their chosen field. They will also be provided with

assistance with language, and practical information relating to everything involved in a move abroad: childcare, education, access to health benefits and social welfare, finding accommodation, getting to know a new culture etc. If you are interested in taking part or would like to know more contact:

Ann Neville, Education Officer at u3a@ageaction.ie or phone 01 4984746.

Baldoyle U3A - Places of interest

Two gems, not so well known but well worth a visit, are situated in Dublin city and down the road in County Meath. In the City Centre, **St Mary's Abbey** is one of Dublin's best kept secrets. Once the wealthiest Cistercian Abbey in Ireland, today two rooms remain - the Chapter House and the Slype. Founded in 1139 it was in the Chapter House that "Silken Thomas" Fitzgerald started his unsuccessful rebellion in 1534. James Joyce also mentioned it extensively in Ulysses. For guided tours: Contact Pauline Kennedy who has a special

interest in U3A/Seniors. Phone 01.8331618 or 086 6061718, mentioning U3A. **Sonairte Ecology Centre, Laytown, Co. Meath.** This is an interactive visitor centre promoting ecological awareness and sustainable living. It is run on a voluntary basis. The name SONAIRTE is derived from the Irish word meaning "positive strength".

Established in 1980, the Centre is situated in a 7-acre farm complex on the banks of the River Nanny near Laytown. Solar panels, electricity generating windmills, organic growing, nature conserva-

tion and sustainable development are some of their activities. A cafe and coffee shop is open. Donation for Seniors: €1; guided tours may be arranged. **Getting there:** Take Matthews Coach from Parnell Street (at Paddy Powers Bookies office). Travel passes are taken; buses leave on the hour and stop right outside Sonairte. Later why not hop on another bus and continue to Bettystown and walk the strand. For opening times (in spring and summer an extended schedule is in operation) phone 041.9827572

Speakers Corner — Personal & Home Security



Charles Byrne, a retired Detective superintendent, is prepared to speak to older people on personal and home security, based on his experience in the Gardai and his work as a security consultant. Mr Byrne has a B.A. in Police Management and is a member of the Security Institute of Ireland. He

can be contacted by email at charlesabyrne@eircom.net and his phone number can be obtained from Ann Neville at 01 4984746. Mr Byrne is prepared to speak to groups in Dublin for free but if he has to travel outside Dublin there will be a small charge to cover his transport costs.

Members Voice — The Shanty U3A Group

We held a very successful open workshop on 21st February here in An Cosán, Tallaght. The Shanty U3A Group invited local groups along to our centre. These included Ballyroan U3A, Blessington U3A and Jobstown Active Age group.

The afternoon consisted of a Capacitar demonstration, a tour

of our centre, tea, scones and plenty of chat.

“What is Capacitar?”, you may ask. Capacitar is a practice which helps people to care for their personal health and well being. It consists of a range of gentle physical movement and simple techniques which can be used daily at home. These include Tai Chi meditation, hand massage,

visualization, breath work and finger hold techniques.

Everyone enjoyed the day and some of our visitors continue to attend our fortnightly sessions. Over the coming months, we are planning a day out and we also hope to have “silk parachute” group movement sessions!

Imelda Hanratty, An Cosan

Members Voice

Visit to An Cosán U3A

Blessington U3A were invited to an Open Day in An Cosán (meaning the Path) in Tallaght. Anne, Peter, Janet and I arrived at 2.30pm and were given a warm welcome by Imelda, Marian and Bernie. We assembled in a comfortable room with candles and flowers depicting the circle symbolising An Cosán. There was soothing music and Imelda read a poem about looking out an open door. We introduced ourselves to the group, which included Ballyrowan U3A, Jobstown U3A, as well as An Cosán U3A.

Marian gave us some information about Capacitar and taught us some exercises, including Tai Chi. We had some interest-



ing and informal discussions within the group and then assembled in the bright tea room. We were served scones – baked that morning in the Centre – as well as jam and cream. Lots of chat with the tea and then returned to the room for more relaxation and hands-on relaxation. After this, we were shown around the

building. Every room is comfortably furnished with prints and appliquéd wall hangings, with circles of flowers and fabric in the centre of each room. We were introduced to John who organises the computer room and it is obvious that it is a vibrant and well used part of the centre. There is a well stocked library which also serves the Rainbow crèche children. The entire building is so well cared for and thoughtfully set out. There is a peaceful, welcoming and holistic approach to everything and that does not happen without a lot of work and thoughtfulness.

I have returned to An Cosán a second time and hope that I can drop in from time to time and keep up the connection.

Anne Cowie

Members' Voice - Call for Contributions



This newsletter is for U3A members. It is about sharing ideas, stories and articles of interest. If you have attended an interesting talk, read an inspiring article or book, or enjoyed a trip away, perhaps you would like to write about it for our readers.

If you have tried anything

recently that has been particularly successful I would be delighted to hear about it.

Please send articles or details of meetings to:

Ann Neville,

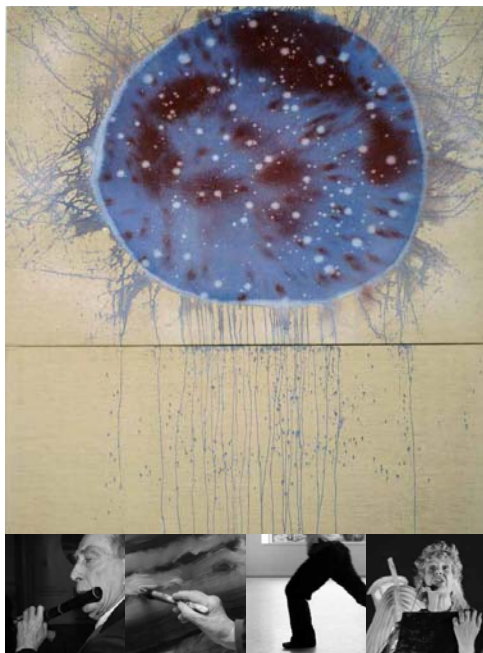
Age Action Ireland,

30-31 Lower Camden Street,

Dublin 2

What's On Where — Too young to be old at the NCH from 12-24 May

bealtainefestival
celebrating creativity in older age



Bealtaine is a national arts festival celebrating creativity in older age. Bealtaine, the Irish word for May, is also the name of an ancient Celtic festival celebrating springtime. Our Bealtaine festival celebrates older age as a time for creativity and growth. It offers opportunities to participate in the arts at every level, and to celebrate the work of older artists. For more information on the festival go to www.olderinireland.ie

CoisCeim Dance Theatre and the National Concert Hall join forces to produce **TOO YOUNG TO BE OLD** as part of Bealtaine 2008. For two weeks, May 12-24, people aged 50+ can participate in a

creative exploration of dance and music. You'll be learning from the best with CoisCeim's award-winning dancers and musicians from the National Concert Hall. Sample a variety of dance styles and a wide soundtrack of musical favorites, and take part in a **NEW** dance performance accompanied by live musicians in the John Field Room, at the National Concert Hall on Friday 23 and Saturday 24 May. No previous experience required. All welcome.

TWO WEEK TIMETABLE

11am-4pm Monday 12-Friday 16 May

11am-4PM Monday 19-Saturday 24 May

OPEN DAILY DANCE CLASS

11am -12 Noon Monday 12 - Thursday 23 May

Feel free to drop in and take a class.

Suggested donation €5.

PERFORMANCES OPEN TO THE PUBLIC

4.30pm Friday 23 May

1pm Saturday 24 May

Admission free. Please reserve a place in advance at the National Concert Hall Box Office.

Booking for two week dance and music exploration: Cost: €100 per person.

Venue: National Concert Hall.

Contact: National Concert Hall, Earlsford Terrace, Dublin 2.

Tel: 01 417 0000

U3A Meetings

Dublin City U3A

Meet at the Chester Beatty Library at 11am on the last Tuesday of every month. Contact John Roche: (01) 2017490 or Lily Shanley: (01) 6773166

Blessington U3A

Meet the third Tuesday of each month. Contact Aileen O'Riordan: 045 865564

Ballyroan U3A

Meet every second Monday at 11am in Ballyroan Library. Contact Al Connor: (01) 4903212

Sutton and Baldoyle U3A

Meet on the first and third Wednesday of the month at 2.30pm, Baldoyle library. Contact Sheila Cullen: (01) 8393868

Ballymun Library U3A

Meet every second Monday at 2pm, except Bank Holidays. Contact Ruth Meehan: (01) 8571673.

Blackrock U3A

Meet every Friday at 10.45am in Blackrock Education Centre. Contact Eileen Larkin: (01) 4557653

Lucan U3A

Contact Sue Peard: (01) 6280429

The Shanty U3A (Tallaght)

Contact Imelda Hanratty: (01) 4628491

Maynooth U3A

Meetings are every second Friday: 11-1.00pm in the Town Library Maynooth. Contact Age Action at 01 4756989.

Navan U3A

Contact Patricia McGooley or Deirdre McGivern: (046) 9021680.

Active Virginians U3A

Contact John Brodie, 'The Wood', Rahardrum, Virginia, County Cavan

Waterford U3A

Contact Terry (Theresa) Moloney - Tel 051 876542 or email tmoloney@wit.ie

**COIS
CEIM
DANCE**

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