

NEWSLETTER AUTUMN 2023



COFFEE MORNING

Thursday 14th September, St Clements Church Hall



CONVENOR'S CHAT

Welcome everyone to the new season of Dingwall & District u3a. I hope everyone has enjoyed the summer break even if it meant dodging the showers.

Our first General Meeting of the new season will be on Thursday September 21st 2.pm at Church of Scotland Hall.

There is a coffee morning on Thursday September 14th at St Clements Church Hall Dingwall 10am - 12pm. The Committee and Interest Group Leaders will be there to answer any of your questions and tell you what the various interest groups get up to. Of course, the coffee / tea and biscuits are free so no excuse to miss it. It is always a good chance to catch up and have a good craic if nothing else.

There are new groups on offer this season so you can try new things or share your knowledge and skills with others. We are always on the look out for new ideas so just let us know if you have suggestions.

I have been organising and helping with things not related to u3a that will be coming up in the near future. The big one is The Black Isle Gathering October 14th at Black Isle Leisure Centre where all things Black Isle will be selling, talking, showing everyone what they offer. We have crafters, businesses, organisations, food, and lots of music going on throughout the day. Last year u3a had a stand so I am hoping we will be there again this year.



Jenny (Convenor)

Editor's Note

I'm always looking for photos, stories or experiences of your u3a journey, please send any contributions or comments to me at u3aMediaCo@gmail.com

Fiona

Committee members

Jenny Brogden – Convenor
 Jeanie Lloyd – Secretary
 Louise James – Treasurer
 Kim Millar – Membership Secretary
 Marion Wyatt – Group Co-ordinator
 Fiona Mackenzie – Media Co-ordinator

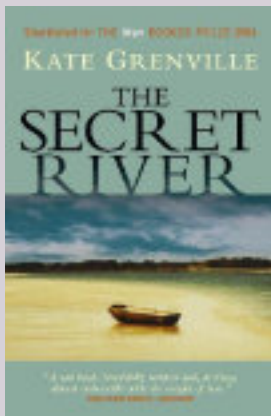
NEWS FROM THE GROUPS

BOOK GROUP

Our group meet at 2pm on the fourth Thursday of the month at my home in Dingwall.

Our next meeting after the holidays is on September 28th, when we will be discussing *The Secret River* by Kate Grenville.

Louise



POETRY



Poetry continues with a variety of topics and much laughter. We are expanding our understanding of the world of poetry and the very loose concept of poetry

The poems we discuss range from ultra-modern through to the well-known traditional including those written in the Scots dialect.

We meet on the first Wednesday of the month 2pm at The Conon Hotel

Kim

ART APPRECIATION

Our Art Appreciation group meets in the afternoon, on the second Tuesday of the month. Our next meeting, after the holidays will be on Tuesday, 12th September, when we will be visiting The Inverness Art Gallery, to see their exhibition "Flow Photofest", (which is a biennial international photography festival), and to also see their Caithness Glass exhibition. Afterwards we will visit the Wasps Creative Academy, to have a look around and visit their coffee shop

Marion

NEWS FROM THE GROUPS

WALKING GROUP

Our fortnightly walks have continued through the spring months into summer. In early April we visited Loch na Crann, nestling in the forests above Contin. This loch is full again after a spell as a muddy swamp, the water having been temporarily drained to allow engineering works on a small dam, now completed. This outing was followed by a stroll around the Belladrum estate, including the "Italian Gardens", the site of the former Belladrum House, now used for the summer music event, and a forest section with a panoramic view over Strathglass (photo 1). Good weather continued on the next walk, in Strathconon. After following a minor road to the Loch Luichart dam, which was crossed, we had a break by the lochside (photo 2). We then descended back to the River Conon by the hydro station, passing both the local deer residents and, edging the path, Mica chippings left from former mining of this mineral hereabouts.

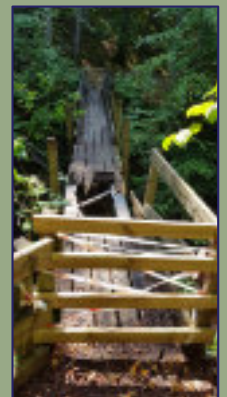


Our second May walk featured paths around Drumderfit Hill, an area known for a dun and hut circles. The return section gave us a fine view of Munloch Bay (photo 3).

The Brahan Estate was visited at the end of the month to view the floral displays, both wild Bluebells and the Rhododendrons of the Dell arboretum,

followed in June by an exploration of Evanton Woods, including the famous Blackrock Gorge. One of the gorge crossings was a bit trickier than usual (photo4) fortunately a second bridge nearby managed to cope when we crossed the chasm!

Later in the month, we had an outing along part of the Peffery Way, following the newly completed Dingwall end of this excellent path alongside the railway line.



Thanks to a number of walkers who helped lead outings this period -
Elisabeth, Jack, David and Michael.

NEWS FROM THE GROUPS

CRAFT

Our first meeting after the holidays will be on Wednesday 20th September. We have decided to change our meetings from the afternoon, to the mornings, as our members were sometimes finding themselves double booked!

We will meet at Fiona's house at 10:30, when Marion will tell us all about The Kirkcudbright Arts and Crafts Trail, which she visited in the holidays.



GOLF

The group, which was formed in April '23, now has 9 regular members who meet twice a month on Tuesdays.

Michael Field, a retired PGA coach has continued to supply excellent lessons for all abilities and undoubtedly all have improved their golfing skills with his help and expertise. We have met 8 times now and practiced with many different clubs and have had a mini Texas scramble, enjoyed by all.

As everyone improves their golf skills we are now planning short games, of 9 or less holes, in the very near future. The first of which will be in a Texas scramble format so it is felt everyone will feel comfortable and confident.

Once again we would like to thank John Forbes, the Muir of Ord golf club manager, for allowing us to use their practice ground facilities.

Mel



NEWS FROM THE GROUPS

EXPLORING NATURE



Our early August visit to Rosemarkie Beach was a delight. Weather was just right, calm and bright but not too hot. First, we explored some of the items on the sandy shore, including shells but the really exciting stuff was found as we reached the rocks. First up was an entire crab shell. "Aww, what a shame, a dead crab," someone said. "On the contrary," I explained, "this shell has been left behind by a shore crab that has outgrown it." I was able to show that the shell was empty and how the previous occupant exited with a completely new shell a bit bigger than this one. We went on to identify several seaweeds and saw how they delineate different zones of the shore. We carried on looking for other examples and I was able to tell the group about limpets, dogwhelks, barnacles on the rocks, then there were anemones, springtails and even fish to talk about in the tidal pools. All that in just two hours. I love nature. There's always something to see, hear and learn. And just to round things off, on the way back, I was asked about some of the rock too. My idea of heaven!

Terri

Terri also leads the Geology for Beginners group

PLAY READING

Since we started meeting in March of this year the playreaders have enjoyed delving into a variety of genre - humour, farce, satire, mystery.

We had a lot of fun with *The Importance of Being Earnest* and a play by A.A. Milne called *Wurzel Flummery*. We also read a play where the characters were docks (as in the plants).

We've been well served by the U3A site where play downloads are readily available.

The first session after the break is on September 13. When we hope to explore Agatha Christie's *The Mousetrap*.



Susan

NEW GROUPS

These topics have been suggested for new groups.

Theatre visits
Coffee/lunch
Family history

If you are interested in any of these, please contact Marion

(marion.wyatt@gmail.com)

DATES FOR YOUR DIARY

GENERAL MEETINGS

Dates of our next general meetings:

September 21st

October 19th

November 16th

We have a list of diverse topics lined up for the coming season, which include Maggie's Highland Care, Slaves and the Highlands, the Cairngorm National Park, Mindfulness and The Childhood Museum, Strathpeffer

These meetings are held in Castle Street Church Hall at 2PM

***** **Family History Class for Beginners**

Starting 19th September at The Highland Archive Centre

For more information Contact Anne on

Anne.Fraser2@highlifehighland.com

There will be a Craft Market on November 4th at the Free Church Fortrose, run for Groam House Museum, so "you crafters" get working and come and sell your goodies.

Also a concert for Christmas, December 16th It will be at Fortrose Academy Theatre where Tim Edney will be playing traditional Scottish Music

Black Isle Gathering 2023



The Black Isle Gathering October 14th
at Black Isle Leisure Centre

The table below shows all the different groups and when they meet up. If you would like more details of any of the groups not already mentioned, please contact Marion on marion.wyatt@gmail.com / 01349 861129

GROUP	WHEN	
Art Appreciation	Tuesday p.m.	2 nd Tuesday of month
Book Group	Thursday p.m.	4 th Thursday of month
Calligraphy	Monday a.m.	Fortnightly
Crafts	Wednesday a.m.	Fortnightly
Creative writing	Thursday p.m.	1 st Thursday of month
Exploring Nature	Monday a.m.	1 st Monday of month
French Conversation	Tuesday p.m.	Weekly
Golf	Tuesday am	Fortnightly
Geology for Beginners	Monday p.m.	4 th Monday of month
German Conversation	Wednesday a.m.	Weekly
Photography	Thursday a.m.	4 th Thursday of the month
History	Thursday p.m.	2 nd Thurs of month
Play Reading	Wednesday p.m.	Fortnightly
Poetry	Wednesday p.m.	1 st Wednesday of month
Practising Art	Monday p.m.	1 st Monday of month
Psychology	Tuesday p.m.	3 rd Tuesday of month
Short Walks	Tuesday a.m.	2 nd Tuesday of month
Spanish Conversation	Tuesday p.m.	Weekly

Day	Morning	Afternoon
Monday	Calligraphy - Exploring Nature	Geology - Practising Art
Tuesday	Short Walks - Golf	Art Appreciation - French - Psychology - Spanish
Wednesday	German - Crafts -	Play Reading - Poetry
Thursday	Photography	Book Group - Creative writing - History



30th September

Lesley Riddoch

The very popular Lesley Riddoch will talk about her latest book 'Thrive' on Saturday 30 September at 12-2pm in Dingwall Academy multipurpose hall (a lot of people are expected)

There will be books for sale and the library will have some copies for loans.

The visit has been organised by "Picaresque" book shop and the library, they will be well attended, so please come early if you want a good seat!

Don't Forget

COFFEE MORNING

Thursday 14th September 10-12 St, Clements Church Hall

Photographs

Thanks to Andrew for the Walking group photos, and Mel for the Golf one

ONLINE COURSES

Did you know, you can join an on-line course through National u3a and also the Scotland u3a.

Here are the links:

National u3a - <https://www.u3a.org.uk/events/educational-events>

u3a Scotland: - <https://u3asites.org.uk/onlineacrossscotland/groups>