



Halloween, or Hallowe'en is a celebration observed in a number of countries on 31 October. It has its roots in Samhain (sow-in), and is an ancient harvest festival held at the end of the Celtic year. The festival marked the end of summer and the beginning of the dark wintertime. It was believed the spirits of the dead returned on this eve to damage crops and play tricks on the living.

To visit Upper Bann U3A webpage click here ([www.upperbannu3a.com](http://www.upperbannu3a.com))

# NEWSLETTER

## UPPER BANN U3A - NOVEMBER 2016

### ALL HALLOWS EVE

I hide behind the sofa  
quivering in fear,

Now the witching hour is near.

The curtains are drawn tight

And I've turned off the lights.

The TV volume is way down  
low,

I sit and cower in its feeble  
glow.

Then comes the knock upon  
the door,

And I curl up quivering on the  
floor.

My heart is pounding my  
breath is shallow,

My mouth is dry it's hard to  
swallow.

On all hallows eve I live in  
mortal dread,

But not of monsters or the un-  
dead.

The fear that turns my heart to  
stone

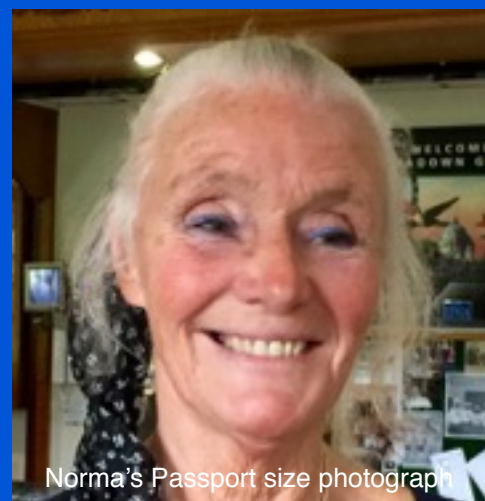
Is Trick or Treaters knowing  
I'm home.



**YOGA GROUP** - The well attended, recently formed Yoga Group has got off to a good start with participants enjoying gentle sitting and standing stretches and breathing exercises. As the class is over-subscribed there is a waiting list. If you wish your name to be added to the list why not contact Wendy [wendyalex@hotmail.com](mailto:wendyalex@hotmail.com).

### PASSPORT SIZE PHOTOS

John Trimble is currently preparing membership cards using the Beacon programme. He has requested a passport size photograph from all members. If you have not yet submitted a photograph or have not had your photograph taken by a convenor please forward a passport size photograph to [johntrimble@outlook.com](mailto:johntrimble@outlook.com)



Norma's Passport size photograph

# STRANGFORD LOUGH CYCLE (110 miles) Report by Heather Crawford



Panniers packed (plus one extra for Nora's wash bag and another one for Betty's lunch), tyres pumped, brakes checked, padded bottoms adjusted and Mike's bikers were ready to attack the highways and by-ways of the Ards Peninsula. Leaving the Comber Greenway, we meandered through the villages of Ballyhalbert, Portavogie and Cloughey, following the coastal Route 66 or was it 99 with even the Irish Sea looking inviting in the bright autumnal sunshine. Being drumlin countryside, there were some slightly strenuous 'ups' compensated by exhilarating 'downs'. The Portaferry ferry transported us safely to Strangford and the Cuan, our refuge for the night. Peter and his wife gave us a warm welcome and refuelled with Prosecco, Guinness and excellent seafood, we were set fair for the next 55 miles.

Not everything goes according to plan and a tube with a recurring puncture involved a detour to Halfords and a slight delay but no one minds an enforced rest on a cycling trip especially as Our Leader doesn't believe in them! Stopping at Killyleagh for strong coffees gave us the necessary boost to tackle the scenic route back to Belfast. We raced the rain clouds to Central Station and made it just as the deluge began.

Another memorable expedition enhanced by some skilfully choreographed moves both on and OFF the bike by one of our esteemed leaders! Pat also indulged his inner child by carrying pails of water from the sea to our travelling mechanic Mike, enabling him to administer first aid to Pat's inner tube. Carroll and Nancy gave the boys a run for their money in cycling prowess whilst Sheelagh and Heather vied for position in downing Prosecco.

A huge thank you to Mike for his impeccable organisation and for putting up with us all....let's hope the trip provided him with a few new stories to add to his repertoire! Great cycle, beautiful scenery and lots of craic. Roll on the next one!



# STRIDENT STROLLERS VISIT NEWCASTLE

(Report by Teresa Corr)

Whether the attraction is the stroll itself, the lovely locations or the craic over the coffee, the Tuesday stroll remains one of U3A's very popular activities, with 22 participants out for our Portadown stroll on 4th October. The following Tuesday, ten enthusiastic Strollers were treated to spectacular views of Slieve Donard and the Mourne's on our first visit to Murlough Nature Reserve, where we followed the boardwalk through the ancient sand dunes, and then, as our picture shows, enjoyed an exhilarating walk along Dundrum's beautiful beach. Refreshments in the Burrendale Hotel afterwards did not disappoint.....and another visit to Murlough, we decided, will be included in next year's stroll calendar.

PHOTOGRAPHED BY



## BULLER'S CRAFT FAIR SCARVA (Helen O'Hanlon)

Buller's are having their annual Christmas Craft Fair on Tuesday 6th December and it is always a very enjoyable day. There is a great variety of stalls offering interesting gifts and of course, tasty treats to enjoy with your coffee. Marie Curie members attend all day and welcome any donations. A large number of U3A members visited last year after their Tuesday stroll in Scarva and everyone enjoyed the visit.



Autumnal beauty in the Argory

## JOIN THE RAMBLERS/STROLLERS!!

The Argory, as you see, is looking at its Autumnal best for Halloween. Appropriately, Strident Strollers were welcomed by no other than Lady Bond herself on Tuesday, 25th October, when they visited the manor after their walk alongside the banks of the River Blackwater and through the Argory's magnificent grounds. The Ryandale Hotel in Moy village proved to be an excellent venue for delicious refreshments afterwards. (Report and photographs by Teresa Corr)



Lady Bond meets the Strollers

## THEATRE NEWS

The next theatre outing is on Saturday 21st January 2017 to 'Anna Karenina' in the Abbey Theatre Dublin. Price £20.

Closing date for booking this is Friday, 4th November.

Please place your money (cash only please) in an envelope with your name on the front and give this to Edith Davies, 13, College Manor, Portadown tel - 07816558032 or Ruth McKinley, 28, Killicomaine Drive, Portadown tel - 07753615993.



A superb talk and demonstration was given by David, from the award winning butchers M & W Meats, Scotch Street Portadown. (Photograph supplied by Diane Caesar)





# YOGA AT THE HUB CRAIGAVON

(photos supplied by Wendy Alexander)

