

# UPPER BANN U3A



Helen McCollum

It was with deep sadness and shock that we heard of the sudden death of our dear friend Helen on Monday 22nd May. All in Upper Bann U3A mourn her passing and find it hard to believe that she will no longer be with us at our various meetings. Helen was a very warm, kind and generous person. She loved life and was active in so many ways in community and charitable organisations. She loved to be out and about helping people and she was also very busy at home using her artistic and baking skills to support her various charities. Helen was a founding member of Upper Bann U3A and a former committee member. She saw it grow from a tiny seedling to the thriving branch it is today. Helen loved her Friday morning Bridge and was a faithful member from the early days in Portadown when there were 1 - 2 tables every week. She also loved to host her Bridge friends at home and of course a beautiful supper was always provided. Her baking skills were legendary and one never left her house empty handed. Helen suffered in recent years but she never complained and was always bright and cheerful and full of life, ready for any outing or event. Her passing leaves a big gap in the life of the U3A and we will all miss her very much. We thank God for her life and for the many ways she enhanced the lives of her many friends. (Report by Yvonne Jennings)

## Newsletter – June 2017

This small select band was under the expert leadership of David Thornton. Gary managed to fall off within thirty seconds but after that we had a great cycle through local beauty spots such as Laurelvale and Ahorey and saw plenty of apple blossom and fields of yellow oilseed rape. We finished with delicious coffee and lunch in Stonebridge Brasserie.



# Nature Group Outings

The Nature Group's first May trip was a re-visit to the beautiful National Trust garden at Rowallane. A small group of five enjoyed the breathtaking displays of Azaleas and Rhododendrons, the revamped rock garden where a tiny but bold goldcrest delighted us as it rummaged for insects to take back to its nest, while the walled garden was amazing with its huge variety of unusual plants. Our day was rounded off with a tasty lunch in the cafeteria.

Our second trip of the month was also a return visit - this time to the magical Rathlin Island. The weather was perfect, the sea was calm for the short crossing and the Puffin bus met us off the ferry to take all ten of us to the Seabird Centre at the west lighthouse. Everyone's favourite seabird - the puffin - was on view through telescopes provided by the RSPB. All around was a hive of noisy activity with thousands of guillemots, razorbills, kittiwakes and fulmars nesting precariously on the stacks and cliff face. Back down at sea level we took advantage of the sunshine to picnic on the grassy bank overlooking the huge seal colony. Shore birds flitted about searching for invertebrates deposited by the tide, while eider-duck bobbed about in the water just off shore. All too soon it was time to catch the ferry back to Ballycastle. (Report by Pat Flowerday)

## BEAUTIFUL ROWALLANE



# RATHLIN ISLAND - THE PLACE TO VISIT!



## Surprise for strollers in Spring (Teresa Corr)

Craigavon Lakes were looking at their loveliest as our strollers set off last week in the May sunshine. Pausing mid-way for our weekly sweet treats, courtesy, as always, of Pamela & Hector, we spotted a range of beautiful butterflies flitting through the grasses, we were serenaded by our favourite native birds vying to out sing each other and we discovered a fascinating range of newly born wildlife on the lakeside. Like us, you may well ask which species of duck is in our picture.....so enjoy Pat Flowerday's smiling clarification : "That duck is a goose!" Some 'Grey Lag' Geese arrived one winter, apparently loved our area, set up home and and have become illegal immigrants!



# SONGFEST

Our Singalong Group thoroughly enjoyed taking part in the recent U3A Song Fest which was held in Armagh Market Place Theatre and hosted by Armagh branch. It was attended by ten chorus from all over Northern Ireland.

Margaret Oakes, Armagh U3A Chairperson, welcomed everyone to the gathering and the opening address to a packed audience, was given by the City's Lord Mayor, Gareth Keatings.

The music which ranged from folk and country, to light pop and songs from the shows, was familiar to us all and there were several opportunities for communal singing, not least when Newry's gentlemen's choir took to the stage!

We sang "The Sloop, John B", "Coulter's Candy" and "Some Enchanted Evening", then we listened with pleasure to the vocal talent of the other singers among whom was a group from Omagh, whose members have cleverly penned their own U3A Anthem which they sang to the tune of "The House of the Rising Sun".

The closing address was given by Lila Jackson, Regional Chair, then the performers adjourned to the foyer for a chat and snacks, before setting off for home.

Many thanks are due to Armagh U3A for organising the event. Thanks too, to those U3A members who were kind enough to come along and support us in our song fest debut..

Finally, a warm thanks to all in the Singalong group for their hard work, enthusiasm, and dedication which resulted in such a successful performance.

**Well done everyone!** (Report by Diane Hillis)



**BBQ** Our Annual BBQ is due to be held on Monday 26th June. The committee is at the planning stage. If you have not already done so, please contact Ruth before **Friday 2nd June** by emailing [ruth999@talktalk.net](mailto:ruth999@talktalk.net) indicating a) your intention to attend the BBQ and b) whether or not you wish to use the bus.



# REMEMBER THE 60'S

## 1960 Hits Renamed....

*Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday.*

*They include:*

**Herman's Hermits ---**

Mrs. Brown, You've Got a Lovely Walker

**Ringo Starr ---**

I Get By With A Little Help From Depends

**The Bee Gees ---**

How Can You Mend A Broken Hip?

**Roberta Flack---**

The First Time Ever I Forgot Your Face

**Johnny Nash ---**

I Can't See Clearly Now

**Paul Simon---**

Fifty Ways To Lose Your Liver

**The Commodores ---**

Once, Twice, Three Times To The Bathroom

**Procol Harem---**

A Whiter Shade Of Hair

**The Temptations ---**

Papa's Got A Kidney Stone

**Abba---**

Denture Queen

**Tony Orlando ---**

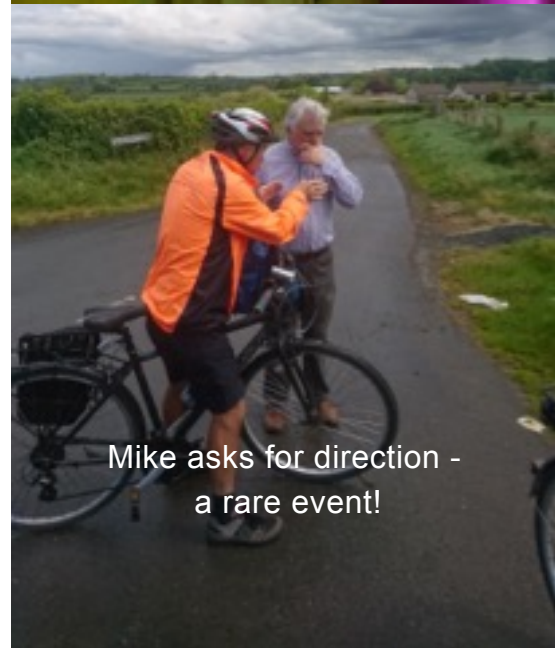
Knock 3 Times On The Ceiling If You Hear Me Fall

**Gore---**

It's My Procedure, and I'll Cry If I Want To



Taking shelter in good company.



Mike asks for direction - a rare event!

*On behalf of the Committee I would like to wish all members a very happy and relaxing summer break.*

*A number of activities continue during the summer months whilst others are suspended until September. The decision lies with the activity group and convenor.*

*Please keep sending photographs to [fmckeown@ionology.com](mailto:fmckeown@ionology.com)*