

UPPER BANN U3A

NEWSLETTER

SEPTEMBER 2017

Summer
Holidays
2017

All activities are due to recommence after the summer break.

Details are available on pages 6 - 8. For further information on the various activities please contact the relevant convenor.

New members are most welcome.

✧ THANK YOU TO ALL INVOLVED ✧

David Armstrong wrote in an email ***“We had a memorable trip to Westport and it again underlined the tremendous amount of voluntary work by the U3A leaders.”***

This is a sentiment expressed by many members of Upper Bann U3A and I think it is appropriate at this time to express our sincere thanks to members of the Committee, the Convenors and anyone who contributes in any way to the success of the Upper Bann branch of U3A. Thank you one and all!!



COMMITTEE MEMBERS

Chair: Norma Galway 38871757
norma.galway@gmail.com

Assistant Chair: Ruth McKinley
07753615993 ruthmck@talktalk.net

Secretary: Wendy Alexander
07753619957
wengyalex@hotmail.com

Treasurer: Graham Bass
07868756282
grahamcbass@yahoo.co.uk

Membership Secretary: Laura McAdam
38333899 laura842@live.com

Beacon Project Manager: John Trimble
07833282383 johntrimbe@outlook.com

Group Co-ordinator: Tom Young
07712667732 thomasy04@me.com

Other Committee Members

Michael Cardwell michael@cardwell.org.uk
Rosemary O'Neill rdclinis21@hotmail.co.uk
Barbara Robinson stnl.robinson@gmail.com

Easy Riders? My Backside! (by David Armstrong)



It's four years now since Tom Young's Easy Riders first hit the road but since joining the group I am not sure how the name was devised. What I am sure of is that I – and seven others - have tender rear ends after a glorious, but tough, two days cycle in the scenic surroundings of picturesque Westport in the west of Ireland.

Tom 'we're nearly there' Young is a dedicated leader of the Easy Riders group and always comes up trumps with his carefully thought out weekly routes through the Armagh-Down countryside.

Once a year they venture to more distant parts and this was their second trip to Westport. Despite gloomy weather forecasts, it was an unqualified success even though there might have been copious amounts of baby cream on the tender parts (particularly my bottom) - and eyes strained after map-reading skills were put to the test.

The eight-strong group - others were unable to make it - certainly saw more of the Westport terrain than was originally planned and at one stage, as they circled the mountainous loop around Lough Furnace and Lough Feeagh, they looked more like the Ghost Riders in the Sky! But they made the 36-mile route back to the Westport Plaza hotel and while there was no medal ceremony there were backslaps for all - and the presentation of an ordnance survey map for Tom! Certainly Eilish and her sister, Ethna, from Basingstoke, were deserving of all the plaudits as they had been doing less cycling than the rest of the party. Heather's fitness meant that she had no bother completing the 36 miles - she found that a lot easier than riding a BMX with her granddaughter two days later when she came a cropper!

Heather had no trouble completing the 36 miles



Easy Riders? My backside! (continued)

Day two saw the group head for the hills at Teevenish (a 700 ft. cycle climb for those hardy cyclists). Again, the rain threatened but there was no stopping Barbara, Maureen, Valerie and Heather on the mountainous roads and with Tom again

reassuring everyone 'we're nearly there' it was a relieved party that rode into the remote village of Aghagower where the local shop serves as a grocery store/pub and where hastily made sandwiches, tea and coffee were scooped. And Maureen managed to catch her breath after non-stop chirping on the 66-mile two-day trip!

Tom, reassured that 'everyone is happy' (like hell they were as they reached the hilltops!), led the group back to the hotel with the praise (well most of it praise) of everyone ringing in his ears - his dedication to the U3A and to the Easy Riders has given a lot of people, myself included, a new purpose in life and while my walking and golf the next day were somewhat shaky it was certainly an exhilarating and memorable four-day trip to the wild but scenic west coast.

Thank you Tom and a big thank-you to Valerie for sharing with us some of the frustrations of living with a husband who doesn't know the meaning of taking it easy - he walks, cycles, leads the U3A Bridge class and plays Bridge three or four nights a week. And, he tells me, he might take up map-reading!!!



PAT REPORTS

The Nature Group took a break during August, the Coney Island trip falling on what would have been a Nature day.

The next date to note is Wednesday 20th September when our destination is Crawfordsburn Country Park. We will travel by train, 9.45 am Portadown or 9.51 am Lurgan, alighting at Helen's bay and walking a short distance along

the shore into the park. Further details will be available nearer the time. New members will be most welcome.

The Strident Stroller have continued their Tuesday morning walks throughout the summer. Details of each week's venue are circulated to everyone a few days before the walk. We are always interested to learn of other walks for inclusion in our itinerary.



New members have recently been welcomed and we look forward to seeing more in the future. Teresa, our leader, has been greatly missed and we hope she will be back very soon. (Pat Flowerday)

CONGRATULATIONS MARY!



The above photograph of Mary Taggart appeared in the Belfast Telegraph on 11th July.

Mary, a member of Upper Bann U3A, was one of 30 medalists honoured at The British Citizen Award ceremony at the Palace of Westminster in London. The purpose of the award is to recognise people who devote their time servicing the community and whose dedication and hard work may well be overlooked.

Mary has been a member of many volunteering groups for the past two decades, including organisations such as The Samaritans and Cruse Bereavement Care.

Mary commented "To be honest, it's a privilege to be able to walk alongside those who are upset, grieving or frightened and offer support."

Congratulations Mary from all at Upper Bann U3A!



INTERESTED?



Retirement Living Exhibition

Armagh City Hotel,
Friary Road, Armagh

**Wednesday 13th September 2017
10am-3pm**

- Health Advice • Short Breaks • Wills & Probate •
- Volunteering • Getting Online & The Internet •
- Retirement Housing • Consumer Rights •
- Days Away • Staying Safe at Home •
- Inheritance Tax Planning •
- Fitness & Wellbeing •

The Event For Anyone Retired
FREE ADMISSION

For further information or to reserve
a free coach for your group
please telephone: **07925 156198**

Mike's Bikers took the train to Newry whilst Paul and Brian cycled the towpath. Mike then took the group through some charming back roads of Co Down on the way back to Poyntzpass for lunch. (Report and picture Paul Burrows)

IMPORTANT DATES FOR YOUR DIARY

MONTHLY GET-TOGETHER



On the third Tuesday of each month members of Upper Bann U3A meet in Lurgan Town Hall (upstairs) at 2.00 pm. A guest speaker is invited to talk on a topic of interest. Refreshments are served and members mingle for a chat and craic. Wendy then invites interested members to join in light relaxing chair exercise programme. This is a very well attended event and allows members from all activities to come together.

19th September	<i>Sensory Disability Team</i> (e.g. help with hearing)
17th October	<i>Felicity Rowland's One Man Show</i>
21st November	<i>Linen in the Banbridge Area - Jason Diamond</i>
6th December	<i>Christmas Lunch</i> (to be arranged)
16th January	<i>Group Tourism - Sharon Flemming</i>
20th February	<i>City Planning and Regeneration - Rodney Beaumont</i>
20th March	<i>Let us Entertain You - U3A Singalong and Poetry Groups</i>
17th April	AGM
May/June	<i>BBQ to be arranged</i>



U3A ACTIVITIES INFORMATION



BOARDGAMES

Restarts 7/9/17 - The Golf Club, Gilford Road, Portadown at 10.00 am.

The Convenor is Jean Millar
07808 301858
jeanmmillar@btinternet.com



BOOK CLUB

Restarts 12/9/17 - The Haven, Windsor Avenue, Lurgan at 3.00 pm.

The Convenor is Christine Marley, 07742517549
chrism196@yahoo.co.uk



BRIDGE

Continued during summer - The Golf Club Portadown - Friday at 10.00 am.

The Convenor is Gordon Lunn 38327909
gordonlunn@talktalk.net



CHESS

Restarts 7/9/17 - The Golf Club, Gilford Road, Portadown at 10.00 am.

The Convenor is Des Rawlings 07808242627
dhrawlings@btinternet.com

No previous experience required.



CYCLING

Mike's Bikers - Continued during the summer at a range of venues- Tuesday 10.00 am

The Convenor is Mike Taggart 38 3393 63
taggartmfg@hotmail.com



CYCLING

Recycled - Continued during the summer, Meet at the Cycle Pod at the rear of Portadown Swimming Pool. Restart details later.

The Convenor is John Trimble 07833282383
johntrimble@outlook.com

Easy cycle on towpath for those restarting



CYCLING

Tom's Easy Riders - Continued during the summer. Meet on Wednesday at 10.00 am at various venues agreed weekly.

The Convenor is - Tom Young
07712667732
thomasy04@me.com



LUNCHEON CLUB

The Luncheon Club meets on the last Thursday of the month at 1.00 pm. The venue varies and details are sent in advance by email.

The Convenor is Norma Galway 38871757
norma.galway@gmail.com



FRENCH FOR IMPROVERS

French for Improvers restarts 6/9/17 at 10.00 am in the Town Hall, (Minor Hall) Union Street Lurgan

The Convenor is Helen Rawlings
38841798
dhrawlings@btinternet.com



MATHS FOR FUN

The Maths for Fun group meets on the 2nd and 4th Monday of the month at 10.00 am in the Golf Club, Portadown. Restart 11/9/17.

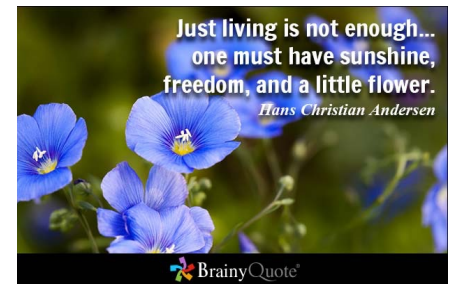
The Convenor is David Thornton
07740 098252
david.w.thornton@btinternet.com



GENEALOGY

If anybody is interested in exploring their family history, get in touch with our convenor Geraldine McIvor and she will be happy to help. Initially Geraldine plans to meet on a one to one basis

geraldine.mcivor@gmail.com



NATURE GROUP

The Nature Group meets on the 1st and 3rd Wednesday of each month at various venues. Details are sent by email in advance of the event.

The Convenor is Pat Flowerday
07842 355311
pflowerday@live.co.uk

DO YOU HAVE A SKILL YOU WOULD BE PREPARED TO SHARE?

If you answer 'yes' to the above question why not contact the Group Co-ordinator Tom thomasy04@me.com



POETRY APPRECIATION

The Poetry Appreciation Group meet on the first Monday of the month at 2.00 pm. This activity will restart on 4/9/17 at The Hub, Craigavon (beside Brownlow Library).

The Convenor is Maureen McLoughlin 07759141878
maureenmclathome@hotmail.co.uk



WALKING GROUP (Approx 2 hours mixed terrain)

The Walking Group will reconvene on Monday 4th September at 10.00 am. The venue varies from week to week and details of the meeting place will be sent to members by email, a few days in advance.

The convenor is Bob Anderson 07983164914
rande20@aol.com



SINGALONG

The Singalong takes place in Portadown Golf Club, Gilford Road on the second and fourth Tuesday of the month at 10.15 am.

This activity will recommence on 26/9/17.

The Convenor is Diane Hillis.
07522 960011



STRIDENT STROLLERS (2 - 3 miles over flat terrain)

The strollers meet throughout the year on Tuesday morning at 10.00 am. Venue details are sent by email in advance of the walk. Pat Flowerday has been acting as group convenor in Teresa's absence.

The convenor is Teresa Corr 38871463
corrshallyhegan@gmail.com



THEATRE OUTINGS

Theatre outings are advised by email. The next significant date is 14/10/17 at 2.30 pm when a matinee performance of Spamalot is planned. More information later.

The Convenors are Edith Davies 38 3622 67
edithdavies3213@gmail.com
and Ruth McKinley 07753615993
ruth999@talktalk.net



YOGA

The Yoga Group meets at the Hub (beside Brownlow Library) every Thursday morning. Restart details later.

The convenor is Wendy Alexander 07753619957
wendyalex@hotmail.com
wendyalex@hotmail.com



WATERCOLOUR ART GROUP

The Watercolour Art Group will reconvene on Monday 18th September at Portadown Golf Club. More information to follow later. The Convenor is Anne McMinn 07950 795639 ann.mcminn@hotmail.co.uk