

NEWSLETTER

UPPER BANN U3A - MARCH 2018



NEW BONSAI GROUP GETS UNDERWAY (Report John Lambe, Photo Geraldine McIvor)

The U3A Bonsai study group met on 13th February for the first time.

The group was well attended and I think it is safe to say it was enjoyed by everyone and members look forward to our next meeting. We plan to meet every 2nd Tuesday at the Hub from 13:30-15:30.

After brief introductions we covered the origins and history of bonsai, before moving on to look at the various tree styles and sizes.

We continued with a discussion on suitable trees for beginners and the most common mistakes made. The meeting concluded with an introduction to suitable bonsai soils and a look at some pots and bonsai trees which I brought to the meeting.

Next time we plan to work on a member's tree with some wiring to style it before going on to report it. If you are interested in joining our group please come along on 27th February at 13.30 to the Hub.

ELECTRONIC DEVICE TRAINING

Do you experience problems using electronic devices? Would you benefit from training?

Leanne Chapman from O2 has provided a range of training to Upper Bann U3A members in the past and has kindly offered additional training provided a sufficiently large number of members express an interest. The training has taken different formats but it was generally felt the last training session proved to be the most successful. On that occasion small groups attended for short periods. They brought with them details of problems they encountered.

Leanne and her assistant worked to resolve the problems. Would you benefit from this sort of help? The service is available to tablet and smart phone users regardless of make or model.

If interested please reply before Friday 9th March stating the type and make of your device to fmckeown@ionology.com

Dates, times and venue will be arranged according to responses.





Mike's Magical Mystery Mission

(Report by Heather Crawford, Photograph Paul Burrows)

The end of January found twelve Over Active Peddlers, distinguishable from the lesser cycling species by their multi coloured hi viz and padded bottoms, awaiting the Enterprise to Newry for yet another adventure. Not for us the towpath and Oxford Island. Our Leader, re-invigorated by his Southern Hemisphere trip, had hills to attack, lakes to circumvent and, if we were lucky, coffee to drink. As if this wasn't demanding enough, thrown into the mix was Junior Taggart with his curly black locks which meant the more follically challenged cyclists kept their helmets firmly on their heads! However, young and fit as Paul was, he couldn't outrun Galloping Gerry on his puncture-free steed.

The route took us from Newry, up through Camlough, along the lake, "no more hills" was the cry as, Slieve Gullion loomed into view. Saved by the coffee shop at the foot of the mountain where Betty produced a

birthday cake from her ruck sack complete with candles (as you do!) enabling us to serenade Mike and Nora with the little breath we had left.

Fortified by the sugar rush, onwards and invariably upwards, Jonesboro, Forkhill and Flagstaff 'flashed' by and then all our dreams came true with an amazing downhill for miles with views of canal, hills and dales. "No more hills" Mike redeemed himself. There were still some major roads and roundabouts to be negotiated, the heavy traffic even drowning out David's 'whispered' instructions.

Somewhat saddle sore but with a great sense of achievement, we boarded the train full of work weary folk travelling home. They should try being retired, I say!!

Thank you Mike for organising such a fabulous day and please bring the boy back again!

And there is more!



Paul Burrows commented "This was the best cycle ever on what proved to be a rare sunny February day".

Cycling appears to be one very enjoyable way to keep fit.

A Letter to Friends of Rotary

Good afternoon Friends of Rotary

I trust this email finds you well whilst enjoying our seasonal weather!

This year's Charity Lunch takes place on **Tuesday 13 March, commencing at 12:15 pm** in the Portadown Campus of Southern Regional College. We would love if you could join us at this time and enjoy the hospitality and friendship of Rotary. The Menu choices are:-

Sauté Chicken Curry

Beef stroganoff

Vegetable Curry (Veg Option)

Served with Braised Rice

Accompanied by

***Coleslaw, Pasta Salad, Cous-cous Salad,
Tossed Salad, Baby Baked Potato,
Selection of Breads***

If you plan to attend please let me know - email kevinfpowell@btinternet.com or call me on 07789 302 584 stating your preferred main course.

Regards for now.

Kevin
President,
Rotary Club Portadown.

Another New Activity

“Dance is the hidden language of the soul” - Martha Graham



DANCE THE LIGHT FANTASTIC

(Report and photographs - Tom Young)

More than thirty enthusiastic Upper Bann members attended the first meeting of the newly formed dance group which meets every Friday afternoon in Portadown Golf Club from 2.30 - 4.30 pm.

The wonderful dance teacher, Norma Campbell is taking members through their steps. Who knows, the future Fred and Ginger might well emerge!

Feed back from those who participated confirm that the teaching and the experience has been brilliant.

For more information on this group contact the Convenor, Maureen Carroll 07714 470786



Upper Bann U3A

Live, Laugh, Learn with www.upperbannu3a.com

MONTHLY MEETING

(Report by Norma Galway)

The Monthly Meeting takes place on the third Monday of the month in the Hub.

We had a most interesting talk on the 19th February. Fifty five Upper Bann U3A members were entertained by Rodney Beaumont, a very competent, skilled and professional speaker. He described a journey to the Arctic circle via the fiords and the west coast of Norway, highlighting flora and fauna, animals and wildlife with a heady mixture of Norwegian economic and social history. This was illustrated by a selection of excellent photographs which made it all the more exciting for the audience, allowing them to be part of the journey. The trip ended well inside the arctic circle in the town of Spitzbergen.

The ethos of the U3A is to keep our brains active by learning more, hence preventing us from going dotty, so this is one of the talks you should have attended. This most enjoyable and inspiring talk left the audience wanting more!

THEATRE OUTING TO THE GAIETY DUBLIN

(Report by Ruth McKinley)

In spite of misgivings re our travel plans on Saturday, 24th February nineteen members made their way to Dublin.

Despite many worries about seats on the train due to the Ireland/Wales rugby match being played on the same day in the Aviva Stadium all nineteen reached Dublin safely.

We were treated to an excellent performance of 'Sive' by J.B.Keane by the Druid Company. Not many laughs but some super acting by all on stage.

Coming home on the train with some jubilant young rugby fans had its compensations for

some of us not returning until the last train. The 'craic' was good and in the main good-natured.

Another enjoyable outing for our Upper Bann U3A members.

Remember to support our local Drama Festival Tuesday 13th - Friday 23rd March in Portadown Town Hall at 8.00 pm nightly.

Bridge News



INTERMEDIATE PAIRS

Wednesday 7th March 2018

7:15 pm Kelvin and Malone Bridge Centre



Entries are invited for this single session competition open to all Intermediate and Novice players.

Ample free parking with tea/coffee and soft drinks available at a reasonable price (50p)

We look forward to your support at this event.

Pre-entry essential by Monday 5th March

Entries to Liz Scott:-

Email:- lizscott@nibu.co.uk or

Tel:- 07801482748 / 02891 810708

Members met at Molly's Mill for the February Luncheon

(Photos - Ruth McKinley)



Molly's Mill Lawrencetown - 22nd February 2018 - formerly Halls Mills Inn

STRIDENT STROLLERS WALK THE SCARVA TOWPATH



On Tuesday 20th February a new bird joined the Strident Strollers on their walk along the Towpath from Scarva. It goes without saying it was a bird of the feathered variety. This ever growing group of strollers enjoyed a cup of tea and a chat in the Tea Rooms after the walk which is approximately two miles on flat terrain.

