

Norma's very successful term in office has come to an end. At the AGM in May, Norma outlined developments during the year. She thanked all who had worked so hard to ensure the smooth running of Upper Bann U3A, in particular Committee Members and Convenors. Norma also paid tribute to Tom Young who has come off the committee after a six year stint. She welcomed new members Trevor Hutton and Alex Barr. Thank you Norma for your leadership and hard work at the helm.

# NEWSLETTER

UPPER BANN U3A - JUNE 2018

[www.upperbannu3a.com](http://www.upperbannu3a.com)

## A WORD FROM OUR NEW CHAIRMAN, RUTH

Hi Everyone,

As I begin my year as Chairman of the Upper Bann U3A I am very aware that I am following in the footsteps of previous eminent persons and of Norma Galway who has led us for the past two years.

Gone is the tall, elegant, statuesque 'blonde'. BUT remember the old saying – "Good goods come in small packages". I hope to continue her work to grow and strengthen our U3A, which now stands at a membership of 258.

We have a new pop-up banner which says – LEARN, LAUGH & LIVE. For me the emphasis is more on LAUGH ,LIVE and if you LEARN a little then that's a bonus!

I'm lucky in that I will be leading a very hard-working and dedicated committee who are prepared to work tirelessly in your interests.

There can be no-one who is unaware of the update to the General Data Protection Regulation(GDPR). This will involve everyone filling in a new membership form updating your personal data and giving your permission for the Upper Bann U3A to hold this data securely. Please, please keep an eye on your emails and co-operate with us by returning these forms ASAP.

We are lucky to have an excellent group of convenors without whom we would not have a U3A. My thanks to them for all their hard work year by year. New groups are the life blood of U3A so if you feel you would like to share something you enjoy with others please contact me or any of the committee. Help is there for anyone wishing to set up a new activity.

The next Get-Together in the Hub, Craigavon, is on Monday, 17th September at 2pm. The speaker will be Alex Barr, a new member of committee, talking about her trip to the Antarctic. Please come along and support her. Looking forward to meeting you all during my year as Chairman.

Ruth McKinley

Incoming Chairman Ruth presents Norma with a gift



# Strollers' weekly walk (Photographs and report by Pat Flowerday.)

The venues for May's strolls have been varied. The first saw us taking the train to Cultra for the short walk to the coast from where we followed the path into Hollywood. The head-on wind was invigorating making the coffee shop even more inviting.

The towpath at Scarva was our second May stroll. Birdsong accompanied us as we made our way to Acton Lake and back to the Tea Rooms in Scarva.

The Argory was next with a walk along the river before going through the trees to admire the show of bluebells in full bloom.

Loughgall came next on a beautiful sunny day. The walk was delightful, plenty of birdsong and more bluebells alongside huge swathes of strong-smelling wild garlic.

The final stroll of the month on 29 May is a return to Hillsborough Forest Park which we have missed out on while work was going on around the lake.

## Nature Group Defies Poor Weather Conditions

Despite the weather, ten members of the Nature Group enjoyed their time at the National Trust gardens at Rowallane. The highlights there in May are the rhododendrons and azaleas. The trees are majestic, the walled garden was looking good and the rockery is always delightful.

We are hoping for better weather for our forthcoming trip to Rathlin Island on the last Wednesday of this month.







## It's cherry pink and apple blossom white!!

David Thornton chose the perfect time of the month of May to explore the apple orchards of Co Armagh, with a break for coffee in Sloans at Loughgall. The ride included sessions on how apples are grown and fertilised by grafting on a different variety. Fascinating tour. Cider apples are now gradually taking over from the traditional Bramleys. (Report and photo Paul Burrows)



Relaxing after a bracing cycle into a gale force wind from Portadown to Poyntzpass. The scones and coffee in Petty Sessions are second to none! Thanks Gary. Good decision!



# YOUNG AT HEART RETIREMENT LIVING EXHIBITION

Upper Bann U3A took a table at the YOUNG AT HEART RETIREMENT LIVING EXHIBITION at Craigavon Civic Centre on Wednesday 23rd May 2018.

There were many organisations and companies represented at the exhibition, covering issues such as:

- Short Breaks • Health & Wellbeing
- Inheritance Tax Planning
- Eye & Hearing Care • Retirement Housing • Getting Online & The Internet
- Wills & Probate • Money Saving Advice • Days Away • Volunteering

The free event was for retired people and was very well attended. Our table attracted quite a lot of interest, although the most popular table seemed to be run by an antiques expert offering free 'Antiques Roadshow' valuations on valuables brought in by attendees!

Members of the committee manned the table and spoke to people who expressed an interest in U3A and our activity groups. It is hoped that we gain some new members as a result of this free local publicity. (Photograph and report Wendy Alexander)



# IT'S BBQ TIME – HURRAY!

UPPER BANN U3A'S EVENT OF THE YEAR - KILBRONEY

Wednesday 27th June 10.00 am - 4.00 pm (more information to follow)

Speaking of BBQs ..... Does this sound familiar to anyone?

When a man volunteers to do the BBQ the following chain of events are put into motion:

Routine

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill – beer in hand.

Here comes the important part:

- (4) THE MAN PLACES THE MEAT ON THE GRILL.

More routine....

- (5) The woman goes inside to organise the plates and cutlery.
- (6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he deals with the situation.

- (7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

More routine....

- (8) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.
- (9) After eating, the woman clears the table and does the dishes.

And most important of all:

- (10) Everyone **PRAISES** the **MAN** and **THANKS HIM** for his cooking efforts.
- (11) The man asks the woman how she enjoyed 'her night off.' And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women...

ENJOY YOUR BBQ IN KILBRONEY!!!!



# BBQ 2017





Another very successful year has passed and the weather is wonderful. Long may it last!

On behalf of Ruth and the Committee I would like to say a big thank you to all convenors who ensure the activities run smoothly, and a particular thanks to Tom Young who has done a wonderful job as Committee Member and Activities Co-ordinator for the last six years,

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

***FOLK ENJOY YOUR SUMMER!***

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***Thank you to all who regularly send photographs and articles for inclusion in the Newsletter. I am appealing to all members to send items of interest to me during the summer months. Your help is needed for the continued success of the Newsletter. My email address is [fmckeown@ionology.com](mailto:fmckeown@ionology.com)***