

# NEWSLETTER

Upper Bann U3A - September 2018



*The BBQ and  
Treasure Hunt took  
place in blistering  
sunshine in  
Kilbroney Park in  
June.*

As our wonderful summer approaches an end, activities are due to recommence. Full details of activities on offer, venues, dates and times are available on pages 5 and 6.

We are so lucky to be part of a very successful Upper Bann U3A. Success does not come about by chance. It is the result of hard work on the part of the Committee, the Convenors, and those members who contribute in a variety of ways.

The U3A is for all people who wish to keep their minds and bodies in good shape with the passing years. Your previous experiences – jobs, qualifications, achievements, etc. – are irrelevant. The U3A welcomes everyone and gives all-comers the opportunity to try out exciting activities.

A study focusing on the U3A movement indicated that people joined the U3A not just for learning but also for the social elements of friendship and support.

***New members are very welcome!***

# Barbecue another hot event! (David Armstrong)

The annual barbecue is one of the hottest events of the year on the U3A calendar. And on one of the hottest days of this year it wasn't difficult to gauge the reason for its popularity.

As seventy-six members sweltered in the heat at picturesque Kilbroney Park in Rostrevor they were served up a spread that would have done any barbecue proud.

"Yes, it is one of our most popular events and the glorious weather was an added bonus at this year's event," said chairperson Ruth McKinley.

Ruth paid tribute to everyone who contributed to the success of the event. "There is a lot of hard work goes on behind the scenes to organise the barbecue and members certainly pulled out all the stops," said Ruth. "This was our sixth barbecue and it is now a firm fixture on our calendar."

One of the highlights is the Treasure Hunt, organised by Tom and Valerie Young, and for the second time the winners were Barbara and Stanley Robinson. Barbara maintains she was the one who came up with all the answers!

Tom and Valerie, having organised the Treasure Hunt for several years, now know every tree and every landmark in Kilbroney Park.

"They do a brilliant job and we are very grateful," said Ruth.

She also paid tribute to the members who took on the role of chefs for the day and assures us no-one suffered food poisoning! Ruth had a special mention for Maureen Carroll whose hard work in preparing the food ensured everything was properly cooked.

Treasurer Graham Bass was a notable absentee and the members are hoping he is well enough to attend next year's event.

By the way, there were some bizarre umbrellas on show, offering respite from the heat. How about a bizarre outfit for next year?

"But we had some of these," joked Ruth who is revelling in her new post as chairperson and is ensuring that the Craigavon U3A is one of the most go-ahead in the province.





# Over Active Peddlers'

## Tour de Westport



Very early one morning on the 4th of June, 11 bleary eyed but neon lycra clad cyclists set forth for Westport, admittedly by car, though ready to leap into action on 2 wheels on arrival. Everyone, that is, except David T who performed a modest strip tease on a double yellow outside our hotel! Padded bottoms secured, off we pedalled in hot sunshine along part of the Greenway and beyond. A welcome lunch in Newport was enlivened by Gary locking himself in the loo. Back to base, time for Mike to iron his shirt, the girls to reinvent themselves, glasses raised, ready to party. Great dinner, followed by live music where the light fantastic was certainly tripped from waltz to jive and goodness knows what in between. Nora and Betty, Brian and Paul showing a few moves, 'strictly' of their own making!

Day 2 was the biggie, from Mulranny to the ups and downs of Achill, led by David. A challenging day, hot and hilly, spectacular views, whale watching and an amazing hairpin downhill with Betty 'quietly' leading the charge. Spot on lunchtime, Dan's pub loomed into view, with seats in the

sunshine and food and drink to be had. A wonderful cycle, pizza and scallops for dinner, Matt Molloy's for music, guest house for quiz and presentations by Betty and Heather.

Mike promised us a gentler Greenway cycle on our last day before heading home, but we all knew better. Yes, we had a long hilly loop with great lake views but enough downhills to keep us going on probably the hottest day. Over 90 miles cycled with not one puncture; Gary's new magic all-in-one toolkit only being required for my saddle malfunctions which had nothing to do with bottom size, honest!

The company and craic, support and encouragement amongst the group was superb with grateful thanks to Mike and David for all the 'blood, sweat and gears' that we know goes into organising and leading a trip like this enabling the rest of us to go that bit further. Always remember 'Keep calm and bike on. (Report by Heather Crawford, photographs Paul Burrows)





U3A cycle group on Achill Island. Beautiful weather and stunning scenery.  
This really is one of the most beautiful places in the world.



**IT IS NOT WHAT YOU KNOW BUT WHO  
YOU KNOW THAT COUNTS!!!**

At least that is what I have been told by  
one member of Upper Bann U3A  
(Rosaleen Hamill) who was seen in Market  
Street, Portadown with a certain well-  
known journalist..

## **COMMITTEE**

**Chair Ruth McKinley**

**077 5361 5993**

**[ruth999@talktalk.net](mailto:ruth999@talktalk.net)**

**Secretary Wendy Alexander**

**07753 619957**

**[wendyalex@hotmail.com](mailto:wendyalex@hotmail.com)**

**Treasurer Graham Bass**

**077 0959 3424**

**[grahamcbass@yahoo.co.uk](mailto:grahamcbass@yahoo.co.uk)**

**Membership Secretary Laura  
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**[laura842@live.com](mailto:laura842@live.com)**

**[Committee Members](#)**

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**07784 492400**

**[michael@cardwell.org.uk](mailto:michael@cardwell.org.uk)**

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**[Beacon Project](#)**

**John Trimble**

**078 33 282 383**

**[johntrimble@outlook.com](mailto:johntrimble@outlook.com)**

# U3A ACTIVITIES INFORMATION

## BOARD GAMES

Portadown Golf Club  
every Thursday  
morning at 10.00

Group Leader - Jean



[millarjeanmillar@btinternet.com](mailto:millarjeanmillar@btinternet.com)

028 3833 2830

Reconvene Thursday 6th  
September.

## BONSAI GROUP

The Hub Craigavon  
every two weeks at  
1.30 pm.

Group Leader – John  
Lambe



[jlambephoto@gmail.com](mailto:jlambephoto@gmail.com)

Information to follow

## BOOK CLUB

The Haven, Windsor  
Avenue, Lurgan on  
the second Tuesday  
of each month at 3.00 pm



Group Leader – Christine  
Marley 077 4251 7549  
[chrism196@yahoo.co.uk](mailto:chrism196@yahoo.co.uk)

Reconvene Tuesday  
11th September



## BRIDGE

Portadown Golf Club every  
Friday morning at 10.00 am

Group Leader – Gordon Lunn  
028 3832 7909  
[gordonlunn@talktalk.net](mailto:gordonlunn@talktalk.net) Bridge  
will continue on 7th September.  
Lessons for improvers restart in  
October. **Beginners classes  
will begin in January 2019**

## CHESS

Portadown Golf  
Club every  
Thursday morning  
at 10.00 am.



Group Leader – Des Rawlings  
[dhrawlings@btinternet.com](mailto:dhrawlings@btinternet.com)

028 3884 1798

Reconvene Thursday 13th  
September

## CYCLING GROUPS

All cycling groups  
continued  
throughout the  
summer.



Mike's Bikers meet at various  
venues every Tuesday 10.00 am

Group Leader – Mike Taggart  
028 3833 9363  
[taggartmfg@hotmail.com](mailto:taggartmfg@hotmail.com)

Recycled meet at Portadown  
Towpath every Wednesday at  
2.00

Group Leader – John Trimble  
028 3834 3326  
[johntrimble@outlook.com](mailto:johntrimble@outlook.com)

Tom's Easy Riders meet at  
various venues every  
Wednesday at 10.00 am.

Group Leader – Tom Young  
3883 0898  
[thomasy04@me.com](mailto:thomasy04@me.com)



## DANCE

Group Leader –  
Maureen Carroll  
077 1447 0786

Information at a later date

## FRENCH FOR IMPROVERS

This group  
meets at The  
Hub Craigavon  
every Wednesday 10.00 am.

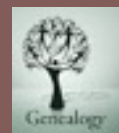


Group Leader – **Helen Rawlings**  
[dhrawlings@btinternet.com](mailto:dhrawlings@btinternet.com)

078 0824 2627 Reconvene on  
12th September

## GENEALOGY

The genealogy  
group meet at  
various venues  
when required.



Group Leader –  
Geraldine McIvor  
028 3833 0487  
[geraldine.mcivor@gmail.com](mailto:geraldine.mcivor@gmail.com)

## GET TOGETHER

All U3A members are invited to  
meet in The Hub Craigavon on  
3rd Monday of  
each month at  
2.00 pm for a  
entertainment,  
chat, craic and  
refreshments.



Group Leader – Ruth McKinley  
028 3833 6817  
[ruth999@talktalk.net](mailto:ruth999@talktalk.net)

Details of meetings on bottom of  
page 6.

## LUNCHEON CLUB

The Luncheon Group meet at  
various venues on  
the last Thursday of  
the month at 1.30.  
Norma Galway  
38871757  
[norma.galway@gmail.com](mailto:norma.galway@gmail.com)





## MATHS FOR FUN



Maths for Fun is held in Portadown Golf Club on alternative Mondays at 10.00 am.

Group Leader – David Thornton 028 3885 1930  
[david.w.thornton@btinternet.com](mailto:david.w.thornton@btinternet.com)

The Group will reconvene on Monday 10th September

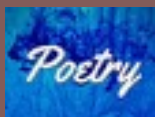
## NATURE GROUP



The Nature Group meet at a range of venues. Information is sent to members via emails. Group leader is Pat Flowerday 38340951  
[pflowerday@live.co.uk](mailto:pflowerday@live.co.uk)

The next outing will be on **19th September** to RSPB WoW reserve in Belfast Harbour.

## POETRY GROUP



The Poetry Group meet on the 1st Monday of the month in The Hub Craigavon at 2.00 pm.

Group Leader - Maureen McLoughlin 38322010  
[maureenmclathorne@hotmail.co.uk](mailto:maureenmclathorne@hotmail.co.uk)

The group will reconvene on **Monday 3rd September**

## MONTHLY GET-TOGETHER

(Dates for your diary)

17th September 2018 - Alex Barr - 'A Trip to the Antarctic'

15th October - Lorna Liggett - 'Memories of a Nursing Student'

19th November- Primrose Wilson - 'The work of the Follies Trust in Ireland'

## SINGALONG



The Singalong Group meet on the 2nd and 4th Tuesday of the month in Portadown Golf Club at 10.00 am.

Group Leader - Diane Hillis 38871977/07522960011

Details to follow by email

## THEATRE OUTINGS



A number of theatre outings are organised throughout the year. Information is sent by email.

Group Leader – Ruth McKinley 028 3833 6817  
[ruth999@talktalk.net](mailto:ruth999@talktalk.net)

Edith Davies 028 3836 2267  
[edithdavies3213@gmail.com](mailto:edithdavies3213@gmail.com)

## BOB'S WALK



Bob's walk takes place at various locations every Monday morning at 10.00 am.

The walk is over mixed terrain and is approximately 6 miles in length. The group will reconvene on 10th September.

Group Leader – Bob Anderson 028 3833 1053  
[rande20ca@aol.com](mailto:rande20ca@aol.com)

December- Christmas Lunch - date to be arranged

21st January 2019 - Eileen O'Rourke - 'St. Helena, South Atlantic'

18th February - Tom Mason - 'Diamonds.'

25th March - Upper Bann U3A Drama Group

## STRIDENT STROLLERS



The Strident Strollers walk every Tuesday morning at 10.00 am. The venue varies and members are informed by email.

The walks are on flat terrain over a distance of approximately 2 miles.

Group Leaders – Teresa Corr 028 3887 1463  
[corrs.ballyhegan@gmail.com](mailto:corrs.ballyhegan@gmail.com)

Pat Flowerday 028 3834 0951  
[pflowerday@live.co.uk](mailto:pflowerday@live.co.uk)

## WATERCOLOURS



The Watercolour Group meet in The Hub, Craigavon every Monday at 1.30 pm.

Group Leader – Anne McMinn 028 3832 5001  
[anne.mcminn@hotmail.co.uk](mailto:anne.mcminn@hotmail.co.uk)

The group will reconvene on **24th September**

## YOGA



The Group meets in The Hub, every Thursday and **will reconvene on 6th September**

Group 1 meet at 10.00 am  
Group 2 meet at 11.30 am

Group Leader – Wendy Alexander 077 5361 9957  
[wendyalex@hotmail.com](mailto:wendyalex@hotmail.com)

15th April - AGM

**Wendy has kindly agreed to write an article on Yoga . The first topic (page 7) is entitled "How to deepen your breath and relax."**

## YOGA CORNER

### How to deepen your breath and relax (Wendy Alexander)

We all know that relaxation is good for us **at any age**. Putting the body in a relaxed state improves sleep and reduces stress, allowing the body to heal itself. Upper Bann U3A runs two yoga classes every week and members regularly report better sleep patterns and better mood after the classes.

### **So why not give deep breathing a try to help you relax!**

#### **WHERE**

Find a comfortable, quiet space or a space with gentle music playing. Try lying on a bed, knees bent, feet resting on the bed (or a yoga mat if you want). Alternatively sit in a chair, with your back supported so you can breathe easily. Wear comfortable clothes with a flexible waistband – we all love those!

#### **WHEN**

In the morning before you get up is good, or just before you go to sleep, or even during the night if you wake and can't get back to sleep. Any time during the day that you feel tired or stressed!

#### **HOW - STAGE 1**

Start by bringing your attention to your breathing without trying to alter it - how does your breath feel? Become aware of your breath in and of your breath out. Notice how shallow or deep your breath is. It may take a couple of practices for you to get in touch with your breathing if you've never done this before. If your mind wanders bring it back to your breathing. ***Even if this is all you do, the act of lying/sitting quietly and breathing will help you reach a relaxed state!***

#### **STAGE 2**

Try to breathe in and out of your nose, or between gently parted lips. Now place your hands on your abdomen, thumbs near your navel, fingertips touching. Next time you breathe out try to flatten your abdomen by pulling your navel in – this helps to push air out of your lungs. Don't push with your hands, use your abdominal muscles to flatten your tummy.

Allow your body to breathe in naturally. You may find that you naturally take in a deeper breath, but don't worry if this doesn't happen at first.

Each time you breathe out expel air from your lungs by flattening your abdomen. Each time you breathe in allow your abdomen to inflate like a balloon – you may find your fingertips part slightly. Once this feels natural you can rest your hands down.

Carry on breathing like this for as long as it feels good – you might even drift off to sleep! You may find that your breathing has become deeper and slower - again don't worry if this doesn't happen immediately.

Don't be in a rush to jump up as breathing deeply can make you feel light headed - allow your breath to return to normal first.

**Notice how you feel. If it feels good trying it again tomorrow!**



# WATERCOLOUR THROUGHOUT THE YEAR!



PAINTING  
COMPLETED MY  
LIFE.

FRIDA KAHLO



# ACTIVITIES IN THE SUMMER OF 2018



DIDN'T WE HAVE A LOVELY DAY, THE DAY WE WENT TO KILBRONEY?









Obviously the food was delicious!





How did Maureen, the birthday girl celebrate a big birthday? (A lady never discloses her age)







The Overactive Peddlers take a break after a long day's cycle in Westport.





U3A Bikers Cycle from Central Station to Comber and back along the coast to Belfast via Crawfordsburn Park. Perfect weather. Perfect organisation. Mike even managed to organise a breeze whenever we needed it. Possibly the best cycle this year, apart from Westport of course! It doesn't get much better than this...

U3A cycle group took the train to Newry and cycled back to Portadown via Poyntzpass with a very relaxing stop for lunch in Petty Sessions. Thanks to Mike Taggart. A lovely cycle on a perfect day!





*Coffee time  
A cup shared with a friend is  
Happiness Tasted  
and  
Time well spent*



The Strident Strollers continued to meet every Tuesday throughout the summer. All looked forward to that little cup of coffee at the end of the 60 minute walk.

New members are welcome to join. The venue varies but is on flat terrain and at a steady pace.



I would like to thank all those who send items and photographs for use in the Newsletter and the webpage. If you have materials of interest please send them to [fmckeown@ionology.com](mailto:fmckeown@ionology.com). or [tnhutton@icloud.com](mailto:tnhutton@icloud.com) We would particularly welcome articles from activity groups not generally represented in the Newsletter.

Enjoy the many activities currently on offer. If you have a suggestion for a new group please contact a member of the committee.