

Upper Bann U3A

Newsletter

Why Carved Pumpkins Are A Symbol Of Halloween



The tradition of carving faces into vegetables dates to the Celts. As part of their autumnal celebration, they wanted to light the way to their homes for the good

spirits, so they carved faces into vegetables such as turnips and squash. A light was placed within the hollowed out vegetable.

These carved vegetables were eventually called Jack O'Lanterns by the Irish who told a legend about a farmer named Jack who made a bargain with the devil that left him wandering the earth for all time.

When the immigrants arrived in America and found a bountiful supply of pumpkins, they soon adopted the pumpkin as the best fruit (and it is a fruit!) for carving Jack O'Lanterns.

1

DID YOU KNOW?

There are no words in the dictionary that rhyme with orange, the colour of pumpkin.

2

DID YOU KNOW?

Pumpkins also come in white, blue and green. Great for unique monster carvings!

3

DID YOU KNOW?

A pumpkin belongs to the berry family, which includes melons, cucumbers and squash

The Day of the Dead



Mexico celebrates 'The Day of the Dead' instead of Halloween.

Black Cats



Beginning in the Middle Ages, black cats became associated with Satan, witches, and witchcraft; some people went so far as to believe that black cats were cohorts to witches or even witches who had taken on another form.



“Come join us every Thursday morning!”

Members of the Board Games Group enjoy a well earned break before continuing playing a "numbers" game called Rummikub. Some members take on the game of chess but other games are of course available, Scrabble etc.

We welcome newcomers to the Group which meets on a Thursday morning from 1000 till 1200 in Portadown Golf Club. We charge a small fee to cover use of the Club premises and tea/coffee. The convenor of the Group is Jean Millar (third left) who can be contacted by email - jeanmmillar@btinternet.com

(Photograph and report - Harry Wallace)

Welcome to the group Joe!



The reunited cycle group welcomed a new recruit today, Joe Nicholson, who managed the trip around the Drumlins of Down and Armagh with coffee/lunch in Scarva, undeterred by Mike's 'inclines'!

(Paul Burrows)

Enjoy your cycles over the Halloween period and I hope there are no black cats causing problems for our members! Cyclists Beware!



BONSAI UPDATE (Photograph and Report - Ruth McKinley)

The Bonsai group met again for the first time since our summer break.

Although it is a small group the size has the obvious benefits of getting to know each other well and the craic is always good.

As this is wiring season for bonsai we concentrated on how to apply wire correctly to prevent damage to the tree and to give maximum freedom for shaping branches.

After a good chat, some tea and the compulsory chocolate biscuits everyone felt it had been a really worthwhile session and went away with new knowledge, skills and a few bonsai I had been growing from cuttings.

Looking forward to the next monthly meeting which is held on the 4th Tuesday of every month at 1 pm in the Hub. Contact John Lambe, convenor jlambephotography@gmail.com



STRIDENT STROLLERS' TUESDAY WALKS

Our first stroll in October was to the lovely grounds of The Argory. Usually easy level walking, this time each path we took was blocked by a fallen tree. The late storm had done its worst. After many turnarounds, scrambling over a gate amidst much laughter, we managed a reasonable stroll. What the three new joiners thought? We went in convoy to the Ryandale in the Moy afterwards. Well, that was the intention. Unfortunately for those behind, one of the middle cars left the line deciding to go straight home. It was some time before its followers cottoned on! They eventually made it to Moy before the rest of us had finished all the coffee and scones! It was just 'one of those days'.

The following week saw the Strollers at Craigavon Lakes. Level walking here and no obstacles, made for an enjoyable stroll. The Shopping Centre was nice and handy for the post-walk coffee.

The Newry Canal towpath starting at Portadown was the third stroll of the month. This walk takes you into countryside very quickly. The water has a calming and tranquil effect and is one of our favourites. The fairly new Ground Espresso cafe right by the bridge in Portadown is the ideal place for coffee.



Oxford Island was our fourth stroll of the month. A walk along the Lough shore then up the steps and through the trees - all in lovely autumn colours, over the road to the other shore, calling into the bird hide very briefly made this a varied walk in pleasant surroundings. And, yes, we ended the morning with coffee and homemade scones in the Discovery Centre's cafeteria.

The final stroll in October will be a return to our all-time favourite, Lurgan Park. Look out for an email with details.

(Report and photographs Pat Flowerday)



The steps at Oxford Island



A mass of fungus by Craigavon Lakes

OCTOBER GET TOGETHER

Around 48 members gathered in the Hub to hear a very interesting talk from Lorna Liggett relating her introduction to Nursing in the late 1960s.

Having only been to Belfast twice before, arriving in Belfast from a rural background was a big challenge which she embraced with enthusiasm and a sense of adventure. The fact that this was the height of the 'troubles' did not deter this young student nurse and her fellow students.

Making their way through riots and paramilitaries in balaclavas with long 'stick-like things' was commonplace for these students going on duty. It was most important that these girls were able to get to the hospital to look after the sick babies and young children in their care. Quite often they were accosted by two lots of these paramilitaries. One from the Loyalist community and one from the Republican community. The reply to "We are nurses going on duty" was the same answer from both - "On you go, girls, you're doing a great job."

This is just a small example of the stories Lorna told us. In fact after she had retired she was contacted by the Royal School of Nursing asking her to contribute to a book relating to those early years. This book is now the basis for a drama which will hopefully be on television in the not too distant future.

Those nurses present were able to empathise with what they were hearing and the chat over tea and coffee was definitely 'a bit nursey'.

Next month our Get-Together will be on Monday, 19th November when our speaker will be Primrose Wilson. Her talk will be 'The work of the Follies Trust.' (Photographs Pat Flowerday, Report Ruth McKinley)

There will be one more Newsletter before Christmas. Please send items of interest to web site manager, Trevor Hutton - email address tnhutton@icloud.com



Have a great halloween



Lorna shares her experiences



Ruth proposes a vote of thanks



The well attended monthly Get-together



There is always time for a chat