



THE GLENS AND DALRIADA U3A SPRING NEWSLETTER 2015

This is the first Newsletter of the year and already we are well into our programme of events. The activities are continuing well though unfortunately we have lost some - the Readers' Group and Italian classes are stopped and the Zumba and Table Tennis has been cancelled for the moment as there is just not enough interest. We are very pleased however, to announce a new activity – CeramicPainting. We are very grateful to Gloria Hassall for introducing this creative past-time for our U3A. Gloria has many years' experience of creative arts and of painting on Porcelain and China as can be seen in the photograph below where she is displaying some of her earlier handiwork.



(Courtesy of Miriam Thompson)

Also if anyone is interested in beginning a new group in Line Dancing or a play or story-reading group, please see a member of the Committee. Its always good to see if we can refresh our activities, some fall by the way side, but sad though that is, it gives us a chance to take stock and see if we can add something new which helps us keep learning. Our U3A is friendly and happily growing, but we always have room for more, so if you know of someone new to the area please bring them along, they will be made very welcome and may even be able to add to our activity list.

Reminder – Annual Dinner, Wednesday, 29th April at 7.00 p.m. in the Cushendall Golf Club. Please make sure that you send your completed menu and payment to Maeve Walsh by Monday, 13th April. This is a most enjoyable event and it would be a shame to miss it!!

Art Appreciation – The last three talks have focused on the Art and Architecture of Ancient Greece and Rome. The first session explored the stages of Greek Sculpture from the primitive figures of the 7th and 6th Centuries BC to those produced in marble and bronze by the master sculptors of the Classical Period and the works from the Hellenistic Age. The Greek orders of Architecture and their uses in the construction of temples was explained as well as how sculptures were used as an integral part of the finished buildings. The exploration of Roman Art and Architecture began with a brief look at Roman Civilization. The discovery of new building materials and techniques was considered and how they enabled the Romans to design and construct not only magnificently decorated private palaces and structures, but also a range of public housing. The third talk dealt with Roman Painting and Sculpture and we viewed and discussed examples of the four stages of painting and mosaics which have been discovered in Pompeii and Herculaneum. We also studied relief, free-standing and

portrait sculpture and their uses in the Roman world. This month the focus will be on our local area through the eyes of Irish painters and sculptors, past and present. Please come along and join the group – no previous knowledge of this subject is necessary!

Badminton – Unfortunately the numbers of the badminton club have diminished, but it is still active. It takes place in the Sheskburn Leisure Centre in Ballycastle on Tuesday nights at 6.30 p.m.-7.30 p.m. and this will continue until Tuesday, 31st March. It is still not too late to come and join the club even if you have never played before. There is a lot of fun and you can get some exercise at the same time. Racquets are available. Please contact Joan Irvine on 20 763690 if you are interested.

Bowls – This is very dependent on the weather as to when the summer season begins. If you are interested in joining this outdoor activity please contact Jimmy Stewart on 20 762699.

Bridge –This activity goes from strength to strength. There are 28 regular members and a few other U3A members who play occasionally. Bridge is played at Ballycastle Golf Club every Wednesday from 2.00 p.m though please arrive at 1.50 p.m. The cost is £2 per session (if you intend to come regularly you can pay £15 to cover 16 weeks) which includes tea and biscuits. Everyone is welcome and if you have no partner, but would like to join us for an afternoon, please contact Kathy O'Donnell on 20 768921 or 07905381961. Last November the Bridge Group organised and hosted the Northern Ireland U3A Bridge Congress at the Marine Hotel. This event was attended by over 100 people and was very successful. Our Bridge Group is hosting it again next November. Also each year a trip to Dublin (by train) is arranged where we play Bridge both ways. Last May we had a tour of Dublin Castle during our five hours in the city. Please come along – Kathy and the other members will give you a very warm welcome.



Ceramic Painting – This new activity began a few weeks ago and we have four members. One member of the group has been enjoying a return to painting bisque, the other three members began painting on China or Porcelain. The photograph shows the excellent work in progress for which they should be congratulated. For further information on this creative activity please contact Gloria Hassall on 20 751709.

Cinema –This year the group saw some very enjoyable films, including, ‘The Judge’, ‘Mr. Turner’, ‘The Imitation Game’, ‘The Theory of Everything’ ‘Testament of Youth’, ‘Selma’ and ‘the Second Best Exotic Marigold Hotel’. Unfortunately Kathy O'Donnell no longer feels she can remain the Convenor for this activity. Kathy has been the Cinema Convenor for a number of years now and has decided it is time to hand over the reins to someone new. We would like to thank Kathy for all her hard work over the years and for co-ordinating these trips. If anyone would like to take over this interest please see a member of the Committee.

Computer – The class takes place on Tuesday, at 10.00 a.m.-12.00 noon in Ballycastle Golf Club and participants do need a laptop. The cost of the course is £10 for approx. 8 weeks. The course is intended to be conducted in a friendly, easy-going, manner and covers all abilities - from novice to general user. This session will cover – general computer usage; the creation of folders and the management of data/pictures within folders/files; efficient and safe internet browsing to include creation and use of favourites; receiving and sending emails and management of files; sending

multiple pictures by email by reducing their pixel size or using Google cloud or Google drive; using add-ons such as – USB pens, external hard drives, download pictures from camera cards. Information will be sent out nearer the time for the next course beginning in September. Please contact Gerry (gerrycolohan@g.mail.com) or Brian (dillonbjd@gmail.com) if you wish any further information.

Crochet – For those interested in this please contact Rita Cassidy on 20 769229.

History – The history talks continue to be very popular and take place on the last Friday of the month in the Crypt of St. Patrick & St. Bridgid’s Church, Ballycastle starting at 2.00 p.m. In response to several requests, this year Frank has been focusing on events outside Ireland such as the Crimean War and Italian Unification. Irish history however, has not been neglected and the timetable for the remainder of the session will be as follows - ‘St. Patrick on 27th March; the ‘History of Israel’ on 24th April and ‘Early Irish Christianity on 29 May. Weather permitting, it is hoped that the final session on 26th June will take the form of a walking tour examining the history of Bonamargy and the town of Ballycastle. Before that on Thursday, 18th June, we hope to go on a trip to the old Gaelic fortress of An GriananAileach which is outside Derry and also visit Glenveagh National Park and the Derek Hill Gallery in Donegal. Further details of this trip will be announced later.

Holidays and Away-Days – There has been a very good response for the next holiday to Croatia. This has now been booked and there will be 37 people travelling.

Mah Jong – This activity is played every Monday, 2.00 p.m.-4.00 p.m. in Cushendall Golf Club. We regularly have three tables, but new members are always welcome – you can learn to play in just one session. We will continue playing until the beginning of June and will finish with a complimentary dinner and prize-giving for the highest score. Please contact Rosemary at raitkenhead@hotmail.com for further information.

Music and Drama – The Music and Drama group are working hard on their next performance which will be at the June meeting. This will take the form of a few light-hearted items and will, no doubt, be a great success as was their very moving presentation on WW1 at the Christmas meeting.

Pilates – This activity is held in the crypt of St. Patrick’s & St. Brigid’s Church on Tuesday at 11.00 a.m.-12.00 noon. and continues to be very popular. We are fortunate to have a great coach in Karen who encourages us into greater fitness and flexibility, keeping us forever young!

Table Tennis –This activity was going very well until Christmas and around 8 people would attend however, since then the level of interest has dropped off for various reasons. The outcome was that the sport was no long financially viable as each session would have been too expensive. Donald Fielding the Convenor for this is hoping that after the summer he will have sufficient interest to start up again.

Walking Group – Our first outing of 2015 proved to be a challenging one as 16 people braved the elements in snowy, windy conditions. We met in Ballycastle and followed the old railway track up into Ballycastle forest enjoying the work-out and catching up with friends however, after about an hour a heavy sleet shower demanded that we descend back to town. By then most people wanted to get home to get warmed up! The February walk was very pleasant with 11 people – walking from Ballintoy harbour to Larrybane and on out to the rope bridge. There was some rain during the latter part, but we had great views of Rathlin and the Mull as well as a big sea swell below. We finished the walk in Ballintoy village and enjoyed a nice fire, lovely scones and coffee. The March walk is on

25th at Cranny Falls, so we would love to see some new people. We will rendezvous at Hunter's carpark at 9.30 a.m. to carpool and travel on to Carnlough carpark beside the Spar shop.

Yoga – The Yoga class has continued to thrive this winter keeping up both in numbers and level of commitment. We will finish at Easter and look forward to re-convening in the autumn.