



THE GLENS AND DALRIADA U3A AUTUMN 2014 NEWSLETTER

A VERY WARM WELCOME BACK TO ALL U3A MEMBERS AND THOSE WHO HAVE JOINED US FOR THE FIRST TIME. IT IS HARD TO BELIEVE THAT WE ARE ALREADY INTO THE SECOND MONTH OF OUR NEW YEAR. MOST OF THE ACTIVITIES HAVE ALREADY STARTED AS WELL AS OUR MONTHLY TALKS. THE ATTENDANCE CONTINUES TO BE VERY GOOD, BUT THERE IS ALWAYS ROOM FOR MORE! TO THOSE OF YOU WHO HAVE A TALENT (AND THAT'S PROBABLY MOST OF YOU!), AND WOULD LIKE TO START UP A GROUP TO SHARE THIS WITH, PLEASE CONTACT ANY MEMBER OF THE COMMITTEE. IF YOU ARE UNSURE IF THERE IS ENOUGH INTEREST WE CAN ALWAYS CIRCULATE INFORMATION TO SEE WHAT THE RESPONSE IS. OUR ACTIVITIES ARE NOT ONLY A VITAL WAY OF HOLDING THE COMMUNITY TOGETHER AND MAKING NEW FRIENDS, BUT THEY ARE ALSO GOOD FUN AND YOU CAN KEEP FIT, AS CAN BE SEEN FROM THE PHOTOGRAPH OF THE WALKING GROUP BELOW.

ONE OF OUR MEMBERS – JIMMY STEWART – LAUNCHED HIS BOOK, “CHERISHED MEMORIES” LAST MONTH. THIS IS A STORY ABOUT JIMMY’S LIFE AND SOME OF YOU MAY HAVE HEARD HIM SPEAK AT THE LAST U3A MEETING. ALL PROCEEDS OF THE BOOK GO TO CHARITY, SO IF YOU HAVEN’T ALREADY PURCHASED A COPY AND WOULD LIKE TO DO SO, PLEASE CONTACT JIMMY. HE HAS HAD AN INTERESTING LIFE, TOLD WITH SOME PANACHE!

IN THE MEANTIME WE HOPE THAT YOU ARE ALL CONTINUING TO ENJOY THE WONDERFUL AUTUMN WEATHER THAT WE HAVE HAD AND THAT YOU ARE TAKING FULL ADVANTAGE OF THE ABUNDANT CROP OF BLACKBERRIES ALONG THE HEDGES!



ART APPRECIATION – THESE LECTURES SEEM TO HAVE HELD THE MEMBERS’ INTEREST DURING THE SESSIONS AS ATTENDANCE REMAINED VERY SATISFACTORY. DURING THE PAST YEAR MARY CONTINUED WITH HER TOPIC OF IRISH WOMEN ARTISTS THROUGH C19TH AND EARLY C20TH. THIS WAS FOLLOWED BY TALKS ON THE DEVELOPMENT OF PAINTING IN THE USA. JOE LOOKED AT GERMAN EXPRESSIONIST PAINTING DURING AND AFTER WW1. HE FOLLOWED THIS WITH A SERIES OF TALKS ON THE PLACE OF SATIRE IN PAINTING AND PRINTMAKING FROM C17TH TO THE PRESENT DAY AND HOW IT WAS USED AS A FORM OF POLITICAL WEAPON BY THE EDITORS OF NEWSPAPERS AND PERIODICALS. THE AREAS OF CONSIDERATION FOR THE INCOMING YEAR INCLUDE THE ARCHITECTURE AND SCULPTURE OF THE GREEK AND ROMAN CIVILIZATIONS AND HOW THESE HAVE INFLUENCED LATER WORKS. WE WILL ALSO REVISIT THE ART OF THE RENAISSANCE. DUE TO THE ITALIAN BREAK IN OCTOBER THE FIRST LECTURE WILL TAKE PLACE ON THE THIRD THURSDAY IN

NOVEMBER FROM 2.00 P.M.-4.00 P.M. IN GLENMONA HOUSE, CUSHENDUN. NEW MEMBERS ARE ALWAYS WELCOME AND DO NOT NEED TO HAVE ANY PREVIOUS KNOWLEDGE OF THE SUBJECT.

BADMINTON – THE BADMINTON IS NOW MEETING IN THE SHESKBURN LEISURE CENTRE, BALLYCASTLE ON TUESDAY EVENINGS FROM 8.30 P.M.-9.30 P.M. THE GROUP STARTED ON 16TH SEPTEMBER, BUT THERE IS ALWAYS ROOM FOR NEW MEMBERS! SPARE RACKETS ARE PROVIDED IF NECESSARY, SO WHY NOT COME ALONG AND ENJOY SOME EXERCISE AND FUN. IF YOU ARE INTERESTED PLEASE CONTACT JOAN ON 20 763690.

BOWLS – THIS HAS STOPPED FOR THE WINTER SEASON.

BRIDGE – BRIDGE IS HELD AT BALLYCASTLE GOLF CLUB ON WEDNESDAY AFTERNOONS AT 2.00 P.M. A FRIENDLY SOCIAL BRIDGE IN A DUPLICATE FORM IS PLAYED AND IF YOU HAVE RECENTLY LEARNED BRIDGE OR YOU WISH TO IMPROVE PLEASE COME ALONG. KATHY IS THINKING ABOUT STARTING A BEGINNERS' BRIDGE GROUP AND IF ANYONE IS INTERESTED SHE WOULD BE PLEASED IF YOU WOULD GET IN TOUCH WITH HER. HER NUMBER IS 20768921. EARLIER THIS YEAR IN THE SPRING THE BRIDGE GROUP ENJOYED WHAT IS BECOMING AN ANNUAL BRIDGE TRAIN TRIP TO DUBLIN. DURING THE VISIT THEY ALSO INCLUDED A VISIT TO DUBLIN CASTLE. **NOTE FOR YOUR DIARY – 6TH NOVEMBER THE GLENS AND DALRIADA U3A ARE HOSTING THE 2014 U3A BRIDGE CONGRESS AT THE MARINE HOTEL, BALLYCASTLE BEGINNING 10.30 A.M.**

CINEMA – LAST YEAR WAS A DISAPPOINTING YEAR FOR THE FILM GROUP, ESPECIALLY AFTER THE MANY GOOD FILMS SHOWN IN THE PREVIOUS YEAR. SOME FILMS DID NOT APPEAL AND THOSE THAT DID OFTEN WERE NOT SHOWN IN EITHER BALLYMENA OR COLERAINE, BUT THE GROUP DID GO TO BELFAST THOUGH TO CATCH UP. SOME OF THE FILMS THAT WERE SEEN WERE – CAPTAIN PHILLIPS, 12 YEARS A SLAVE, THE GREAT GATSBY, THE BUTLER, SAVING MR. BANKS, THE BOOK THIEF, BELLE AND THE RAILWAY MAN. IF ANYONE WOULD LIKE TO JOIN THE GROUP PLEASE SEND KATHY AN EMAIL ON pjb_odonnell@hotmail.com AND SHE WILL ADD YOU TO THE INFORMATION LIST - OR PHONE ON 20768921.

COMPUTER – GERRY COLOHAN AND BRIAN DILLON HAVE TAKEN OVER THE COMPUTER ACTIVITY. THE CLASSES ARE FOR LAPTOPS ONLY AND TAKE PLACE AT BALLYCASTLE GOLF CLUB EVERY TUESDAY BETWEEN 10.00 A.M.-12.30 P.M. THE COST IS £2 PER SESSION, BUT THAT COULD BE REDUCED DEPENDING ON THE NUMBERS. AT THE MOMENT THE CLASSES ARE RUN FOR BEGINNERS OR THOSE WITH JUST A CURSORY KNOWLEDGE OF COMPUTER TECHNOLOGY. IF YOU WOULD LIKE TO JOIN THESE CLASSES OR WISH TO KNOW MORE ABOUT THEM PLEASE CONTACT GERRY ON gerrycolohan@g.mail.com OR BRIAN ON dillonbjd@gmail.com

CROCHET – FOR THOSE INTERESTED IN THIS PLEASE CONTACT RITACASSIDY ON 20769229.

HIISTORY– THE HISTORY TALKS TAKE PLACE ON THE LAST FRIDAY OF THE MONTH IN THE CRYPT OF ST.PATRICK&ST.BRIGID'S CHURCH IN BALLYCASTLE STARTING AT 2.00 P.M. THE CONCENTRATION THIS YEAR WILL BE MORE ON THE SUGGESTIONS OF THE GROUP AND THIS HAS INTRODUCED AN ECLECTIC BUT VERY INTERESTING RANGE OF TOPICS. THE FIRST WAS HELD ON 19 SEPTEMBER ON AN, 'OUTLINE OF AMERICAN HISTORY' AND THE FOLLOWING SUBJECTS WILL BE COVERED – 31STOCT, 'THE CRIMEAN WAR'; 28THNOV, 'WAR IN AFGHANISTAN'; 19THDEC, 'OUTLINE OF HISTORY OF ISRAEL'; 30THJAN 2015, 'ITALIANREUNIFICATION'; 27THFEB, 'GERMAN UNIFICATION'; 27TH MAR, 'HISTORY OF ISLAM'; 24THAPRIL, 'CLASSICAL GREECE AND ROME'; 29TH MAY 'LOCAL HISTORY – BALLYCASTLE AND FINALLY 26THJUNE, 'BRITAIN AND IRELAND – ACTION AND REACTION'. THERE MAY BE SOME CHANGES ALONG THE WAY, BUT FRANK WILL INFORM EVERYONE IN GOOD TIME IF THIS HAPPENS.

HOLIDAYS AND AWAY-DAYS– THE GROUP IS DUE TO LEAVE FOR PUGLIA, ITALY ON 17THOCTOBER AND THERE WILL BE 36 MEMBERS TRAVELLING. THESE HOLIDAYS CONTINUE TO PROVE POPULAR AND WE HOPE THEY WILL RETURN WITH SOME INTERESTING STORIES TO TELL AND SOME LOVELY PHOTOGRAPHS!

MAHJONG –THIS IS A VERY INTERESTING AND EASY TO LEARN CHINESE GAME. IT IS PLAYED EVERY MONDAY FROM 2.00 P.M.-4.00 P.M. IN CUSHENDALL GOLF CLUB. THE SESSIONS RUN FROM LATESEPTEMBER TO EARLY JUNE WHEN

THEY FINISH WITH A COMPLIMENTARY DINNER. BEGINNERS ARE WELCOME TO START AT ANY TIME. PLEASE EMAIL ROSEMARY AT raitkenhead@hotmail.com OR TELEPHONE HER ON 21771752 FOR FURTHER INFORMATION.

MUSIC AND DRAMA – THE GROUP HAS STARTED TO PREPARE FOR CHRISTMAS AND DRAMA PLANS ARE WELL UNDERWAY. THIS YEAR THE CHRISTMAS CONCERT WILL BE VERY PERTINENT AND FOCUS ON POEM READINGS AND OBSERVATIONS ON WORLD WAR ONE. SO MUCH EFFORT GOES INTO THESE PRODUCTIONS THAT I’M SURE EVERYONE WILL WANT TO ATTEND AND SUPPORT THE GROUP. A DATE WILL BE ANNOUNCED IN DUE COURSE.

PILATES – THIS ACTIVITY TAKES PLACE EVERY TUESDAY IN THE CRYPT OF ST.PATRICK & ST.BRIGID’S CHURCH, COMMENCING AT 11.00 A.M. THERE IS AN INCREASED INTEREST IN THIS WHICH WE CAN PROBABLY ATTRIBUTE TO OUR BRILLIANT COACH KAREN WHO MAKES EVERYONE FEEL WELCOME AND IS EXCELLENT AT FACILITATING EVERYONE’S NEEDS. SO PLEASE COME ALONG AND GET FIT AND STAY SUPPLE AND AVOID THOSE HIP REPLACEMENTS!

READERS’ GROUP – OWING TO SPECIAL CIRCUMSTANCES THE READERS’ GROUP IS CANCELLED UNTIL FURTHER NOTICE.

TABLE TENNIS – THIS STARTED AGAIN ON 17TH OCTOBER. THE SESSIONS TAKE PLACE EVERY WEEK AT SHESKBURN BEGINNING AT 3.30 P.M. SHOULD YOU REQUIRE ANY FURTHER INFORMATION PLEASE CONTACT DON FIELDING ON don.fielding@btopenworld.com

WALKING GROUP – THE U3A WALKS RECOMMENCED ON THE LAST WEDNESDAY OF SEPTEMBER AT 10.30 A.M. THE WALK TOOK IN PART OF THE CAUSEWAY COAST WAY AND ENDED UP IN BALLYCASTL FOR COFFEE. THEY ARE HELD EVERY MONTH AND A VERY ENJOYABLE WAY TO KEEP FIT AND CHAT WITH FRIENDS ALONG THE WAY. WATERPROOF CLOTHING AND FOOTWEAR IS ESSENTIAL (WALKING BOOTS HIGHLY DESIRABLE) AND WALKING POLES ARE USEFUL. THE NEXT WALK WILL BE ON WED 29TH OCTOBER TO GLENARM FOREST. THE GROUP WILL MEET TO CARPOOL AT HUNTER’S PUB, BALLYVOY AT 9.45 A.M. FOR THOSE WHO WISH TO MAKE THEIR OWN WAY, PLEASE MEET AT THE CAR PARK IN GLENARM, NEAR THE CHURCH OF IRELAND AT 10.30 A.M. THE WALK WILL BE THROUGH THE FOREST VIEWING THE WATERFALL, RIVER AND WONDERFUL AUTUMN COLOURS. THERE WILL BE SOME UNEVEN SURFACES WITH STEEP INCLINES AND WILL TAKE ABOUT 2 HRS. FOLLOWED BY COFFEE IN CARNLOUGH. THE LAST WALK BEFORE CHRISTMAS WILL BE ON WED 26TH NOVEMBER AT CUSHENDALL. AGAIN THE GROUP WILL MEET AT HUNTER’S AT 10.00 A.M. OR AT THE BOATHOUSE CAR PARK, CUSHENDALL FOR 10.30 A.M. THIS TIME WE WILL BE GOING ALONG THE BEACH AND THROUGH THE WOODS, PARTLY FOOTPATH, TRACK AND STEPS AND WILL BE JUST UNDER 2 HRS. AFTERWARDS THERE WILL BE COFFEE IN CUSHENDALL.

YOGA – THE YOGA CLASS WAS VERY SUCCESSFUL LAST YEAR. THE VENUE IN THE MARINE HOTEL IS WARM, BRIGHT AND WELCOMING. UNFORTUNATELY IT IS VERY SMALL, SO THE CLASS IS OVERSUBSCRIBED FOR THE AUTUMN TERM. THIS IS A REFLECTION OF THE VALUE OF YOGA IN TERMS OF FLEXIBILITY OF THE BODY, QUALITY OF THE BREATH AND CALMNESS OF THE MIND. HOPEFULLY BEFORE TOO LONG WE WILL FIND A LARGER, SUITABLE VENUE.

ZUMBA GOLD – THERE WILL BE NO ZUMBA THIS AUTUMN, BUT IT SHOULD BE RECOMMENCING AFTER CHRISTMAS WHEN AN ANNOUNCEMENT WILL BE MADE.

JACQUELINEHAUGSENG