

## **The Glens and Dalriada U3A Group**

Spring 2013 Newsletter

Spring is on its way which should give us all renewed energy, so its time for U3A members to fill their diaries with events happening in this new season. Before that our autumn session got off to a good start and most of the usual activities continued to be as popular as ever. We hope that this momentum can be sustained in the run-up to the summer and would like to encourage new members. There is really no age limit, so if any of you know of someone who is new to the area and would like to join, please bring them along as a warm welcome awaits them. Also if any member (including new members) have a specific interest they would like to talk about or start a group, please don't be shy and share it with us!

Please note that the Annual Dinner will take place at the Cushendall Golf Club on Wednesday, 17 April, 7.00 p.m. for 7.30 p.m. Those of you who were there last year will, no doubt, remember the great evening we had – plenty of craic, merry-making and delicious food and it is hoped that as many members as possible will come again this year. The Membership Fees should have been paid by 31st March 2013. Thanks to Don Hunt, the cost is being kept at the same rate as before (£10). I think all will agree that we have some great activities going on in our U3A area, as well as outstanding speakers, so we get really good value for the money. Thanks should also be given to the Convenors who are dedicated and give of their time so willingly, to co-ordinate their own particular interest. As a token of gratitude they were invited for Christmas Dinner at the Bay Café, the food was good and of course the entertainment was up to its usual high standard when any members of the U3A get together! The Annual General Meeting will be held on Wednesday, 8th May in the Presbyterian Hall, Ballycastle. Below is a précis of some events which are on-going.

Art Appreciation – Two different themes were explored this year – Joe spoke about the development of, “Expressionism” in 20th Century European painting and the development of the Modern Art movements. Mary introduced some artists – excellent women artists who had been forgotten or simply ignored. This began at the Renaissance period. The classes were fully attended, but new members are always welcome and no previous knowledge of the History of Art is required. Please note that there will not be a meeting during April.

Away-Days and Holidays – The holiday to Sicily is confirmed for October, but anyone still interested should speak to Eileen McAuley on 21761239 and their name can be added to a waiting list as it is possible that some people may cancel if their circumstances change.

Badminton - Badminton will resume again in September/October. It is a wonderful way to stay fit and make new friends.

Bowling/Table Tennis – For information on the bowling please contact Jimmy Stewart on 21761314. With regard to table tennis, unfortunately Bob Smith will be relinquishing his role in this as he feels it needs a new direction, so if anyone wishes to take this on please contact him. Bob has been Convenor of the table tennis for four years now and has done a great job. On behalf of the U3A we would like to thank him for all his hard work and dedication. Fortunately we will continue to see him

at the usual monthly meetings.

Bridge – The Group meets each Wednesday at Ballycastle Golf Club at 2.00 p.m. for a friendly and relaxed game of duplicate bridge. Cost is either £2 per visit or £15 up front for 16 weeks. For beginners, a class is held by Maura O’Loan at the Ballycastle Library each Friday morning at 11.00 a.m., after which they are welcome to join the Wednesday group. There were some special events including a trip to Dublin on the train whilst playing bridge (Spring or Autumn) and a Christmas meal.

Cinema – There was no shortage of films this season and 11 films have been seen since September. The group also held its own, “U3A Oscars” and were pleased to discover that their results were similar to the Hollywood version! The Cinema day is Tuesday afternoon, transport is shared and the price is always £3.00. Please email [pjb\\_odonnell@hotmail.com](mailto:pjb_odonnell@hotmail.com) or telephone 20768921 if you want to be added to the list.

Computer - The group continues to meet at Carey Hall for the moment, though this will probably change once a venue is found with WI-FI facilities. This session emphasis has been placed on improving photographs and saving them into Folders.

Crochet – The group meets in Rita Cassidy’s home, but is over-subscribed though anyone wishing to join, should ring Rita on 20769229.

History – This session has been about the centenaries taking place between 2012-2022. It began with the history of Unionism and Nationalism in the 19th/20th Centuries, placing particular emphasis of the signing of the Ulster Covenant and future talks will deal with, ‘Ireland in the First World War’ (22 March – cancelled due to weather), ‘The Easter Rising’ (26 April) and, ‘The Creation of Two States’ (24 May). The Convenor wishes to thank everyone for an excellent attendance and would also like members to consider next year’s programme.

Mah Jong – This Chinese game is played with 144 beautiful tiles and the rules are similar to Gin Rummy. It is easy to learn and after one session you will be able to play. It is very enjoyable and good for the brain! The group meets every Monday, from 2.00 p.m.-4.00 p.m., September to June at Cushendall Golf Club and the cost is £2 per week including refreshments and a complimentary meal in June. For those interested and wishing to learn more please contact Rosemary Aitkenhead on 21771752 or email [raitkenhead@hotmail.com](mailto:raitkenhead@hotmail.com)

Music and Drama Group – The season began when the group travelled to Enniskillen for the annual U3A choir fest which was very successful as indeed was the Christmas presentation when they were joined by support soloist Susan McMaster. They are now preparing material for the Annual Dinner which we are all very much looking forward to. New members are always welcome and you can join the group on Monday mornings, at 11.00 a.m. in Knocknacarry Hall. Also if anyone has some light-hearted poems, short stories or anecdotes the group would be very pleased to receive them.

Needlework – Unfortunately due to lack of interest, this group has folded for the time being, but efforts will be made to try to continue in the autumn.

Pilates – This continues to be very popular and we have welcomed some new members this year. It is held in the Crypt of St. Patrick's and St. Brigid's Church, Ballycastle, every Tuesday from 11.00 a.m.-12.00 noon.

Readers' Group – Unfortunately the group has had difficulties with members ill and various other commitments, but is continuing in Sheila McGoran's house, 38 Glendun Road, Cushendun. The next book to be considered will be, "Snow Falling on Cedars" by David Guterson. All new members will be made most welcome.

Yoga Class – The class has been going well at Corrymeela where the group has been made feel very welcome. Members who attend are gaining benefits both to body and mind and remember, Yoga is suitable for all!

Walking Group – Although there has been some inclement weather, the group has enjoyed a good variety of outings. Thanks to Roberta, Harry and Ann who took the autumn walks. The walks are not too taxing and the group is usually around 15 strong and ends with a cuppa in a local café.

Zumba Gold – The fourth session from September has just started in Carey Hall (Thursdays, 11.00 a.m.-12.00 noon). There are around 15 people in the group though always room for more. It is very enjoyable exercising to music and keeping fit. After Easter another six-week session will begin.