

North Down & Ards U3A

Newsletter

August 2010

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OUT AND ABOUT WITH NATURE



Photographs taken on Nature outings by Margaret Adamson

Dates for Your Diary

Monthly Meetings 30 September
28 October

The Woodland Trust
Northern Bank

For further information on all aspects of **U3A in North Down and Ards**, please visit the website:
www.northdownandardsu3a.org.uk

You can also contact the group through its office
North Down and Ards U3A
c/o North Down Community Resource Centre
5 Castle Park Road
Bangor, BT20 4TF

Tel: 028 9146 1386

Please note that the office is manned on Tuesdays and Thursdays from 2pm to 4pm
Projector & Laptops can be booked via Michael Richardson and collected & returned on those days.

INFORMATION FROM

(Please see Annual Bulletin 2009-2010 for
Convenors & Leaders' phone numbers
and more group information.)

ART

14 September - Re-start date

The Tuesday Art group has had another successful and enjoyable year, welcoming a number of new members.

BADMINTON

7 September - Re-start date

BIRD WATCHING

13 & 20 September
11 October

BOOKWORM

Reading List:

10 September Cranford by Mrs Gaskell.

8 October The Lacuna by Barbara Kingsolver.

COFFEE MORNING

21 September Heather O'Neill

19 October Sandra Moore

New members made very welcome.

Phone convenor for address details.

COMPUTERS

If you wish your name to be added to the waiting list (or you feel that you have been forgotten!!!), please contact the convenor.

CRAFT

14 September - Re-start date

CREATIVE WRITING

1 September - Re-start date

DANCING

2 September - Re-start date

DIGITAL PHOTOGRAPHY

Starting date will be advised to those members on the waiting list by the convenor.

FUN WITH FLOWERS

9 September - Re-start date

CONVENORS

All convenors must submit their
**COMPLETED MEMBERSHIP
LISTS**

to the Group Coordinator,
Welsey Taylor,

to ensure that each member of their
group is a member of N.D. & Ards
U3A. If one person is not a
member, then the whole group may
NOT be insured.

GARDENING - Group 1

1 September Nancy Graham

6 October Rita Yeaman

GARDENING - Group 2

1 September John Moore

6 October Alison McKay

GARDENING - Group 3

2 September Visit to Greenmount College
Meet at 10.45am

Travel arrangements to be advised

7 October Arrangements to be advised

GARDENING - Group 4

1 September

Visit Bangor Walled Garden. Arrangements later

6 October Hostess, Liz Hall. Meet at 10.00am

GUITAR

This group continues to meet on the **1st and 3rd Wednesday** in the month. Anyone interested in joining, please contact the convenor.

HAPPY SNAPPERS

10 September This group will now meet once a month on the **2nd Friday**.

Time: 2.00pm - 4.00pm.

Venue: Hamilton House

Convenor: Liz Wilkinson for details.

Those wishing to join this group should first attend the Monday 6-week course called

IN FOCUS.

HISTORY

7 September - Re-start date

Probably our last talk on the American theme, to be given by Lola Armstrong, Clandeboye archivist, on 'Lord Dufferin in Canada'.

IN FOCUS

This is a new group starting in September to help members understand the workings of their camera, as well as learning to take more creative photographs. Each course is for 6 weeks and the complete course will cost £9 to be paid on the first day. Contact convenor to book a place.

6 September - Start date

Venue: Hamilton House

Time: 2.00pm – 4.00pm

Convenor: Liz Wilkinson

LANGUAGES

13 September - Re-start date for Monday Languages

14 September - Re-start date for Italian

LATIN

Friday 17 September

This is a new language group. If interested, contact the convenor.

See Bulletin for all the details.

LOCATION ART

This group will now meet regularly once a month on Wednesdays. **See Bulletin for all details and equipment required and PLEASE contact convenor to confirm each meeting.**

Wednesday 1 September

Meet at Greyabbey (Abbey C/P) at 10.00am

Meet up to discuss options - Abbey ruins, gravestones, mature parkland, botanical details in herb garden, and interesting Greyabbey architecture. Sketching until 12.30pm, followed

by Seniors Lunch at the Wildfowler in Greyabbey Main Street.

6 October Kiltonga Bird Sanctuary, Newtownards at 2.30pm.

Meet to discuss options – Variety of birds, singly and flocks, light on water, foliage on water, people, and then sketching until 5.30pm, followed by Curry Night Special at The Spirit Merchant, Newtownards.

LOOK AROUND US

3 September

Meet beside War Memorial in Groomspoint.

1 October

Meet at the Walled Garden in Castle Park.

N.B. For your comfort and safety, please see Bulletin for essential equipment.

LUNCHEON CLUB

12 September Marine Court at **1.15pm**

Book with Helen McKay, 9182 3528

Possible walk around the Marina.

October Grace Neills at 12.30pm

Book with Leslie Johnston, 9188 9586

DECEMBER CHRISTMAS DINNER

Venue: The Old Inn, Crawfordsburn.

£10 deposits **MUST** be paid no later than the

SEPTEMBER MONTHLY MEETING

For details, contact Roberta Hagan, 9145 4814

MONDAY PAINTERS

6 September - Re-start date

MUSEUM & ART APPRECIATION

Friday 20 August I am hoping to arrange a guided tour to a new exhibition running from 16 August – 3 September at the Ava Gallery Clandeboye. The 'French Connection' looks at the influence of France on Irish artists.

In **September/October** a visit to RUA exhibition will be arranged. Existing members will be informed of details and date. New members please phone convenor.

MUSIC APPRECIATION

FREE BBC Radio 3 Invitation Concert

Thursday 2 September at 7.45pm

Pre Proms, Ulster Hall.

Phone Margaret **ASAP** if interested in attending.

17 September Up coming attractions of the Ulster Orchestra.

15 October Tripping the Light Fantastic!

(continued overleaf)

WEDNESDAY LUNCHTIME CONCERT

6 October First concert of season.

After our successful concert in June and lunch at Olio's, it was decided that we would start this season with lunch after the October concert. **Open to ALL U3A members. Contact Margaret.**

NATURE

14 September A day trip to Portstewart strand. Guided walk by National Trust. Contact convenor for details.

12 October Fungi Foray. Meet at Crawfordsburn Country Park Centre at 2.00pm
N.B. For your comfort and safety, please see Bulletin for essential equipment.

PHILOSOPHY

15 September Democracy.

20 October Philosophy of Rudolf Steiner.

PILATES

14 September - Re-start date. Unfortunately the cost will have to be increased to £2 per session. A number of new members have indicated an interest in coming to Pilates and as the Tuesday class is **full**, if there is enough interest we are hoping to start a second class on **Fridays at around 12.30pm**. Contact convenor.

PILATES FOR MEN

3 September - Re-start date

PLAY READING

22 September - Re-start date

POETRY

8 September – Re-start date



TEA ROTA

The Tea Rota for the coming year is being drawn up and **EVERY GROUP is expected to take their turn!** As we now have 56 groups, if **EVERYONE** did their bit, you would only have to offer every 6 years! Please phone Margaret Taylor on 9145 7486 to have your group added to the list. This is an opportunity for members of your group to communicate directly with others members.

SOCIAL DUPLICATE BRIDGE

9 September - Re-start date

SWIMMING

Swimming has continued throughout the summer and we would welcome any new members either to brush up on their strokes or wishing to learn to swim for the first time.

TAI CHI

5 October - Re-start date

THEATRE

Leaflets for forth-coming shows and plays will be available in the annex at the Monthly Meeting.

TRAVEL (2)

In October 2010, we will be running a holiday to Umbria, Italy. **Limited to 25 members.**

In 2011, we anticipate running a trip to Ronda, Spain in March/April, a walking and sight seeing holiday based in Umbria, Italy in May/June and a walking holiday based in the Alps, in July.

All holidays will be advertised in our Newsletter well in advance, however, it would be helpful if anyone is interested in **any** of them, to register that interest as soon as possible with the convenors so they can gauge whether they are viable.

WALKING - Strolling

19 August Walled Garden. Meet at North Down Museum

2 September Bangor. Meet at McKee clock

9 September Groomsport. Meet at Cockle Row Cottages

16 September Donaghadee. Meet at Lighthouse end of Commons

23 September Belfast Tow Path. Meet at Bangor Train station at 1.45pm

7 October Helen's Bay. Meet at Fort Road C/P

14 October Ballyholme. Meet at Children's Play Park

WALKING - Short Walks

19 August Killynether and Scrabo. Top C/P

26 August Crawfordsburn Country park. Café C/P

2 September Coastal path – Coastguard Ave C/P

9 September Sir Thomas & Lady Dixon Park – Stables C/P

16 September Sawmill to Belfast Rd – lay-by 200 yards before sawmill

(continued overleaf)

23 September Groomsport Harbour to water tower

7 October Coastal path. Stricklands Glen C/P

14 October Cairn Wood

WALKING - Rambling

N.B. Please read Bulletin for ESSENTIAL equipment. New members phone convenor.

12 September 10.30am

Venue: Clough to Dundrum and Murlough along old railway track and then on to Murlough Nature reserve.

Directions: Go through Clough; take first left (signed Ballykinler). First right. Short way to right angled bend. Park near old rail track

Description: Pleasant flat walk with good sea views. Beach, woods and dunes.

10 October 10.30am.

Venue: Mournes, Altna Taggart and Yellow River

Directions: From Bryansford **11 miles** on Hilltown Road. Turn left for Rostrevor Road. 3.5 miles to Leitrim Lodge CP (**Ref: J 223, 257**)

Description: A pleasant walk with good views
N.B. This slightly revised walk has no steep descents.

WINE TASTING

14 October Groomsport Boathouse at 7.30pm. Cost £6. **Booking essential**, phone convenors.

YOGA (1) Monday

6 September - Re-start date

YOGA (2) Wednesday

8 September - Re-start date

ODDS AND ENDS

OUT AND ABOUT WITH NATURE

The Nature members are a hardy bunch. Well with weather like ours, we would need to be!! Basically, we explore and learn about the wonderful wide range of flowers and fauna, fungi, butterflies, moths, birds and geology of our country.

Usually once a year we have a workshop in mid winter. This year, we were taught how to identify birds using a very simple and effective method and also how to encourage them into our gardens.

In June, members spent the day on Rathlin Island where Denis, our bus driver had us all in fits of laughter on our way to and from the Stacks. There we were privileged to witness the nesting Puffins, Guillemots, Fulmars, and Kittiwakes. We also visited

Killard Point and saw the different types of orchids and took a trip up the Antrim coast in July to look and learn about the geology of our wonderful coastline and summer wild flowers. Another one of our afternoons was spent walking round Ballymacormick Point to look at, not only at sea birds, but also the smaller birds such as the Wren, Stonechat and Wheatear. Of course we always stop and look at the wild flowers and passing butterflies.

For the past 2 years we have gone on a "Fungi Foray" in Crawfordsburn Park. Armed with books, we all contributed to trying to identify the many varieties we found.

This May, we had an extremely successful field trip to Sligo for 2 nights and stayed in the Sligo Park Hotel where we were royally looked after.

FINALS OF THE BOWLING COMPETITION

The Bowls group have had a very successful year and on 26 May, ended on a high with the finals of the bowling competition.



Left -Ladies winner, Susan Nixon.
Centre - Overall Cup Winner, Eileen Lanaghan.
Right - Men's Trophy, Wesley Taylor.

Richard Johnston – Men's winner, not in photograph.

SUGGESTION BOX

Have you any ideas or suggestions that you think would improve our U3A? If so, from the September monthly meeting, you will be able to drop your ideas into a suggestion box which will be placed on the table at the door as you come into the meeting. You can also post them or drop them into the office in the North Down Community Resource Centre, Castle Park Road.

CONGRATULATIONS

Our congratulations go to one of our members, Norma McCombe who received Highly Commended for her photograph, entitled 'Winter Mournes' and also commended for 'Knitted Web', in the Regional photographic competition held earlier this year.

North Down
Citizens Advice Bureau

Are you receiving ALL you are
entitled to?

Did you know that the capital limit for
Pension Credit has changed and also you
can claim a Lone Pensioner Allowance if
over 70 years of age.

Why not get a FREE benefit check by
phoning Elizabeth at CAB on 9145 0787

**VISIT TO NATIONAL GALLERY OF
IRELAND**

In May 11 members of the Museum and Art Appreciation and History group visited the "Taking Stock" exhibition held in Dublin. The gallery was showcasing a decade of acquisitions, reflecting the different areas of the collection and included works by Continental Masters from mid-nineteenth to early twentieth century.

Marie Pike, our guide, informed us that the paintings, both landscape and portraits were very eclectic. She told us not only about each painter but what they were trying to convey to the onlooker. She covered paintings by Walter Osbourne, Juan Do, Pierre Bannard, Louis le Brocquy and Vincent van Gogh. The Gogh painting of "Rooftops in Paris" was particularly interesting to the members who had recently returned from Paris, as they had looked from a nearby spot that the painting was depicting.

The highlight of our tour was a painting by Sir William Orpen. He was the most successful Irish painter of last century, providing a superb record of upper echelons of society in England. This portrait was of the tenor, Count John Mc Cormack and was very unusual in the fact that Orpen wanted him portrayed casually. McCormack turned up in white tennis togs, lifted a piece of sheet music and had a red flash on his lapel indicating the recent award of the Legion d'Honneur. Orpen was pleased as he captured a sense of gravitas and tension that reflected the approaching middle age for John McCormack.

After an excellent lunch, some visited the Palladio Exhibition, where photographs depicting an entire style of architecture, Palladianism, were featured.

RATHLIN ISLAND VISITED IN JUNE

Once again we were blessed by excellent weather and good views of the many thousands of birds on the island. While waiting for our return ferry, Terri Richardson, put pen to paper, (see below) as she captured the total essence and atmosphere of another successful day out that we all had greatly enjoyed.

The Writer's Chair

Dwarfed by the polished granite
Of the Rathlin Writer's Chair,
I perch on the fringe of Church Bay,
Overlooking the water there.

Wild flowers tumble and clamber
Over limestone pebbles, which edge
The shimmering sand along the shore,
Beside the billowing sedge.

The gentle murmur of wavelets
Is pierced by the song of a lark
Rising into the deep blue sky
With a silhouette so stark.

Over it all the seabirds sail
With melancholic, winsome calls,
As they skim the briny in search of food,
In gliding swoops and stalls.

The song of the wild is in my soul.
It whispers down through the years,
For, I have been here many times before
And, always, my muse appears.

It fills my heart with the splendour
Of melded earth, sky and sea,
Lifting my spirit on soaring wings,
Refreshing it, setting it free.

Newsletter Entries

The next edition of the Newsletter will be produced at the beginning of October. All information should be submitted as soon as possible, with the absolute deadline being the Monthly Meeting on **Thursday 30 September**.

Nothing will be accepted after that date.

Information should be sent to **BOTH** Coralie cmihanna@btinternet.com 9185 3819 and Margaret margaretadamson@mail.com

9146 0447