



THE UNIVERSITY OF THE THIRD AGE  
THE THIRD AGE TRUST

# NEWSLETTER

City of Newry U3A

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## BBC FILM MAKING WORKSHOP

In November the BBC Community Bus team revisited us for a day's training in film making. This was their third visit to the U3A. Eleven members participated in the highly informative and enjoyable day, culminating with the group making two short videos. Our thanks to Nicola, Paula, Chris and Campbell for their ongoing interest and support.

As a result of our training day we are considering the possibility of setting up a Film Group in the U3A, to help us put what we have learned into practice and to gain new insights and support from each other.

If you are interested please contact Mary Cunningham



## NEWBRIDGE SILVER

During the summer there was one very interesting outing to Newbridge Silver on 21st June. Everyone thoroughly enjoyed the day and was impressed with it all – particularly the ‘presence of greatness’ to quote Gay Byrne! The memorabilia display was very fascinating and the silver to die for.

## MESSAGE FROM THE CHAIRPERSON



I am delighted that our registration week went very well back in September and I particularly welcome all our new members. There were about two hundred of you. I do hope you were able to get to the activity or activities of your choice but there were a few activities that were overbooked and you may have had to wait to get a place. This applies particularly to our computer classes which continue to attract large numbers. The computer suite is busy every weekday from 9.00 in the morning to after 4.00 pm. Eugene, Terry, St Zita and Mike do a great job. There are new computer courses available now in Excel (spreadsheets) and Publisher. We are currently running the third course of First Click in conjunction with the BBC. There is a campaign on now to get older people on line and we are certainly doing our share.

We now have 55 activities running and it is particularly gratifying to see new members volunteering their services. Peter O’Hanlon has started a local history group; Marie Quail has started a relaxation/yoga class. They just joined U3A in September. With so many activities happening, we have had to hire other premises in the town. We don’t like doing this as a very important aspect of the U3A is the social contact on a regular basis. It is great to see people coming into the tea area, making new friends and sharing interests. Please do consult our website [www.newryu3a.org.uk](http://www.newryu3a.org.uk) and our notice boards for information on all that is happening.

The Remembrance Service in November and our Christmas Dinner and Party in December are special occasions for getting together. New members are especially welcome and should see these events as opportunities to get to meet other members. We have about 550 members now and I am amazed at times of how smoothly everything runs, I know this is truly due to the amazing work – freely given, of our tutors, committee members, those who work in the office and all who help in many ways during the year.

I do hope I can meet as many of you as possible over the next month but just in case I don’t, may I wish you all a Happy Christmas and an interesting and stimulating New Year.

*Pat Cunningham*

## INTER - U3A GOLF DAY

Downe U3A is hoping to host an Inter-U3A Golf Day at Downpatrick Golf Club on **Friday 20<sup>th</sup> April 2012**. Put this date into your diary. The course has been booked for a 10.00 am till 11.30 am start, based on 40 players paying £10 each. While this is some time away we need to have an idea of the level of interest before we look for sponsors for prizes. Can you please let **Sheila Magee** (info@downeu3a.eu or **028 4461 3160**) know asap whether or not there is any interest and, if so, an approximate idea of likely numbers. Firm commitments with the £10 green fee will be taken in February. (If not enough interest or if the course is closed this will be refunded.) Participants will have an opportunity to enjoy lunch in the clubhouse along with the presentation of prizes.



*Some of the members of Newry U3A Golf Group. I am sure they will be signing up for Downpatrick!*

The Golf Society played all summer long and is still going as long as the weather is favourable. 10.30 am on Thursday at Kelly's in Burren. They had a very successful day out at Mayobridge Golf Course. Charles Delaney won the Bogey Man Trophy for 2011. Everyone enjoyed the good weather and lovely lunch in the clubhouse afterwards.

## ACTIVITIES

The Chairman mentioned some of the new things that have been introduced this year. Others include a Beginners French class (Ed Herron continues his other French class - one of the longest running groups in Newry U3A); a second Bunrang in Irish - there are two other levels available also; another new Spanish class - there are now three. Developments in the music line are Love Country (for people who like singing and playing any sort of musical instrument) and Piano lessons. Members can avail of Reflexology and Relaxation Classes or enjoy a spin with the Cycling group. Local History is another new interest, as is Modern History (such as U.S.A. in 20th Century, the Rise of Hitler, Events in Poland and the Baltic States). It is hoped to start the latter group after Christmas. Please leave your name with Mavis. Date and time to be arranged.

There is no end to the generosity and inventiveness of our group leaders. They deserve our thanks.

If you are interested in any of these activities please look at the notice board, the website or call the office. If you have any ideas for other activities speak to Pat or a committee member.

## REGIONAL U3A

The Regional Autumn Meeting was held in Grosvenor Hall in Belfast on 12th October. It was chaired by Newry U3A member Mary Dynan who is current Regional Chairperson. We will be looking for a new Regional Chair and other committee members at the AGM in April which will be hosted here in Newry next April.

Apart from a short business meeting the rest of the day was focused on the work of various groups in the U3A and a panel discussed the ways of developing and fostering new groups and supporting ongoing groups. Three of the activities of Newry U3A were chosen to be highlighted as being a bit out of the ordinary.

Anne Eccelstone demonstrated some of the work done by the Carrickmacross Lace Making group and impressed everyone with its fineness and delicacy. John Doyle enthused everyone with his presentation about Wii Fitness - a lot of people will probably take it up too as a result. Mary Cunningham talked about the Radio program and people were impressed with what a lot a small group can achieve with limited resources and equipment. There were other very interesting presentations from Crossmaglen (Tiffany Glass Making), North Down and Ards (Baltimore Quilting), Belfast (Smart Pass Walking), Causeway (Nordic Walking), Opera (Downe) and Music and Singing with a difference (East Antrim). South Tyrone presented everyone with a Buddy Bag made by their Craft Group. Some interesting issues were raised in discussion but the main benefit of the day was the informal information sharing and the development of a regional group 'esprit'.



*Anne Eccelstone demonstrates some of her Carrickmacross Lace*

## SINGFEST

The Newry Choir and the Gentlemen Singers took part in the annual U3A Singfest which was held in Bangor on 25th October.



A great time was had by all – singers from Causeway, Erne, Glens & Dalriada, North Down & Ards U3As as well as the Newry contingent - and everyone is looking forward to next year's event which will be hosted by Erne U3A. Unfortunately there was no Newry representation among the 90 players at the annual Bridge Congress which was held in Portstewart on 13th October. We will have to improve on that next year! Hopefully the current Beginners Bridge will blossom into a fully fledged U3A Bridge Club which will field a team at next year's event.

## U3A PUBLICATIONS

It is important that all members are aware that Newry U3A is part of a bigger scene through its affiliation with the Third Age Trust. One way of doing that is reading *U3A News* which keeps members au fait with what is going on all over the country and is a source of lots of ideas for activities. It is the national magazine of the University of the Third Age. *Sources* is the educational bulletin of the organisation and deals with different subject topics. For example recent ones dealt with how to run groups on family history, life story writing and gardening. All 30 previous issues are available to download on the National Website. For the very small outlay of **£1.60** a year, you can have four issues of *U3A News* and three issues of *Sources* delivered to your home. All members are encouraged to take up this offer. Please contact the office to make arrangements.

## RELAXATION TO MEDITATION CLASSES

We have been very fortunate to have Marie Quail facilitate six relaxation classes for us. A group of about eighteen members participated. The feedback has been very positive. Marie is well known and highly respected in yoga circles.

She will continue with the second part of her current programme for another six weeks in the Master's house – beside the U3A building.

We are hoping that we can persuade her to offer the course again to a new group after Christmas.

If you are interested please check with Mavis in the office.

## DATE CLAIMER

The annual Christmas lunch will be held at the Canal Court on 10<sup>th</sup> December. Get your booking in quickly as there is limited space.



**CHRISTMAS  
GREETINGS  
AND PEACE TO  
ALL OUR  
MEMBERS AND  
FRIENDS**

## RADIO FOR SENIORS

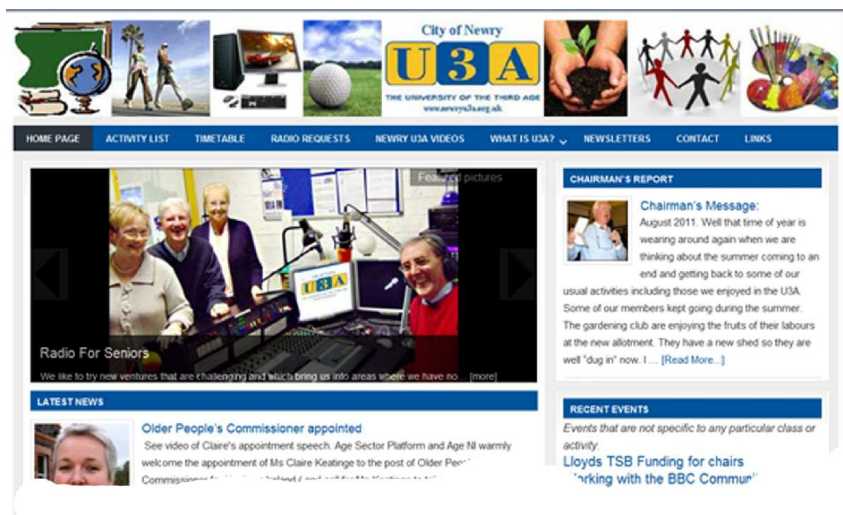


A few members of Newry U3A produce a weekly one hour radio programme. It is broadcast from IUR FM every Tuesday at 1.00 pm and repeated on the following Saturday at 10.00 am. 101.4 FM is the frequency. Along with music we include interviews with local interesting people. See our webpage on the Newry U3A website. There you can 'Listen Live' online if you are outside the IUR FM broadcast area. You can also 'Listen Again' to last week's show if you missed it. You can also listen at any time, from the webpage, to all of the interviews we have done so far. You can even send in a request to be played on the programme.

## COUNTRY FOLK



New activity – we have started a musical group playing instruments and singing. Our focus will be on folk music plus Irish and American country. We are open to all comers who enjoy this type of music and who feel they can contribute to the performance – for enjoyment purposes only. Feel free to come along and join in.



## WEBSITE

Newry U3A website at [www.newryu3a.org.uk](http://www.newryu3a.org.uk) – everything we get up to is there. Every activity has its own page with photos and videos. Keep up-to-date with the news items on the front page and much more.

## SHARED LEARNING PROJECT

Joyce Gibson reports that a report of the projects on war memories and migration stories is ready for publication and a copy will be made available to each U3A.

## IN MEMORIAM

Our annual Memorial Service was held on 15th November at St Patrick's Church of Ireland, courtesy of Rev Kinglsey Sutton. As usual it was a moving occasion. We remembered all our deceased members and friends who died during the year, especially Mona Gillen, Eileen Larkin and Fred Stephen who departed this life since our last Newsletter. May they all rest in peace. We sympathise with their relatives and friends.

## ST CLARE'S 180 YEARS

There is a special project the radio group has been involved in. St Clare's Convent Primary School has been celebrating one hundred and eighty years in Newry. Michael Carlin and Mary Cunningham have produced a documentary about the school, having interviewed the Principal and staff members, as well as past and present pupils. John Doyle is assisting with the final presentation and we hope that it will go on air on UIR FM before Christmas. This has been a steep learning curve, providing us with new skills of editing and production. Do listen.

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