

Email: info@lisburnu3a.orgWebsite: www.lisburnu3a.org

Charitable Status No NI103276

2019 BEGINNERS BRIDGE



Here we are, socially distant, and playing "Easing The Lockdown Bridge."

Lisburn U3A Committee

HELP AND SUPPORT

If you or any LU3A member you know is in difficulty during this time of social distancing, please contact any of the Committee. We will do our best to provide support and helpful information. Email the Chair or Secretary.

COVID-19

MEETINGS SUSPENDED

Due to the current coronavirus (COVID-19) outbreak, the Lisburn U3A monthly meetings at Laganview are suspended until further notice. Groups are communicating using WhatsApp, Zoom, Skype and Facebook. If you wish to be added, contact your Group Leader.

Communications

ITEMS FOR MEETINGS

Anyone with news for the full LU3A membership should phone or email the Chair, Secretary or Editor with your items so they may be distributed to all.

See email addresses on the line below:

info@lisburnu3a.orgeditorlu3a@gmail.commembership6543@gmail.com**ALL MEMBERS****PLEASE send in personal submissions for the Newsletter**

Phone, text or email with your personal or group news, helpful tips, events you've attended online, or in person! Send us photos, and tell us what's going on in your daily locked down lives. Enquiring minds and homebound members would love to read about how others are dealing with the lock down.

info@lisburnu3a.orgeditorlu3a@gmail.commembership6543@gmail.com**Hello Everyone!**

It has been brought to our attention that some of you have been trying to pay your annual fees but have been unable to contact our treasurer. You can send a cheque to him at his address:

Mr. Trevor McKinney 2 Plantation Avenue, Lisburn BT27 5BL

Any further problems, please contact our Secretary, Joan Hamilton, email: info@lisburnu3a.org

CONGRATULATIONS TO U3A FOYLE!

Christine O'Kane <info@u3afoyle.com> notified us that U3A Foyle has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK! Well done from all of us in Lisburn U3A.

U3A Website www.u3a.org.uk

Third Age Trust

- Latest U3a News
- Keep Learning
- Diary Project
- Math
- Covid-19 Advice
- Keep Well
- Quizzes
- Volunteers
- Beacon

ISLAND ARTS

Virtual Gallery

With exhibitions changing every six weeks, there is always something new to experience at the ISLAND. You can even book a tour.

To book, contact:

T: 028 9244 7452

E: arts.information@lisburncastlereagh.gov.uk

ISLAND ARTS

Writers - Poetry

If you would like to contribute to ISLAND Arts' 'Poem of the Day,' and appear on Lisburn's 98FM radio broadcast, contact Lynda at:

lynda.mccord@lisburncastlereagh.gov.uk

Alternatively, contact via ISLAND ARTS social media channels:

<https://www.facebook.com/ISLANDArtsCentre/@ISLANDartsbiz>

OTHER RESOURCES

THE SILVER LINE

The Silver Line

Free: 0800 470 8090

GREYSNET

Kerry Rooney MBE

www.kaleidoscopeni.com

ZOOM FITNESS CLASS

Monaghan U3A

<https://zoom.us/j/801958424>

ISLAND ART CENTRE



Breathe, stretch & be kind to your mind

Join ISLAND Arts' FREE Yoga & Mindfulness Sessions with Lynda Gregg

Wed & Sat's @ 11am
Via ISLAND Arts'



WHATSAPP

Group Leaders have been asked to start WhatsApp Groups for each activity, so that you can keep in touch with your peers during this time. If you aren't yet a member, contact your Group Leader and request addition to your group.

FACEBOOK

Do a Google search for
"Lisburn U3A Facebook"

And ask to join the group.

Post your news & photos for the enjoyment of all.

A Big Thank You

Canon Keith Ineson BEM, Mth, ACII

As lockdown starts to ease, I want to say a big thank you for all that the group leaders have done to keep the groups operating under extremely difficult circumstances. I've been amazed at the ingenious ways that you have kept things going with the use of Zoom and social distancing for meetings together.

Now we need to start planning for when lockdown eases further. How can we meet safely? Is Zoom still one of the best ways of meeting as some will be wary of face to face meetings for some time yet? Are there ways that we can look at how we have been running the groups? Just because we always did it this way doesn't mean we can't change things.

Is now a good time to put on our thinking heads and look at what new groups may be suitable and how and who could run them? So many questions I'm even making my own brain hurt!

Most of all, though, I repeat my thankyou at the way you have kept things together.

You deserve medals all round!



NOTE FROM EDITOR:

Here is some additional information regarding Andy McIlroy's email on the TV License SCAM emails.

Please see <https://www.tvlicensing.co.uk/faqs/FAQ288> for useful information on these fraud emails.

Some of their points below are highlighted in yellow in Andy's email. Even their spelling of "Licence" can be a clue, as UK TV Licensing uses an "S" not a "C" in license. Following is an extract from the TV Licensing website:

What are the main things to look out for?

- ✓ We include **THE NAME and/or PART OF YOUR POSTCODE** in our emails. Many scams simply use your email address or say 'Dear Customer'.

NOTE: Neither name nor postcode was there. Only the email address.

- ✓ We send our emails from donotreply@tvlicensing.co.uk (or donotreply@spp.tvlicensing.co.uk).

NOTE: THE RETURN ADDRESS ON ANDY'S EMAIL: [<vaoizr2846330rsibgffif@telenet.be>](mailto:vaoizr2846330rsibgffif@telenet.be)]

CHECK THE EMAIL ADDRESS. Scammers often hide the true email address they're using. On your device, select the sender's name (or email address) to show the actual email address.

Please forward any suspicious emails to report@phishing.gov.uk for investigation.

If the email links to a scam website it will be taken down or blocked.

Useful Advice on SCAM Emails

Andy McIlroy

We hear a lot about phishing emails and other SCAMS. I get at least one per day. A lot of them appear to come from BT. The best way to determine their credentials is to hover or press where they have come from and the email address behind the email will show. If it doesn't correspond with where it purports to come from then delete. Even if it does resemble something you might expect go to that company or person via a different route. Go through the website or through previous correspondence or through a phone number that you have squired by a different source-a bill or invoice or other correspondence.

I recently got an email from PayPal with an email address which looked right but which differed slightly from previous correspondence. I went to check at PayPal by another route. Turns out it was genuine but you can never tell.

Never put an email sender in your contacts or allow it to show pictures or open an attachment unless you're 100% sure you know who it's from AND that you trust them.

I attach a recent email purporting to be about direct debits for TV licenses. This is trying to get details of your bank account. There are at least 2 clues: I don't pay my TV license by direct debit, and the date is in American format.

ATTACHED SCAM EMAIL:

From: "TV Licence | Direct Debit | Continue to watch or record live TV" [<vaoizr2846330rsibgffif@telenet.be>](mailto:vaoizr2846330rsibgffif@telenet.be) ☒

Date: 10 Jun 2020 07:37

Subject: 'Your Licence Direct Debit Support 'Please review your latest payment declined | 'Something's gone wrong with your direct debit' | 'Review your automatic payment' | Item Number:14938312660988 on 6/10/2020 7:37:49 a.m.

Your licence expires on 6/10/2020 7:37:49 a.m.

Hi andy.mcilroy@btinternet.com, ☒

Act now, or you risk breaking the law.

Your TV Licence expires on 6/10/2020 7:37:49 a.m. After this, you will be unlicensed. If you continue to watch or record live TV on any channel or service, and download or watch BBC programmes on iPlayer without being covered by a licence, you will be breaking the law and risk prosecution and a fine.

It's easy to set up another Direct Debit.

You can choose from our yearly, quarterly or monthly Direct Debit payment options. Set up a new Direct Debit today.

Pay your Licence now

If a payment scheme is no longer right for you, you can pay the full year's licence fee of £157.50 at tvlicensing.co.uk/renew

If you are deaf, hard of hearing or speech impaired, we support the Next Generation Text (NGT) Service. For more information see tvlicensing.co.uk/accessibility

Home - TV Licensing 2020.

ID: 61584562179854401714668826943911794938889384

ANTIQUES

Jacqui Townsley



As I was driving through Greyabbey the other day I noticed Shirley Tumelty's antique shop, Goldfish Antiques (in the old Police Station), was open... ..so maybe we are creeping back to normality at last!

BOOK GROUP 2

Joan Bryson

We will meet at 10.30 am on Tuesday 28th July. We are pleased that we have managed to meet every month via Zoom and have added in mid-month 'Book Chats'. At present, we assume that July's meeting will be on Zoom but will keep this under review.

Our book is 'Olive Ketteridge' by Elizabeth Stout. Set in a small town in Maine, USA, a number of separate stories are linked together by their relationship to busybody Olive

COLOUR SUPPLEMENT

Cynthia Kelly



Our Gardens - May/June 2020 - another visual feast from Cynthia this month! Thank you from us all.

BOWLING1&2

Andrew McIlroy Catherine Murdock, Jean Needham

LU3A members started outdoor bowling for the first time this year on the 16th June. The weather was less kind to us than it has been in recent weeks but that didn't prevent us from enjoying the experience and a return to something resembling normality with friends. There are many new rules and regulations to be observed but the effort makes the return worthwhile. We are very grateful to LCCC and their staff and everyone else who helped to make it possible. Bowling takes place 4 times per week: Tues and Thurs from 10.00 am at the Leisureplex Green. As well, at Sir Milne Barbour park (Lisnagarvey) we have Thurs at 10.00 am and Fri at 1.30 pm. **Booking is required. No walk-ups allowed.**

Join us by contacting Andy McIlroy. Bowling sessions are organised, **DVWP**, through our WhatsApp group which you must be prepared to join. Give us a try. Contact details: **Mobile:** 07802378718 or **email:** andy.mcilroy@btinternet.com

BOOK GROUP 1

Jeanette Chambers

Our group took advantage of the good weather and the easing of the lockdown restrictions at the beginning of this month when six of us were able to meet in our garden in order to discuss the book we had chosen for April "The Mystery of Mercy Close" by Marian Keys. It was good to see everyone again looking fit and well and although there was more talk of how we were all managing during lockdown, the book did get mentioned on a few occasions. We plan to do this again at the beginning of July and although we may not be able to meet on our usual day, we meet in our usual week, watching the weather forecast to decide when would be best. This month we are reading "The Secret Keeper" by Kate Morton and are planning to meet in the garden of Moya Waterworth when up to ten members will be able to attend. We have come through the worst of this pandemic but we will still observe social distancing and hopefully keep safe and well.

BRIDGE BEGINNER

Patricia Larchfield

"Easing the Lockdown Bridge."

There we are on page 1 of this newsletter, socially distant and playing Bridge; now we're famous!

We were enjoying the company and the cards, even if the weather was patchy.

It's a pity our 2020 new players aren't joining us yet, but we're looking forward to seeing them once we get the go ahead for more than 6 people.

ACRONYMS

DVWP

DVWP is an acronym that your editor had not seen before and had to look it up. Perhaps other readers aren't familiar with it either.

DV – Deo Volente

WP – Weather Permitting

But what does Deo Volente mean?

/ˌdeɪəʊ vɒˈlɛntɪ/ adverb

God willing; if nothing prevents it.

DVWP: God willing, weather permitting

FLORAL ARRANGEMENT

Sally Cunningham



Do you want to arrange flowers like a Pro? Our friends at Bloom & Wild have a crafty "How to Create a Front-Facing Bouquet" tutorial for you to try. It's really easy! So grab whatever flowers you have at home or in the garden and tune into Florist Harriet Parry's handy how-to video! https://www.bloomandwild.com/how-to-create-a-front-facing-bouquet?dm_i=245T,6WLZI,V3JBVL,RQVD4,1

DINING OUT

Norma Patterson

Sorry folks!! Covid 19 still reigns!! But hopefully there will be movement soon for the hotel/ catering industry!! I will let you know as soon as anything becomes possible!!



Three months is enough!! A joke's a joke!!!

Really hope to see you all soon!

Keep well and stay safe!!!

GOLF

Margaret Callan

Individuals can play Aberdelghy and Edenmore by Member Invitation. A Monthly Pass costing £60 enables play at Down Royal. There's an assumption that courses will re-open for non-members to Pay & Play on 3rd July but confirmation has not yet been received. An email will be circulated as soon as courses reopen so, if you've not been getting golf emails, please forward your email address to the Group Leader

margaretcallan1@gmail.com

LU3A SINGERS

Jacqui Townsley



There are tips and songs galore from Gareth Malone for when we eventually get back to SINGING! He is hosting daily rehearsals online, which are open to everyone.

<https://decca.com/greatbritishhomechorus/>

In the meantime

...Keep well ...and keep singing!!

THEATRE / CONCERT

Jacqui Townsley, Reah Browne

While the theatres and concert halls are closed, why not follow some Wildlife webcams. Three of the best are:

Edinburgh Zoo

<https://www.edinburghzoo.org.uk/webcams>

RSPB Birdwatch

<https://www.rspb.org.uk/get-involved/activities/>

Tembe Elephant Park

<https://www.explore.org/livecams/africanwildlife/tembe-elephant-park>



LET'S GO

Judith Prentice

As we are not yet able to really visit places, here are a couple of virtual visits:

<https://www.virtualvisittours.com/ulster-american-folk-park/>

<https://www.nmni.com/collections/Collections.aspx>



Hopefully we will be able to physically visit them at some stage!

TEN PIN BOWL

Jacqui Townsley

Jacqui's Teasers

Did you find the answers to last month's teasers? Give yourself a pat on the back if you did!

☐ "Antique Treen" – means, literally, things from trees. The scope for collectors is huge – wooden bowls, spoons, egg cups, toothpick holders, furniture... and the market is very strong right now, so this is a good time to cash in!

☐ The Clarice Cliff art deco plate sold at auction well above estimate for £1,850.

Jacqui's Teasers continues

This month's Teasers

☐ In 'antique speak' what does **Sabre** describe?

☐ A rare first edition hardback copy of *Harry Potter and the Philosopher's Stone* sold at auction last year for a staggering amount! Particularly rare because it features a mistake – the words '1 Wand' appear twice in a shopping list of Harry's Hogwarts school equipment – can you guess how much it sold for?

Answers next month!

YOGALATES

Brenda Palmer, Freda Bell

Yogalates continues through the medium of Zoom.



We also have our WhatsApp Group so we are staying in touch. Brenda

WALKING GROUPS

STROLLERS - SAT RAMBLERS

Mary Hine, Heather Martin, Lesley Kirk

We **Strollers** have been testing the waters with some walks, but not everyone is keen to get started again. However, if anyone wishes to join us and has any suggestions on venues please get in touch and we will gladly help to make arrangements. Cheers!

RAMBLERS - HILL BILLIES - SCRAMBLERS

Stanley Prentice, Judith Prentice

A number of **Scramblers** have been out in the Mourne this month.

The **Ramblers** are about to do our now weekly Monday walk, number 5, with between 30-36 on each Monday, and all obeying the social distancing regulations, etc. We plan to take a 2 week break mid-July, and then resume the rambles.



Don't forget about **THE BIG DEBATE**.

Sponsored by the Greater Belfast Seniors' Forum at 3pm Thursday 25th June 2020.

Call 07710 993 036,

Or email info@engagewithage.org.uk

Visit the website: www.engagewithage.org.uk or

<https://www.bbc.co.uk/news/health-53113595>

Avoiding scams – Smart ways to protect yourself**Published by AgeUK**

https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig05_avoiding_scams_inf.pdf

Well worth reading, this guide can help you spot the warning signs that someone might be trying to scam you. It will explain:

- the ways scammers might try to approach you
- what you can do if you think you're being scammed
- how to avoid being deceived by scams in the future.

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FROM HAWAII TO A MARVEL MOVIE MARATHON**Elodie Ellingsen**

Well, we had one full cycle of themed dinners, ending with my Hawaiian Dinner. The invitations went out the Tuesday before, containing the menu, times, and dress code. As I rarely cook anything other than my own breakfast and lunch, it was unnerving to prepare a full dinner, decorate the room, set up the music, and make myself presentable in time. It's been a while since I've had to multi-task to that degree!



The bar was set up for Mai Tai Mocktails, and my step-grandson manned it wearing surfer shorts, t-shirt and flip-flops.

The table was decorated with Hibiscus flowers and Philodendron leaves; everyone arrived in tropical outfits.

My daughter and son-in-law arrived in matching tropical shirts and shorts, he with a Tom Selleck moustache! My younger granddaughter wore a sarong, the elder some tie-dye hipsters and a dainty summer top. I managed to run upstairs at some point to pull on a long dress, wipe the sweat from my brow, and get back to the kitchen before anyone actually arrived.



As they came through the door, the youngest acted as my personal assistant, and greeted each with "Aloha" whilst presenting them with a lei around their necks.

Even Oro, our Spanish Water Dog, wore a Hibiscus flower in his untrimmed locks.

In addition, this past week I completed a 21 movie marathon with my elder granddaughter, a feat of dramatic proportions! The list of Marvel super heroes is endless, and now I think I've met them all, from Iron Man, Thor, Ant-Man, Black Widow, Spider Man, the Hulk, and Captain America, to the Wasp, and The Black Panther.... Who knew?!

