

Email: [info@lisburnu3a.org](mailto:info@lisburnu3a.org)  
 Website: <https://www.lisburnu3a.org/>



Charitable Status No NI103276

## A WASP IS EATING MY SHED!

Bill Ingleston



The wasp scrapes off wood fibre and chews it up – mixing it with saliva makes it soft for building its nest.

It is called GIRDLING.

As you can see, there is a huge number of scrapes in my shed wall, so I hope it doesn't collapse!

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:



EMAILS: [chairlu3a@hotmail.com](mailto:chairlu3a@hotmail.com)

[editorlu3a@gmail.com](mailto:editorlu3a@gmail.com)

[info@lisburnu3a.org](mailto:info@lisburnu3a.org)

## ALL MEMBERS

### PLEASE SEND IN YOUR SUBMISSIONS FOR YOUR NEWSLETTER!

Send us photos, and tell us what is going on in your daily lockdown lives.

Phone, text or email with your personal or group news, helpful tips, events you attended online, or in person!

Enquiring minds and homebound members would love to read about how others are dealing with the lock down.

EMAILS: [chairlu3a@hotmail.com](mailto:chairlu3a@hotmail.com)

[editorlu3a@gmail.com](mailto:editorlu3a@gmail.com)

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## Hello Everyone!

- Madge Callan suggests if you want to save on printer ink/toner and paper when printing the Newsletter, select the “grayscale” / “mono” / “black & white” option. As well, print double-sided if you can.
- This month we have an updated **Group Leader & Committee Contact List**. Remember to save it to your device or print it, keeping it for future reference. We have two changes this month, **Gail Pollock** for **Lets Go** and **Gil Colvin** for **Saturday Ramblers**. Please note that both these Group Leaders are contactable by email only. If you did not receive the list, please contact one of the email addresses listed above and we will forward it to you.



**U3A National Website**
[www.u3a.org.uk](http://www.u3a.org.uk)
**AGM 2020**

The 37th Annual General Meeting (AGM) of the Third Age Trust will be held online on 29th September and all U3A members will be welcome to attend. For more information:

<https://www.u3a.org.uk/component/content/article/131-information/756-agm-2020?highlight=WYjH220iLCInYWDtJyJd&Itemid=490>

**NATIONAL TRUST**
**The Argy**

From Monday 13 July, we began opening seven houses in England and Northern Ireland (The Argy) for the first time since lockdown, as part of a phased reopening. Most of the houses we care for were built as family homes so each is unique, giving us its own set of challenges to overcome before we can reopen. You will need to book your visit to the property using our online booking system.

**GREYSNET**

Coronavirus: Face coverings could be mandatory in NI shops by 20 August, which type of facemask works best?

<https://greysnet.com/2020/07/new-film-reveals-which-type-of-face-mask-works-best/>

Coronavirus: How to stay safe in restaurants and cafes

<https://greysnet.com/2020/06/coronavirus-how-to-stay-safe-in-restaurants-and-cafes/>

**OTHER RESOURCES**

THE SILVER LINE	SOCIAL MEDIA
<b>The Silver Line</b> Free: 0800 470 8090	<b>FACEBOOK</b> Facebook can be a great way to keep in touch and enjoy fun posts by members. If you would like to join our Facebook Group, here is what to do. You must have your own Facebook page. If you need to set one up, try these instructions: <a href="https://www.wikihow.com/Create-a-Facebook-Page">https://www.wikihow.com/Create-a-Facebook-Page</a> and choose instructions for your device. When you have your own page, use the search box to enter "lisburn u3a members group" and click to search. When our page opens, click the request to join button. The administrator will check your membership and if you check out, she will add you. This is a closed group which means it is only seen by other Lisburn U3A members.
<b>GREYSNET</b>	
<b>Kerry Rooney MBE</b> <a href="http://www.kaleidoscopeni.com">www.kaleidoscopeni.com</a>	
<b>ZOOM FITNESS CLASS</b>	
<b>Monaghan U3A</b> Join Zoom Meeting <a href="https://zoom.us/j/801958424">https://zoom.us/j/801958424</a>	<b>WHATSAPP</b> 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 for your group, contact your Group Leader and ask to be added.

**SAINT PATRICK'S WAY: THE PILGRIMS WALK**
**Keith Ineson**

Ever since I did The Canterbury Tales for 'O' level (and that's going back a bit) I've been fascinated with the idea of pilgrimage. I have a shelf of books about pilgrimage – mainly about the Camino Way and I have watched the film The Way so many times I have lost count. I even had a pilgrimage holiday around Waterford booked for this year but Covid 19 put a stop to that.

So when I saw that they were organising pilgrimage walks from St Patrick Centre in Downpatrick, I jumped at the idea. My expectations were high and I was not disappointed.

I split the day into two halves. In the first half, we visited places such as Inch Abbey and Saul church. In the second half, we went to Struell Wells and Slieve Patrick among others. It was fascinating to think how one man had such a huge influence all those years ago and still has to this day. Whilst it was all good, the highlight for me was the visit to Inch Abbey where there was such a peaceful and spiritual atmosphere that you could almost touch it. Such a place is often described as "a thin place" where you meet easily with the Eternal and that was certainly so on this occasion.

I have the pilgrimage bug and there will be plenty more, all being well.



## THE AMAZING DRESSER PROJECT

Elodie Ellingsen

“Gramma, would you help me paint my dresser?”

That is not the kind of question I’m used to hearing from my sixteen year old granddaughter.

When asked what she had in mind, she said she would send an email of her ideas (even though we live in the same house...). Later that afternoon the email arrived. I was intrigued with her pattern choices: three cows, a cheetah and two daisies.

We researched painting on high gloss IKEA furniture, and then we made a check list. First, permission from her parental units, next, approach said unit about sanding, finally, review our art supplies for the right colours and gloss varnish. Everything checked out, permissions were granted, and daddy got out his electric sander. Hooray! (Visions of hand sanding the six drawers melted away; instead, it would be accomplished in minutes.)

So we commenced. We tackled the two narrow drawers first as our pilot project. Sanded them and wiped them down, put a white primer on, using a hairdryer to allow us to move on quickly through each stage. We penciled on the cow pattern, and then we each took a drawer and painted the black spots. More drying, then three coats of acrylic gloss, drying between each. The result was “Perfect, Gramma!”

The next day we did the daisies, adding blue to the primer, and then drawing on the daisies. She painted the white petals, then I was allowed to paint the gold centres, which took three coats, and finally the glossing, three coats.

On the final day, we were left with the big cow drawer and the cheetah drawer. My granddaughter nominated me to do the cheetah pattern, and she took the cow. She was done well before I’d finished mixing my background colour let alone commenced painting the pattern! In the end, she was delighted with the results.

The finished dresser is a bit eclectic for my taste, but then I’m not sixteen!



## DID YOU KNOW THESE THINGS HAD NAMES?

Facebook



1. The space between your eyebrows is called a **glabella**.
2. The way it smells after the rain is called **petrichor**.
3. The plastic or metallic coating at the end of your shoelaces is called an **aglet**.
4. The rumbling of stomach is actually called a **wamble**.
5. The cry of a new born baby is called a **vagitus**.
6. The prongs on a fork are called **tines**.
7. The tiny plastic table placed in the middle of a pizza box is called a **box tent**.
8. The day after tomorrow is called **overmorrow**.
9. Your tiny toe or finger is called **minimus**.
10. The sheen or light that you see when you close your eyes and press your hands on them is called **phosphenes**.
11. The wired cage that holds the cork in a bottle of champagne is called an **agraffe**.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called **vocables**.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an **interrobang**.
14. The space between your nostrils is called **columella nasi**.
15. The armhole in clothes, where the sleeves are sewn, is called **armscye**.
16. The condition of finding it difficult to get out of the bed in the morning is called **dysania**.
17. Unreadable hand-writing is called **griffonage**.
18. The dot over an “i” or a “j” is called **tittle**.
19. That utterly sick feeling you get after eating or drinking too much is called **crapulence**.
20. The metallic device used to measure your feet at the shoe store is called a **Bannock device**.





## LU3A SINGERS

Jacqui Townsley

No sign of singing on the pandemic horizon YET!!! But it'll be coming back one day soon! In the meantime,

♪ ...keep well ...and keep singing!! ♪

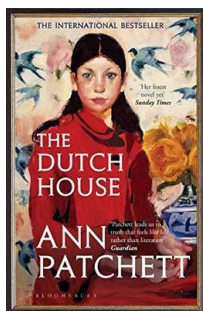
## THEATRE / CONCERT

Jacqui Townsley, Reah Browne

As you know, The Grand Opera House is currently undergoing restoration. To mark the Theatre's 125th anniversary they are creating "an unmissable performance programme" for 2021, including blockbuster West End musicals never before seen in Belfast, and some of the most popular productions from the past decade. I'm really looking forward to theatres being open again. ...watch this space!!!

## BOOK GROUP 1

Jeanette Chambers



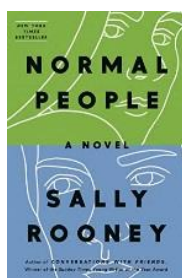
We've continued with our outdoor meetings. This month we met in Moya's garden. It wasn't very warm, with a hint of rain, but our hostess provided a table umbrella, a swing

with an awning, and two well-lit barbecue buckets plus fleeces to keep us warm, so thank you once again Moya. This month we are going to try meeting indoors as some of our members are unable to attend and numbers will be lower allowing us to be accommodated with social distancing, in a large room. We are meeting at the home of Freda Bell, **Thurs 6th Aug at 10.30 a.m.** when we will be discussing "The Dutch House" by Ann Patchett.

## BOOK GROUP 2

Joan Bryson

We continue to meet the last Tues of the month via ZOOM; next meeting will be on 25th at 10.30 am. We also hold a 'Bookchat' mid-month; both meetings are popular and well attended.



Our August book is 'Normal People' by Irish writer Sally Rooney. Two young people from the same small town, but different backgrounds, meet at school and

university. Their relationship develops over the years. Class, politics, power dynamics, mental health and other issues are examined. Though this book is deceptively simple, it is cleverly crafted with subtle signs of darker realities. In these strange times, we may gain insights into what is 'normal'.

## FLORAL ARRANGEMENT

Sally Cunningham

The Flowerets have received an email depicting the growth of an Allium. The pictures show the growth from a bulb to a spear head flower. This one is known as a traffic light Allium.

It starts as an onion type bulb, sheds its skin like a snake and



eventually colourful flower spears appear.



## Update on Class:

The Flowerets will all be invited to meet in August for a discussion and chat. Here's hoping that we will be able to resume our class the first Thurs in September.



## BOWLING1&amp;2

Andrew McIlroy Catherine Murdock, Jean Needham



Outdoor bowling continues three times a week despite very mixed weather. All our participants greatly enjoy the scintillating repartee, sparkling wit, and occasionally, even some bowling. **We still have vacancies** especially on Thursday mornings, when we would welcome new members. See new Group Leader Contact Detail sheet.

## BADMINTON

Laura Molloy



The Lisburn Racquets Club have reopened but for members only. I have confirmed with them that the badminton group is still interested in playing on a Wed. morning, once restrictions have been lifted. An email update will be sent out to all players when I have further information. Anyone interested in joining the group is very welcome. Contact the Group Leader, Laura.

## SUMMER GOLF

Margaret Callan

Down Royal Park is taking advance bookings for the 9-hole Valley Course (£10) and the 18-hole Classic Course (£15). LU3A members with monthly Down Royal memberships can participate free of charge. Proposal: **Thurs 13th Aug**, Tee-off time between **10 & 11 a.m.** If you wish to participate, please advise Group Leader Margaret before Fri 31st July.

## IRISH LESSONS

Keith Ineson

Irish Classes have had to remain as downloads sent by Turas.

They have now stopped until



September when we are hoping that actual classes will resume.

I think all members have received their basic learner's certificates, so that was good.

## ANTIQUES

Jacqui Townsley



I hope you are all gradually returning to 'normality' (whatever that is!). I see that Wilson's Yard will be open again after the

July holidays with lots of new additions to their treasure trove... should be worth a visit – or why not take a short video tour:

<https://www.wilsonsyard.com/video-tour/>

## CROCHET

Jean Ryan

We are still making good use of WhatsApp to keep in touch. Now that some restrictions have eased, we have been able to have outdoor meetings in Wallace Park and hope to keep these going throughout the summer.



FILM GROUP	DINING OUT	YOGALATES
<div>Judith Prentice</div> <div></div> <div>Cinemas are now reopened. However, until children start back to school in and things settle down a bit more, we shall not be arranging any visits. Hopefully by October some of us might feel confident enough to give it a go – and that’s when better films are released.</div>	<div>Norma Patterson</div> <div>A slight glimmer of light?!! Pizzarells has reopened and is catering, with social distancing, for tables of 6 ( X2 or 3 as required!) I just wondered how many of you would like me to book for us to go in August? Please let me know.</div> <div></div>	<div>Brenda Palmer, Freda Bell</div> <div>Yogalates continues through the medium of Zoom. We also have an active WhatsApp group. All is well Brenda</div> <div></div>
JACQUI’S TEASERS		PHOTO GALLERY
<div>Jacqui Townsley</div> <div><b>Last Month’s Teasers</b> Did you find the answers to last month’s teasers? Give yourself a pat on the back if you did! ☑ “Saber” is a style of antique furniture leg - flaring out in a concave shape like a saber or curved sword. It can be round or squared and often gradually tapers and usually found on a chair, stool or sofa. Popular with late 18th century designers such as Sheraton, they flourished in Regency and Empire furniture. ☑ Super rare first edition Harry Potter book bought for 25p at a jumble sale sold for <b>£28,000</b> on Bargain Hunt!</div>	<div>Jacqui Townsley</div> <div><b>This month’s Teasers</b> ☑ In ‘antique speak’ what is a White Glove Sale? ☑ Known as the animals’ Victoria Cross, the PDSA Dickin Medal is a rarity and much in demand for collectors. One was awarded to the Duke of Normandy, a cock pigeon, for his role in the D-Day landings in Normandy. Fittingly, in this year of VE celebrations, the medal went up for auction – can you guess how much it sold for?  Answers next month!</div>	<div><b>On The Pilgrims Walk</b></div> <div></div> <div>View of Down Cathedral where Patrick is buried. Seen from Inch Abbey</div>
BRIDGE	BRIDGE: BEGINNERS BRIDGE 2020 & IMPROVERS	
<div>Ivy Long, Joan Bolam</div> <div>Unfortunately, it still looks bleak for our bridge on Thursdays. Quite a few members are playing bridge on line so they should be real experts whenever we do get back! I’m pleased to report that everyone is keen on getting the all clear. Good luck, Ivy</div>	<div>Patricia Larchfield</div> <div> <b>BEGINNERS BRIDGE 2020</b> - Expressions of interest are now being taken for those wishing to learn how to play Bridge. Please be prepared to commit 6 weeks commencing <b>Thurs 27 Aug Class: 2.30 to 4.30</b> at The Alchemy/previously Tannery, Moira. Contact <a href="mailto:prlarchfield@gmail.com">prlarchfield@gmail.com</a> <b>BRIDGE IMPROVERS</b> - Continue SAT 2:45pm Thurs. at The Alchemy, Moira (formerly The Tannery). <b>No meeting on 30th July</b></div>	
WALKING GROUPS STROLLERS - SAT RAMBLERS		
<div>Mary Hine, Heather Martin, Gil Colvin</div> <div><b>Sat Ramblers</b> - The next walk will be <b>15th August</b>. We set up a WhatsApp Chat to contact the group, but anyone new wishing to join us please email Gil. See the Contact List for details. <b>Strollers</b> - Our walks are continuing and gradually more people are coming back. Our next walk is on Monday 27 July and will be Island Centre to Lambeg and return. Please contact me if you wish to join us. Communication can be either by Whats App, email or by phone.</div>		
RAMBLERS - HILL BILLIES - SCRAMBLERS		
<div>Stanley Prentice, Judith Prentice</div> <div><b>Monday Rambles</b> have been very well supported, with 35+ walkers at each venue. Ramblers are taking a short break mid-July and will resume on Monday 27th when we will be visiting Murlough. <b>Scramblers</b> are back to their monthly walks in the Mourne, the July date yet undecided.</div>		

## Don't Fall Prey to a Webcam Scam

Avast News <news@emails.avast.com>

Webcam-hacking is creepy, invasive, and unfortunately happens a lot more often than you think. Webcams are everywhere: in laptops, in security systems, and in our phones. Any webcam, including built-in laptop and phone cameras, can be hacked and used for webcam spying.

Hackers can gain access with malicious software (malware), which allows them to activate your camera remotely. The most common ways you can accidentally get webcam-hacking malware on your device:

- Clicking on bad links or downloading untrusted content can infect your device with malware.
- Remote tech support – some third-party remote tech support services are rife with scammers and hackers who will leave malware behind without your knowledge.
- Out-of-date software for any device is vulnerable to hacking. This is true for phones as well as for laptops and desktops.

Webcam hacking poses some unique dangers. Hackers can use your webcam to spy on you at your most unguarded moments, or a cybercriminal may also use a hacked webcam as a gateway for delivering additional malware, potentially exposing your personal data and financial information. Because we have webcam-equipped devices in some of our most intimate spaces, it is possible for hackers to take compromising pictures of us, or claim to have done so, and try to extort money or personal information.

Webcam hacking is more common than you might think, largely because it is so easy. Would-be hackers can learn how to hack a webcam with a basic Google search. Many victims may not realize that their webcam has been hacked.

A recent study by WizCase found that more than 15,000 webcams of many different models and software versions were unsecured and therefore vulnerable. Many were located in private residences, making it easy for criminals to infiltrate people's smart home networks and spy on their most intimate spaces. No webcam is safe without proper security protocols in place.

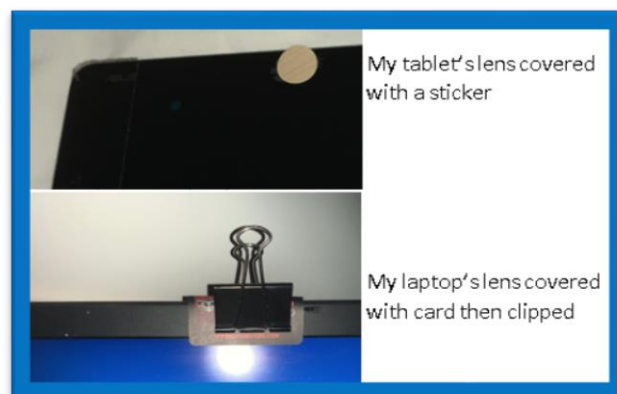
How to tell if your webcam has been hacked:

- Check the webcam indicator light – is it on, even though you are not using it? This could be a sign of a hacked webcam, or it could be connected to a browser extension.
- Check your open apps and browser extensions, deactivating one at a time to find a potential suspect.
- Then, see if your webcam process is running. If it is, reboot your device to check if your webcam activates automatically. Any sign of unauthorized use could mean that you have a hacked webcam.
- If the process is not running, try activating the webcam yourself. Do you receive an error message stating that it is already in use? Do not rely on the indicator light as a foolproof signal as these lights can be configured to remain off even when the webcam is in use. Many webcam hackers will do exactly that.
- Look for saved audio and video recordings in your webcam folder. If you find any that you did not record yourself, you might have a hacked webcam.

If you find any signs of webcam hacking on your device, no need to fear — there are several things you can do right now to lock hackers out and prevent further security breaches.

- Unplug and/or disable your webcam device. For an external webcam, unplug it, an internal webcam must be disabled. You can do this by checking the settings on your device, turning off the camera and denying all applications access to it.
- Change your passwords. Even the strongest password is useless if your webcam has been hacked, but strong passwords are essential for prevention. If password protection is a feature on your webcam, enable it with a strong password that will be hard to guess. As well, change the password on your device, as it could also be compromised. Create a strong password that will better protect against hackers in the future.
- Update your webcam software and always ensure you are on the latest version.
- Avoid suspicious links and downloads
- Using a VPN is a secure option
- Keep your security software up to date

In addition to your webcam and system software, make sure your security software is up to date as well. Only the most current version of your security software is best equipped to protect against hackers and the malware they might be looking to use against you.



Unless I'm using it, I always keep my lens covered

**FACEMASKS to be mandatory in NI from 20<sup>th</sup> Aug but use is advised now in enclosed spaces**