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Charitable Status No NI103276



[Northern Ireland Historical Photographical Society](#)  
 At the Bridge Youth Club, Lisburn. 1976

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

editorlu3a@gmail.com

[info@lisburnu3a.org](mailto:info@lisburnu3a.org)**ALL MEMBERS****PLEASE SEND IN YOUR SUBMISSIONS FOR YOUR NEWSLETTER!**

Send us your 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.

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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

**MONTHLY MEETINGS**

Due to the current coronavirus (COVID-19) outbreak, the **Lisburn U3A monthly meetings are taking place using ZOOM.**

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.

- [chairlu3a@hotmail.com](mailto:chairlu3a@hotmail.com)
- [editorlu3a@gmail.com](mailto:editorlu3a@gmail.com)
- [info@lisburnu3a.org](mailto:info@lisburnu3a.org)

**Hello Everyone!****Committee**

- We held the 24th **September Monthly Meeting** via Zoom, which was well attended, and there was room for even more members. Our speaker was the wonderful Valentine Hodges, Beekeeper, and you can read more about it on page 2.
- The **Next Monthly Meeting is 29th October at 2pm, via Zoom.** The link will be sent out by email closer to the date. **Our Speaker will be Philip Caine – Barrow to Baghdad.** Make sure to join the meeting as it will be a fascinating talk, and gets rave reviews!
- Our Speakers Coordinator is going to a lot of effort to bring you speakers that are entertaining and interesting, and able to join us 'virtually', thank you, Margaret Callan! Make sure to join us! Zoom can be used on phones, laptops, and tablets. If you need assistance contact us.
- The second Coffee & Chat happened on 14th October, hosted by Joan Hamilton and Elodie Ellingsen.

The next **Coffee & Chat will be 12th November at 11:00am!** The link will be sent out closer to the date.

Submissions for the next edition are due by **19<sup>th</sup> November**

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**U3A National Website**

[www.u3a.org.uk](http://www.u3a.org.uk)

Catch up with all the latest u3a news,

<https://www.u3a.org.uk/news>

- A fresh look for u3a
- Push Back on ageism



First U3A Radio Podcast

- u3a radio launches its first u3a Radio Podcast

**Good News Network Uk**

<https://www.goodnewsnetwork.org/tag/uk/>

**Rare Archeological Treasures Discovered Beneath Attic Floorboards of English Tudor Mansion.**

Picture yourself in the dusty attic of a moated Tudor manor house built sometime in the late 1500s. For the first time in hundreds of years, the floorboards are lifted. What lies beneath? Buried treasure, of course.

Read more:

<https://www.goodnewsnetwork.org/archeological-treasures-discovered-floorboards-english-tudor-mansion/>

**Tidbits**

Our lovely **Molly McCleary** had a fall and broke her wrist some weeks ago! Her cast was to come off mid-October, and be replaced with a wrist support. We hope you are healing well, Molly!



**OTHER RESOURCES**

**LU3A FACEBOOK**

<https://www.facebook.com/groups/LisburnU3AMembers/about>

Ask to join!

**WHATSAPP**

Check with the Group Leader of any group you wish to join and ask to be a member.

**COFFEE & CHAT**

Join the Coffee & Chat Zoom sessions held mid-month. Catch up with your friends and have a laugh. Good craic!

**GOOD NEWS**

Comic Relief launches plastic-free red nose for 2021

<https://www.bbc.co.uk/news/entertainment-arts-54431830>

Flawless 102-carat diamond a 'bargain' at \$16m

<https://www.bbc.co.uk/news/world-asia-54424327>

(This may show up in Jacqui's Teasers, so study the details...)

What went right this week

<https://www.positive.news/society/positive-news-stories-from-week-40-of-2020/>

Uplifting stories

<https://www.bbc.co.uk/news/topics/cx2pk70323et/uplifting-stories>

**VALENTINE HODGES, BEEKEEPER**

**24 September 2020 Meeting**



Valentine Hodges was our speaker; she has Loughshore Apiary in Co Down, Northern Ireland, with apiaries located across the Ards Peninsula, including one at Mount Stewart. Valentine's focus is on the native Irish black bee, which is in decline, and needs all the help and support that can be mustered. She gave an absorbing talk about her introduction to beekeeping and how she's built her apiary. This included a fascinating history of honey and bees wax, some found in the tombs of the pharaohs was over 3000 years old and still edible. She told us that all honey can produce hydrogen peroxide, which fights bacteria and has powerful antiseptic properties.

Bees love Cornflowers, Dandelions and Oxeye Daisies to name a few. Monofloral honey is a type of honey which has a distinctive flavour or other attribute due to its being predominantly from the nectar of one plant species. Manuka honey is an example, and VeesBees provides a medicinal monofloral honey made from ivy flowers. Valentine also talked about "Confessions of a Bad Beekeeper: What Not to Do When Keeping Bees (with Apologies to My Own)" by Bill Turnbull, and mentioned his visit to Northern Ireland. Another interesting fact was that bees react to pheromones - bees give off smells like geraniums, but the attack pheromone smells like pear or lemon or bananas drops, so don't eat bananas when around bees! Bees will fly around your face to smell your breath and they recognise facial patterns.

VeesBees produce a range of natural skin care products using ingredients from their bees; products that include moisturisers, body butters and lip balms, and of course pure honey. Loughshore Apiary aims to use the profits from their products to provide funding that will help improve the bee's habitat. <http://www.veesbees.com>



## THE ANCIENT ART OF LETTER WRITING

Editor

Do you remember the excitement you felt as a child, when you received some post, when your mother or father called out that you had a letter? The mad scramble to the front door, being handed the envelope, turning it over and over to see if you might get a hint of the sender? The careful opening of it to avoid tearing the contents, and the quick perusal of all sides of the page(s) to satisfy your intense curiosity about who had sent it, what it was about, where it was from, when it was posted and why it was sent to you!

When I was a child, I lived in a logging camp in British Columbia, Canada for six years. The only way in or out was by boat or floatplane. The floatplanes ferrying people (logging crews and non-logging civilians) in and out would land on a glacial lake named Phillips Lake. All our food, supplies and mail would come by Union Steamship into [Phillips Arm](#). Our postal address was simply "Name, c/o VanDan Logging, Via String Mail Bag, Phillips Arm, BC."



de Havilland Canada DHC-2 Beaver



My baby brother kept out of the way on Mail Day by placing him in a bin with the newspaper comics!

Once a week on "Mail Day" our tugboat would take an empty barge out into the Arm and load cargo from the ship, bringing it back to the boat shed, where it would be off-loaded into a truck and driven the 2 miles to the camp. It was a big job, and very exciting for everyone, but especially for the six children residing there, and letters and parcels from civilization were eagerly awaited.

Now everything seems to come by email: bank statements, family updates, utility bills, even Christmas cards! Who would have imagined in the 1970s or even the 1980s such a drastic change? But there are still many of us who do not live with computers and smartphones, who are not digitally connected 24 hours a day. Some of us still enjoy the post, sorting the bills and letters and magazines, and even greeting cards – actual paper!

Two things happened recently that brought this home to me. One was a lovely phone call from Catherine Murdoch asking my opinion about starting a group for Pen Pals! I think it's a great idea, and await her written description of how the group will work, which she is sending to me by Royal Mail.

The other coincidental happening was a [Facebook post](#) which made me think at the time that we need to pay even more attention to ensure that everyone is able to communicate in ways with which they are comfortable. We mail paper copies of the newsletter to those that request it, but maybe we need to do more? If you know of someone that is not "connected" please let the committee know so that we can take steps to ensure that person is included in other ways. We all need to do our part in these unusual times.



## VEGETARIAN FOR LIFE

Joan Hamilton

We have an offer from Vegetarian for Life, a UK charity.

This is what they say:

We have a five-strong team of roving chefs, spread throughout the UK. The team usually delivers in-person training on site to establishments that cater for older vegans and vegetarians

We've already worked with tens of Age UKs throughout the UK, running cookery courses in the community, and helping to ensure inclusive catering for all. In these challenging times, we'd now like to offer a cookery activity to your service users – completely free of charge.

We can host such an activity virtually, perhaps via Zoom, where we would do an interactive cooking demo with Q&A session at the end. We hope that these interactive cookery activities will help to reduce isolation for older adults and be a fun activity that they can look forward to

A Zoom demo can be arranged for Lisburn U3A

on

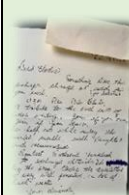
Wednesday 11th November at 1pm

PLEASE INDICATE YOUR INTEREST AS SOON AS POSSIBLE TO

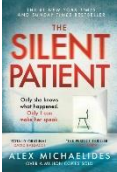






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## PROPOSED: LU3A PEN PALS

Catherine Murdock



This Pen Pal Club pays tribute to the lost art of letter writing! Join if you care, join if you dare... to help while away the winter months with laughter and reminiscing. As names come in, Catherine will confirm with each that she/he is happy for their details to be shared and record their name and address. She will create units & write to each of them sharing the details of the others in their unit. People will write to others within the unit. The plan is to rotate people through the units over time. As Catherine says, "With hope in our hearts we'll eventually have written to everyone, until we are able meet in person once more." Contact Catherine; see the newest Group Leader Contact List dated 29<sup>th</sup> Oct.

<p style="text-align: right;"><b>BOOK GROUP 1</b></p> <p style="text-align: right;">Jeanette Chambers</p> <p>We have finally given in and resorted to having our Book Group meetings by Zoom. At our 1<sup>st</sup> Oct meeting we discussed "The Beekeeper of Aleppo" by Christy Lefteri, a story of refugees and their journeys to Britain. Although we realised it wasn't the full story it made us ponder why people take the risks of such a journey and the mental and physical dangers they'd face. For our next Zoom meeting we are reading "The Silent Patient" by Alex Michaelides a thriller in which a wife shoots her husband. It should be good.</p> 	<p style="text-align: right;"><b>BOOK GROUP 2</b></p> <p style="text-align: right;">Joan Bryson</p>  <p>We continue to Zoom for both our monthly Group meeting and our mid-month Book Chat. Our next meeting is 10.30am on Tues 24th Nov., and our book is 'Elemental' by Amanda Curtin. We picked up the recommendation by Shetland U3A in the magazine. An elderly woman living in Freemantle looks back on her life and its lessons. Born in a grim Scottish fishing community where women are little valued, she works as an itinerant herring girl following the fishing fleets from port to port before taking the opportunity to emigrate to Australia.</p>	<p style="text-align: right;"><b>FLORAL ART CLASS</b></p> <p style="text-align: right;">Sally Stanfield</p> <p>The Flowerets were enthusiastic this month – we got down to business straight away and the results were fabulous. The Hall was silent as each Floweret created their masterpiece. The ladies said they enjoyed the two hours and it felt therapeutic. We discussed our future arrangement ideas for next month, and plan to meet twice on the first and last Thurs in Nov. as the Hall is not available in Dec. We are taking it week by week, with guidance and updates from the Enterprise Manager.</p>  <p>Happy Halloween!</p>
<p style="text-align: center;"><b>NATIONAL TRUST</b></p> <p>Unfortunately, there are no events for us to attend at the properties but for anyone who is on Facebook you can watch a live stream every month from Mount Stewart on the third Tuesday at 11.00. Area ranger Toby Edwards hosts the livestreams bringing parts of Mount Stewart, old and new to you and showing behind the scenes work. Each month is themed and if you are watching it live you can ask questions. This month was exploring Greyabbey Bay and a previous show looked at the red squirrel.</p> <p>You can of course catch up on the previous livestreams. Next months is on November 17th at 11.00. Check for upcoming and past streams here:  <b>Watch directly</b> from <a href="https://www.facebook.com/NTmountstewart">https://www.facebook.com/NTmountstewart</a> (hit the subscribe/notifications button for an alert when we go live.)  <b>Watch past livestreams here:</b>  <a href="https://www.facebook.com/NTmountstewart/live_videos/">https://www.facebook.com/NTmountstewart/live_videos/</a></p>		<p style="text-align: right;"><b>GOLF</b></p> <p style="text-align: right;">Margaret Callan</p> <p>Summer golf is finished but weekly golf runs all year round.  <b>Weekly Golf:</b> Monday morning, weather permitting and excluding Bank Holidays. Arranged via WhatsApp on Sunday evening.  <b>Summer Golf:</b> Monthly outings during summer months. Only one outing this year, in August, due to Covid-19. Uncertainty concerning Covid rules, and requirement to pre-book coupled with wet weather, put paid to outings in other months. Hopefully we'll have better luck next year.</p> 
<p style="text-align: right;"><b>LET'S GO</b></p> <p style="text-align: right;">Gail Pollock</p> <p>Instead of a virtual visit, I thought I'd share a couple of blasts from the past to cheer you up. Enjoy!</p> <ul style="list-style-type: none"> <li><a href="https://www.youtube.com/watch?v=JAK448volww">https://www.youtube.com/watch?v=JAK448volww</a></li> <li><a href="https://www.youtube.com/watch?v=w0v_pu6miJ8">www.youtube.com/watch?v=w0v_pu6miJ8</a></li> </ul>	<p style="text-align: right;"><b>DINING OUT</b></p> <p style="text-align: right;">Norma Patterson</p> <p>A select few – VERY select few, came to our September outing! We booked again for 22nd October, but Cv19 reigns supreme!! Hopefully we will resume after our latest semi-lockdown! Keep safe!</p> 	<p style="text-align: right;"><b>YOGALATES</b></p> <p style="text-align: right;">Brenda Palmer, Freda Bell</p>  <p>Yogalates continues through the medium of Zoom.          We also have an active WhatsApp group.          All is well, Brenda</p>
<p style="text-align: right;"><b>LU3A SINGERS</b></p> <p style="text-align: right;">Jacqui Townsley</p> <p>My preference is for Classical! What's yours? In the meantime, until we can meet again</p> <p>♪ Keep well ...and keep singing! ♪</p>	<p style="text-align: center;"><b>THEATRE / CONCERT</b></p> <p style="text-align: right;">Jacqui Townsley, Reah Browne</p> <p>The Shows Must Go On! – you can still watch hit musicals free on YouTube, every Friday at 7pm, and available to watch for the next 24 hrs. Also on YouTube, you could try The National Theatre at Home Quizzes – questions posed by celebrities Helen Mirren, Simon Cowell, Julie Walters (to name but a few) on history, sport and of course the National Theatre!</p>	
<p style="text-align: center;"><b>CROCHET</b></p>		
 <p>Seasonal photo from Olive McManus</p>	<p style="text-align: right;">Jean Ryan</p> <p>Despite the weather we've met in the park most weeks and hope to continue a while. On a sunny morning it's still pleasant sitting outside and we can walk to keep warm! The group has been busy - Jennifer made several deliveries of crocheted blankets to the Society of St Vincent de Paul last week. We received a lovely letter of thanks from the society.</p>	

**JACQUI'S TEASERS**

Jacqui Townsley

**Last Month's Teasers**

❑ A most expensive Birkin sold for £293,000 at auction – what is a Birkin?

The Birkin Bag (or simply Birkin) is a line of tote bags by Hermès. Handmade from leather, they are named after English actress/singer Jane Birkin. Victoria Beckham reportedly has a collection of over 100 Birkins estimated at over \$2 million, and Singaporean socialite and entrepreneur Jamie Chua is considered to have the largest Birkin collection of over 200 bags. But you can't just walk into Hermès and buy one. All you can do is hope to be important enough or spend enough to be offered a Birkin - and if you're offered one, don't expect to be able to choose the colour or size!!

❑ What is this? (Clue – it's probably Victorian)



The vintage clothes sprinkler top with cork bottom fits most household glass bottles. You would sprinkle washed clothes, fold them, and put in wooden laundry basket and cover with a towel to dampen. Then the clothing could be ironed as time permitted!

Jacqui Townsley

**This month's Teasers**



❑ What is this? Is it a primitive medical instrument? Or an exceptionally unexceptional weapon? Nope... so, what is it? (Clue: made of red coral and topped with elaborate gold handle c.19th century).



❑ **Wooden Top** – An early 19th century milliner's mannequin measures 40 cm tall and made of pine. She's a rarity and considered folk art rather than a hatter's tool. Estimate £300 - £400. Guess the sale price!

Answers next month!

**PHOTOGRAPHY**

Mike Pressley

Darren Lewey sent in a link for useful online learning materials, which include free tutorials and courses for developing local photography projects - especially useful now of course. Take a look.

<https://creativecamera.online/>

**ANTIQUES**

Jacqui Townsley

Anybody got an old Rolex Watch lying in a drawer at home? The market is red hot at the moment for vintage Rolex wristwatches – PoWs during WWII could order a Rolex Oyster through the Red Cross with no payment due until the end of the war! These can still be bought for around £2-3,000. Womens' Rolex watches such as a 1920s Half Hunter or a 1940s Oyster Perpetual are also priced at a mere £2-3,000. Diving watches are greatly sought after – a Rolex Submariner 5513 from 1965 can be worth around £300,000. So it might be worth checking through your jewellery drawer or that old box of relics up in the roof space!

**BOWLS**

Andrew McIlroy, Jean Needham, Sally Magill

We have been making detailed preparations for a restart to indoor bowling at Kilmakee activity centre on Tues 20th Oct. Unfortunately, the recent restrictions have prevented this happening. It is expected that the restart will be delayed for between 2-4 weeks; 4 weeks being more likely. Because of the complexities of bowling under covid-19 restrictions we will only bowl on one day per week in the initial stage. As we learn and gain experience in working with the restrictions, we hope to expand to additional bowling sessions on Thurs mornings & Mondays. We have had an enthusiastic response from our regular bowlers, but we are anxious to hear from anyone else who might be interested in taking part in indoor bowling.

To bowl there are some conditions which you must be willing to observe:

1. Follow all covid-19 requirements of our club and Kilmakee activity centre.
2. Declare on initial start, and reconfirm on every subsequent occasion, that you are free from symptoms of Covid-19.
3. You must be willing to share your contact details (usually a mobile telephone number) with Kilmakee activity centre.
4. The only method of communication we use is by WhatsApp. We have a WhatsApp group dedicated to bowling, booking and communications. You must be willing to use WhatsApp and be on this group to participate.



If you think you could be interested contact any of the Group Leaders: Andy, Jean, or Sally.

**WALKING GROUPS STROLLERS - SAT RAMBLERS - RAMBLERS - HILLBILLIES - SCRAMBLERS**

Stanley Prentice, Judith Prentice, Mary Hine, Heather Martin, Gil Colvin

In the interest of everyone's health and safety we again have no walks planned until the Covid-19 alerts ease. We realise everyone is missing the exercise and the social interaction that our walks provide.

Hopefully the situation will change soon, and we can all get together again. In the meantime, stay safe.

CLOUDS

Des Donnelly

In clouds I see great flocks of sheep,  
foaming waves upon the deep,  
feathery swans in graceful flight,  
white horses prancing on a moonlit night,  
steam trains trailing rivers of smoke,  
kings and queens in ermine cloaks,  
ghostly galleons with sails awry  
floating stealthily across the sky,  
eiderdown in quilts and pillows,  
milkshakes, meringue and fluffy marshmallow.

I've looked at clouds and often thought,  
they're dreams, gently held aloft,  
not yet realised, attended,  
held by spiders' webs, suspended,  
wisps of wistful wishes, tended,  
full of hope, a road not ended.  
A sign of life, their silver lining,  
born of intrigue and thoughts beguiling,  
bourne on butterfly wings so fair,  
enchanted castles floating in the air.

And clouds, they have the strangest names,  
like thunderheads which deluge rain,  
or mackerel skies with rippling scales,  
and wispy strands known as mares' tails.  
With halo clouds, a ring is spun  
around the sun or shining moon.  
Noctilucent billows and cirrus whirls,  
cirrocumulus bands and mother of pearl  
radiatus, duplicatus and cirromutatus,  
at every level above our world.

And often, clouds reflect your mood,  
they block our view, a joy eschewed,  
a solid veil hung deep and low,  
shades of grey, which in me, I know,  
create moods of melancholy,  
a place where no one wants to be.  
But then a shaft of light is seen,  
a rainbow's ribbon on an opaque screen,  
the clouds disperse, the sun bursts forth  
to bathe with warmth and light, our sombre  
earth.

April 2016

HARVEST TIME

Bill Ingleston



OLD FASHIONED SWEETS

For An Upcoming Article

Remember having sweets weighed & placed in a paper bag?

FLYING SAUCERS



COCONUT MUSHROOMS



GOBSTOPPERS



SPANGLES



SWEETIE CIGARETTES



RHUBARB AND CUSTARD



PEAR DROPS



BON BONS



CHEWING NUTS



LUCKY NUMBERS



SHERBET FOUNTAINS



LAST BUT NOT LEAST:



LET US KNOW WHAT YOUR FAVOURITES WERE!  
CLICK HERE AND SEND US YOUR SWEET SUGGESTION.