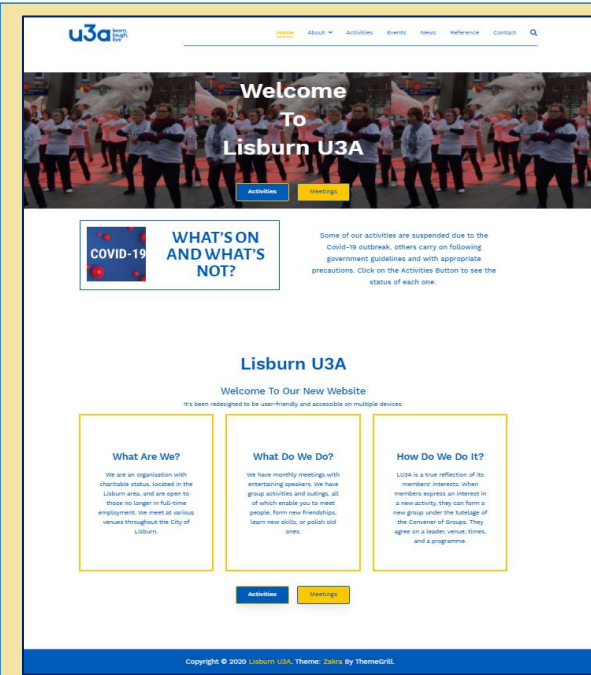


Email: [info@lisburnu3a.org](mailto:info@lisburnu3a.org)

Website: <https://www.lisburnu3a.org>



Charitable Status No NI103276



**Welcome to our new website!**

David Todd, Webmaster Emeritus, agreed in 2016 to continue as Webmaster until a replacement could be found; in 2020 he was finally able to pass the website on. The first problem was that the software the site was using was a stand-alone single computer licence, which was many versions out of date. After discussion with the website host, it was decided to move to WordPress. The WordPress software is 100% free and open source. The next issue was that the current site could not be converted to WordPress, therefore we had to rebuild the entire thing. Much of David’s text has been reused with a goal of keeping things as simple as possible. It is finally done, and we invite you to have a look. Any ideas for changes and additions are welcome; if you have a submission for the site, please send it in. This is YOUR website!

**Important - delete** your old link/favourite for our site, and redo it using this syntax: <https://www.lisburnu3a.org>

**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 ARE ON**

But due to the COVID-19 outbreak, the Lisburn U3A monthly meetings are taking place using ZOOM

**Watch for the link to the next monthly meeting to be held**

**26th Nov at 2pm**

**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: ↓

<b>EMAILS:</b> <a href="mailto:chairlu3a@hotmail.com">chairlu3a@hotmail.com</a>	<a href="mailto:editorlu3a@gmail.com">editorlu3a@gmail.com</a>	<a href="mailto:info@lisburnu3a.org">info@lisburnu3a.org</a>
---	--	--

**ALL MEMBERS**

**PLEASE SEND IN A SUBMISSIONS FOR YOUR NEWSLETTER!**

Send us your photos and tell us what is going on in your daily lockdown lives. Are you working on a PROJECT? a HOBBY? 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.

<b>EMAILS:</b> <a href="mailto:chairlu3a@hotmail.com">chairlu3a@hotmail.com</a>	<a href="mailto:editorlu3a@gmail.com">editorlu3a@gmail.com</a>	<a href="mailto:info@lisburnu3a.org">info@lisburnu3a.org</a>
---	--	--

**Hello Everyone!**

- Well if you weren’t there, you missed a very entertaining talk by Phillip Caine at **the last monthly meeting**. He’s worked everywhere from kitchens to oil rigs to construction to hotel management, and in some fascinating and even dangerous locations. The people he worked with were just as varied, and some were dangerous as well. However, I think we can all agree that Mrs Caine must be a saint!
- **Watch for the next monthly meeting link for 26th Nov at 2pm.** Our final meeting for 2020 will be 17<sup>th</sup> Dec at 2pm.
- We had an enjoyable **Coffee and Chat** on 12 November at 11 a.m. Topics were varied – from a tanker truck of Gin in front of the **Ingleston’s** house to Typhoid Mary (asymptomatic...), to flu jabs and shingles shots, to the unexpected joy of wearing a mask when you don’t have your teeth! Watch for the link to the next **Coffee and Chat** on **Wed 9<sup>th</sup> Dec at 11 am, hosted by Bill Grant.**



## THE NEWSLETTER

Editor

This newsletter is published every month. Except for December, it is sent out on the weekend before the monthly Members Meeting, which is held the last Thursday of every month. It is put together by the Editor, then sent to the Committee for review and approval. Once approved it is sent on to Joan, Administrative Secretary for distribution by email.

**If you don't receive your newsletter each month please contact anyone on the Committee.**

## OTHER RESOURCES

THE SILVER LINE	SOCIAL MEDIA
<p>The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. <a href="#">The Silver Line</a> and <a href="#">Age UK</a> have joined forces to help more of the older people who most need The Silver Line's vital loneliness services. <b>Calls are free: 0800 470 8090</b></p> <p><b>Exciting News: U3A Radio Podcasts</b></p> <p>The 2nd episode was broadcast on Tues 17<sup>th</sup> Nov at 11am. Subscribe to our YouTube channel and click the bell to get an alert when a new episode is up. The second broadcast looks at members' life stories as well as stories from members and groups from across the movement. Listen to the available episodes <a href="#">HERE</a>.</p>	<p><b>WEBSITE</b></p> <p><b>Important - delete</b> your old link/favourite for the site, and redo it using this syntax: <a href="https://www.lisburnu3a.org">https://www.lisburnu3a.org</a></p> <hr/> <p><b>FACEBOOK</b></p> <p>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 "<b>lisburn U3A members group</b>" 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 Lisburn U3A members.</p> <hr/> <p><b>WHATSAPP</b></p> <p>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, or want to join a group, contact the Group Leader and ask to be added.</p>

## POSITIVE STEPS FOR THE ROAD AHEAD

by COVID Symptom Study

[The COVID Symptom Study app](#) is a not-for-profit initiative that was launched at the end of March 2020 to support vital COVID-19 research. The app was launched by health science company ZOE with scientific analysis provided by King's College London. With over 4 million contributors globally, the Study is the world's largest ongoing study of COVID-19 and is led by ZOE Co-Founder, Tim Spector. [Download the app](#) and aid the COVID-19 research. Get the latest research news by subscribing to their mailing list, or you can volunteer for the Vaccine trials. ZOE advises:

- **Stay safe** - Follow public health guidelines about social distancing and face coverings, and wash your hands regularly.
- **Nourish your body** - Healthy balanced food will better support your immune system and gut microbiome during this time.
- **Stay active** - Physical activity is good for your general health, supports your immune system and boosts your mood.
- **Protect your mental health** - This is a tough time for many - [Click Here for tips for coping with anxiety during lockdown](#).
- **Keep logging your health** - By spending just a minute every day logging your health, you're participating in the largest study of COVID-19 symptoms in the world. If you want to join the study, find out about the App, or have a question about the study, you can Email [the study] at [covid@joinzoe.com](mailto:covid@joinzoe.com)

## Northern Ireland Coronavirus (COVID-19) regulations guidance

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

Following an increase in coronavirus (COVID-19) cases, additional restrictions have been introduced for people living in Northern Ireland. These new restrictions have been put in place to help reduce the spread of coronavirus and to help manage the pressures on our health and social care system. This page will be updated with detailed information as it becomes available.

## SONGBIRD

This is another poem I wrote some years ago about a bird which a neighbour kept in a box fixed to the outside of his house. And, once again, as we endure another lockdown, this poem has resonances with our restricted freedoms and the hope that it will all end some day soon.



I know a bird, a Fyfe Canary,  
a nameless bird, without identity.  
It lives in a box, lashed to a wall,  
a wooden box, not so grand at all.  
It's just a box, not a fancy cage,  
made of wood and nails and wire mesh.

He looks out over a cobbled yard,  
of tiles and stones, his freedom barred.  
And I wonder does he look and sigh,  
or maybe even question why,  
the reason he's imprisoned here  
in a world of wire fenced frontier,  
to fly far beyond those paler skies  
to new horizons and rainbows high.  
To wander free as a vagabond,  
for such a life, he was surely born.  
Yet now, in silent, stolid darkness  
of night's dreary veil of nothingness,  
and away before the breaking dawn,  
he starts to sing an enchanted song,  
a song, impromptu and effused  
with verve and gay abandonment.

Why this full throated, warbling sound,  
to what cause and virtue does it abound?  
He does not sing with rhyme or words,  
just a melodic melange of delicious notes,  
a riotous riff of wavering tones,  
he sings, just because he has a song.  
Yet, he must believe in merriment,  
freely flung from his very core,  
surrendering his spirit in his song  
from deep within his living soul.  
And perhaps when all is said and sung,  
a song of joy and hope is sprung,  
and maybe tomorrow, it may come his  
time,  
to taste his freedom, a life sublime,  
a world beyond his wildest dreams,  
of flowers, trees and running streams.  
For in all of us, we deeply yearn  
for a life anew, refreshed, reborn.

Des Donnelly

April 2014

## News from the Trust

## NEW LOOK

## Sam Mauger at U3A National Office



Thank you so much for all your feedback on our new brand, which launched in September. This updated look was chosen after a wide consultation with members. See more about the new brand on [our website](#).

Sue Stokes, Chair of the Communications and External Affairs Committee, has written a piece for [Sources](#) about the importance of using branded resources.

[Editors note: You'll have noticed the new **u3a** Logo at the top of page 1]

## LU3A SINGERS

Jacqui Townsley

From cathedrals across the UK, you can watch livestreams of carol services and concerts this Christmas – Chichester, Canterbury, Ely ... ..take your choice for wonderful carols from the comfort of your own arm chair!



## THEATRE / CONCERT

Jacqui Townsley, Reah Browne



Casting has been announced for the Old Vic's *A Christmas Carol*, which will be streamed from the venue's empty auditorium next month to remote audiences.

Andrew Lincoln (*Love, Actually* and *The Walking Dead*) will take on the

lead role of Scrooge in the live-broadcast production.

*A Christmas Carol* will be performed live from 12 to 24 December 2020 for just 16 performances with 80,000 tickets available across the run – 1 ticket per household. Priced from £20 upwards, all tickets offering the same view.

<https://www.oldvictheatre.com/whats-on/2020/old-vic-in-camera/a-christmas-carol-5>

**BOOK GROUP 1**

Jeanette Chambers



We are continuing to hold our meetings on Zoom and although "it is not the same" at least we can chat about our books, discuss what's happening in our lives. The next meeting will be on Thurs 3<sup>rd</sup> Dec at 10.30am when we will be discussing "The Motion of the Body Through Space" by Lionel Shriver. The last book I read by this author was "We Need to Talk about Kevin" the story of the family whose son grows up to be a mass murderer shooting as many of his teachers and fellow pupils as he can. If the new one is anything like it, it's sure to be interesting!

**BOOK GROUP 2**

Joan Bryson

We continue our monthly meeting and our informal mid-month Book Chat using Zoom. Our Christmas meeting will be **Tues Dec 15th at 10.30am** without the traditional Christmas lunch. Our book is the darkly humorous 'The Secret Guests' by B.W.Black. There's a part of rural Ireland where local legend has it that Princesses Elizabeth and Margaret were evacuated to the local 'Big House' during WW2 and placed in the care of an aged relation, and a young, ambitious female intelligence agent, one of the few protestant officers in the Garda. But in rural Ireland nothing is secret for long....



**FLORAL ART CLASS**

Sally Stanfield



Flowerets met on Thurs 5th Nov. The project was to highlight foliage. The arrangement had to combine lemons/limes, 2/3 pastel flowers and an abundance of mixed foliage. The group worked quietly in the tranquil setting for two hrs. The creativity that showed through at the finish in these arrangements was fantastic. The results were beautiful, and can be seen in the Colour supplement. Our next meet will be the **26th Nov at 10.30am**, to do a Christmas arrangement. There will be no Dec. meeting. The next date will be discussed on 26<sup>th</sup>.

**BOWLING1&2**

Andrew McIlroy Catherine Murdock, Jean Needham



We have no idea when indoor bowling is likely to start. It has been suggested that it could be well into the new year before we can commence. All equipment and procedures to maintain safety are in place for a speedy startup when conditions are right but the safety of our members must be the primary consideration.

**CHALLENGE**

William Ingleston

Remember HARVEST TIME in the last newsletter? This Bramley apple was grown on my little tree!

**Can anyone beat 15 oz?**



**MEMBERSHIP**

Sandra Stokes

Welcome to our new member **Avril Hughes**  
Our current membership count stands at 326 active members.  
Join the **Monthly Meeting** held using Zoom. The next meeting will be **26<sup>th</sup> Nov at 2:00pm.**  
Everyone is welcome.

**IRISH LESSONS**

Keith Ineson

Irish is difficult online as without active conversation progress is slow, but a few are sticking at it.

I approached Turas and explained our struggles due to the lack of active verbal interaction; they are looking into it and hope to start a conversation Buddy Scheme.



**DINING OUT**

Norma Patterson

Dining out is delayed until the new year, judging by the situation at the moment! Roll on 2021!



**PHOTOGRAPHERS!**

Entrants must be 60+ and are allowed to submit three photos per person. Both digital and hard copy entries are accepted but digital is recommended. Enter by emailing your file to [communications@copni.org](mailto:communications@copni.org), or send it via COPNI's Facebook page or post it: **The Commissioner for Older People for Northern Ireland, Equality House, 7-9 Shaftesbury Square, BT2 7DP.** The competition closes noon, Fri. 11th Dec., so get snapping!

**CROCHET**

Jean Ryan



We've been lucky with the weather this month and have met up each week in Wallace Park. Since it's too cold to sit for long we've taken to walking round the park to keep warm and are also planning to have occasional Zoom meetings. Crochet continues, with more blankets, cosy hats, scarves and jumpers.



**PROPOSED: LU3A PEN PALS**

Catherine Murdock



Remember writing a letter? Join and bring back the lost art of written communication! Contact **Catherine Murdock** by phone or by LETTER to join!

As names come in, Catherine will confirm that you are happy for your details to be shared within the group, and will create sub-groups who will write to each other.

[Editor's note: I've already joined!]

Catherine is on the **Group Leader Contact List** dated 29 Oct '20.

**SUMMER GOLF**

Margaret Callan

Weather will determine play for the future. Ironically Weekly Golf has benefited from lockdown as participants have more flexibility regarding days of play. Consequently, over the past month we have allowed the weather to determine our play as follows:

- Thurs 22nd Oct - 6 played Down Royal
- Mon 26th Oct - 4 played Down Royal
- Thurs 5th Nov - 8 played the front nine at Lurgan Golf Club
- Tues 10th Nov - 7 played the back nine at Lurgan Golf Club



**YOGALATES**

Brenda Palmer, Freda Bell

Yogalates continues on Zoom. If anyone wishes to join us, please get in touch with me.

Don't be afraid of zoom.

It's easy to use, as long as you have a computer, tablet or even a smart phone. As yet there is no word of getting back to our sessions in the hall. Maybe with the vaccine we won't have too long to wait!



**JACQUI'S TEASERS**

Jacqui Townsley

**Last Month's Teasers**

? **What is this?**



Answer: A primitive medical instrument? An exceptionally unexceptional weapon? Nope — turns out we could have just asked a baby – it's a baby's teether!

? **Guess the sale price of the Wooden Top** (Estimate £300 - £400).



**Answer:**

She's a rarity alright and sold for **£7,500!**

**This month's teasers!**

? **Question: What is a kugel?** *Clue – Christmas is coming!!!!*

? **What is this?**

*I'd better give you a clue – it is French, circa 1900, about 8" long and some people still use then in the kitchen!*



**Answers next issue.**

Jacqui Townsley

**National Trust Group**

Lesley Kirk

This week the National Trust announced we no longer have to book to visit their properties during the week, which makes them more accessible. Many of you may not be using your NT membership with the current restrictions so I thought it might be an idea to have WhatsApp group so people could arrange to meet at a property for a walk and hot drink from the cafe. If you are interested, please either text or email me, Lesley.

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

Stanley Prentice, Judith Prentice

I'm afraid there are no changes to last month's message, all RAMBLERS - HILLBILLIES - SCRAMBLERS walks are still on hold and certainly no Christmas lunch planned for the walkers this year.

Mary Hine, Heather Martin, Gil Colvin

**SAT RAMBLERS** - We were hoping to walk 21<sup>st</sup> Nov, but would only be 3 so cancelled; we decided to suspend for now as well. **STROLLERS** - We are walking in small social distanced groups, when weather permits. There are no coffee breaks, just a quick walk and chat. Keep safe

**ANTIQUES**

Jacqui Townsley

Have you ever thought about collecting corkscrews? They come in all shapes and sizes – from Victorian patents to ladies' legs - and collecting antique corkscrews is a very competitive field. Corkscrews first emerged in the early 1700s when wine bottles began to have tight-fitting corks (before that they could be removed with a knife), and when the Victorians came along with their manufacturing ingenuity, hundreds of patents came out. Antique versions were made in all sorts of materials – scrimshaw, horn, wood, ivory, silver, brass, bronze ... and in all sorts of designs.

Condition is king for all corkscrew hunters – look out for chips and cracks to the handle, rust, tarnish and damage to the mechanism. Most have no maker's mark, but if they have a fancy shank or a maker's mark, prices go up. One unusual Victorian corkscrew with an estimate of £400 - £600 sold to an anonymous buyer for £40,000! But you don't have to be a millionaire to start collecting them – you can get one that's hundreds of years old for just a few pounds!



## AN INTROVERT'S PERCEPTION OF LOCKDOWN

Editor



Area of British Columbia in comparison to United Kingdom

When I moved to Northern Ireland, I was fascinated by the different accents I would hear by simply travelling the short distance from one town to another. Northern Ireland has an area of 5,455 square miles and a population of 1.885 million (2019) but countless variations on the Northern Ireland accent. British Columbia, where I'm from, is the most western province of Canada, has an area of 364,762 square miles, and a population of 5.071 million (2019), yet you can travel from one end of BC to the other, from Victoria in the south to Atlin in the north (a distance of 875 miles) and people all sound the same.

As well, I was surprised at the number of people I met here that had grown up living in one town and attending only one primary and one secondary school. From birth until I finished secondary school, I lived in six different towns, and attended eight different schools, with the longest time spent at any being two years. A consequence of this roving lifestyle was that I was always a newcomer and usually an outsider, thus I was often on my own, which carried over to my adult life. When I ended my second marriage after 25 years, I started afresh and went to university at the age of 51. While working full time, I attained my degree and started a new career in computer security. From 2001 to 2018 I worked in Canada, USA, England, Northern Ireland and England again, and with the exception of Northern Ireland, I was always on my own. I rarely socialised, and was a happy workaholic.

I am enjoying lockdown, but the majority of people I speak with are not. It took me a while to understand that others were truly having trouble dealing with it. At first I thought people were being dramatic and I found their point of view confusing, because it's foreign to my personal perspective. While they are by turns unhappy, lonely, depressed, bored, feeling socially isolated, and frustrated, I am quite happy. I started wondering if there was something wrong with me – why wasn't I bothered by lockdown like so many others?

Yes, I missed my Tuesday and Wednesday painting sessions each week, but I paint at home too. I missed Monday and Friday T'ai Chi, but I can do it at home using Suzanne's videos and YouTube. Interestingly, Thursdays were always my favourite day – my quiet day – for putting at home, catching up on emails and working on **U3A** business. I've come to the realisation that my nomadic childhood and school years were excellent training for lockdown. My divorce taught me to be independent, and my university degree gave me confidence in my ability to meet a challenge on my own. But there's more to it than that. Why am I giving you these personal details, and what is my point?

My point is I've realised that reactions to lockdown are primarily personality based. In August of 2013, I read a book called *Quiet* by Susan Cain. At the time I was living in Knutsford, Cheshire, and working for Barclays. The book impressed me to the extent that I sent a copy to Antony Jenkins, then Barclays' CEO, with post-it notes on relevant chapters pertaining to financial crashes. He did not acknowledge said gift.... For me, the book was a validation of everything I'd felt all my life. There's nothing wrong with me, I'm simply an introvert. While many introverts feel comfortable and even relieved by lockdown, most extroverts suffer from the deprivation of social interaction.



Oro Modesto Cherry  
Spanish Water Dog

The crucial difference for me is that I am actually feeling less pressure because of lockdown. I find the social side of activities exhausting; I'm not good at making conversation, and being surrounded by people for any length of time leaves me physically and mentally tired. But in the meantime, here I am, a happy introvert, holed up in my loft room with its lovely skylight and plants, paints, music and computer. Downstairs are my daughter and son-in-law, their two girls, and Oro the Spanish Water Dog. Who could ask for more? ...an Extrovert!

### Hints For the Extroverts Not Enjoying Lockdown:

- Maintain connections by taking part in virtual pub quizzes, or using Zoom or Skype to keep in touch with pals. Make a point of contacting people at your usual social times such as coffee breaks or after work meet-ups.
- Make your home environment stimulating by playing music, taking regular breaks to chat with friends by phone or getting together virtually.
- Write down self-reflections, keep a journal.
- Spend time outdoors. Take routes with more people traffic (socially distanced, of course).