

Email: info@lisburnu3a.orgWebsite: <https://www.lisburnu3a.org/>

Charitable Status No NI103276



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 coronavirus outbreak, the **Lisburn u3a MONTHLY MEETINGS ARE TAKING PLACE USING ZOOM**. Links are sent out a day before the meetings.

NEXT MEETING:**28 JANUARY 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:

EMAILS: chairlu3a@hotmail.comeditorlu3a@gmail.cominfo@lisburnu3a.org**MEMBERSHIP**

Sandra Stokes

WELCOME TO OUR NEWEST MEMBERS!**Mrs. Judith Whittaker – and – Mrs. Geraldine Court**

We look forward to meeting you in person someday soon!

LU3A Membership is currently at 328 members.

EMAILS: chairlu3a@hotmail.comeditorlu3a@gmail.cominfo@lisburnu3a.org**Hello Everyone!**

- **Catherine Murdock** has stepped down as one of the leaders of the Indoor Bowls. The Committee want to express their thanks to her for her hard work over the years.
- **Jean Needham** moved to England in December, and she too will be missed! She was another leader for the Indoor Bowls, French, Horseracing, and 10 Pin Bowling. She played Pickle Ball and Table Tennis with a few of us at Kilmakee before the lockdown as well. A great all-rounder! AMAZINGLY, Jean is going to carry on leading the French Group! Thank you Jean!
- **Coffee & Chat** was held Jan 6th, hosted by Pearl and Trevor. The next Coffee & Chat will be on Thurs. 11th Feb, hosted by Margaret Hanna and Elodie Ellingsen.

SOCIAL MEDIA

A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

WHATSAPP

Andy McIroy

Andy has concerns that some members may be missing out on WhatsApp's groups as they don't have smart phones. He's reminding us that there is another way to be on WhatsApp. If you don't have a smart phone, then here are Andy's instructions for installing:

HOW TO INSTALL WHATSAPP:

1. Install the app from the Play Store (Android) or App Store (iPhone). This can be on any suitable device
2. Launch the app and approve the requested permissions.
3. Enter your phone number and tap Confirm.
4. Enter the verification code received via SMS (WhatsApp may do this automatically)
5. Import existing contacts into the app (*optional*).

I think the opportunity to use WhatsApp and communicate with other members could be a great help for many of our members.

Stay well and stay safe.

Andy.

LU3A IS 10 YEARS OLD THIS MONTH!

January 2011 to 2021.

Stanley and Judith Prentice were instrumental in starting Lisburn U3A, so they were looking forward to having some form of anniversary celebration recognising the success of the organisation, however, the circumstances over the last few months have changed things dramatically.

As there cannot be any "physical" celebration, they have been looking back at how things started, rooted around in their archives, and have found a few items of interest.

Here is a poster which was publicising the very first meeting, 20th January, 2011!

Editor:

Many thanks to Stanley and Judy for taking the time and trouble to search out these bits, for the article on the next page, and for their strong support at the monthly meetings, Coffee & Chats, leading group activities, and their continually uplifting messages!

U3A
Northern Ireland University of the Third Age
www.niu3a.org.uk

Retired but not Retiring?

The University of the Third Age is a Self Help organisation for people no longer in full time employment, providing informal, educational, creative and leisure opportunities in a friendly environment.

Local U3A's are learning co-operatives which draw upon the skills, knowledge and experience of their own members to organise and provide interest groups in accordance with the wishes of the membership.

NO QUALIFICATIONS are asked for and **NONE GIVEN**
The U3A approach to learning is
'LEARNING FOR PLEASURE'

1ST MEETING
THURSDAY 20TH JAN. 2pm.
LAGAN VIEW ENTERPRISE CENTRE
DRUMBEG DRIVE. OLD WARREN
LISBURN.

It's never too late to expand your horizons!

LISBURN U3A BEGINNINGS

Judith & Stanley Prentice

Who would have thought that a casual throwaway remark on a walk over 10 years ago would have resulted in the thriving organisation now known as LU3A? But that's exactly how we came to be.

As members of Belfast U3A walking group, Stanley and I were on a weekly Ramble at

Kilbroney near Rostrevor, when we were approached by another Belfast Rambler, who was also a regional U3A Trust member responsible for the setting up of new U3A groups in Northern Ireland. Knowing we lived in the Lisburn area, she asked if we thought there would be any demand for the establishment of a Lisburn group.

We jumped at the idea, as already many of our friends in Belfast lived south of the city and we knew there would be definite local support for such a wonderful organisation in our area. However, how do you go about setting up such a venture?

We were advised that the first step was to hold a meeting to gauge possible interest. This was set up very quickly after approaching Lisburn Council with the idea, and scheduled for early December 2010 at the Island Arts Centre. Luckily, we were in experienced hands and within a few days of the meeting being organised, Stanley and I were bombarded with flyers from the Regional office for distribution to the local library, doctors' surgeries, chemists etc. You name it, we left flyers there, everywhere we could think of, an invitation which could be seen by prospective U3A members.

With the support of Regional trustees, who turned up to extol the benefits of U3A and explain how it all worked, we were overwhelmed by the turnout; there was standing room only in the hall we had hired. There were almost 80 members of the public who attended, all interested in hearing what this strange "U3A" thing was all about.

Obviously, the interest was there - on that day, we managed to form a steering committee, undertook the complicated task of forming a legitimate organisation; created a Constitution, located suitable premises from which to operate, negotiated rental prices, and completed all the other necessary administration required. We were assisted by the Third Age Trust in all these steps, even receiving a small set-up grant for initial expenses.

Many legalities had to be followed as U3A is a Registered Charity, so necessary administrative procedures had to be in place for us to achieve status as a Northern Ireland Registered Charity.

Our first actual meeting was held at Laganview Enterprise Centre on Thursday 20th January 2011, with a turnout of 63 people. We had, and still retain, fantastic support from Laganview, and in particular, from Joanne Casey, the Centre Manager, and Caretaker Alan, both of whom have been unbelievably helpful and helped us out of many a difficulty!

From that first meeting several interest groups were formed, and we saw our membership grow steadily due to personal recommendations and word of mouth, reaching almost 500 within 5 years. We have also had substantial annual grants from Lisburn and Castlereagh Council, which has assisted us in the hire of venues, several outings, events, and administrative expenses, and for which we are extremely grateful. Covid has undoubtedly had a detrimental effect on current membership numbers, but we are quite certain that position will reverse and we will bounce back after this unprecedented crisis is over.

Lisburn has evolved into an active, friendly, all-inclusive branch of the U3A movement and we would like to take this opportunity to thank all our current and past group leaders, committee members and chairs for their input and expertise.

To all our members, it couldn't be the success it is without your support.

We look forward to another successful 10 years.

Judith & Stanley Prentice

Local people are invited to join U3A

If you have free time during the day, have a hobby or interest you would like to share with others or just want to extend your social circle then the University of the Third Age (U3A), which has recently formed in Lisburn, could be the organisation for you. U3A, a voluntary group run by its members, is an education organisation for those no longer in full-time employment. Members teach and learn from each other in small groups and activities include anything that appeals to one or two members and for which there is an enthusiastic teacher. Interest groups may include art, bridge, craft, dancing, family history, floral art,

gardening, golf, history, keep fit, languages, lunch club, nature study, painting for pleasure, play reading, pilates, singing, swimming, table tennis, travel, theatre, museums, cinema, walking, wine tasting and yoga, to name but a few.

In Northern Ireland there are around 3000 members, belonging to 17 autonomous U3As. The UK movement as a whole was founded in 1982 and now comprises almost 180,000 members belonging to about 800 U3As.

The organisation is open to all kinds of people but members should not be in full-

time employment as most of the activities take place during the day. Most members, but not all, are over 50. U3A appeals increasingly to those who have just retired or have recently arrived in the area and who are looking for new interests with like-minded companions.

The Lisburn U3A will be holding its first meeting on Thursday January 20 at 2pm in Laganview Enterprise Centre. It will then hold a meeting every third Thursday of the month.

For further information about Lisburn U3A simply turn up to the meeting or contact Stanley on 9268 3105.

FAREWELL BUT NOT GOODBYE

Jean Needham

I would like to say a sincere thank you to all the people I have met in the U3A. Especially those who sent me kind wishes for my move to England in December. My husband and I moved to Northern Ireland in 1971 and after moving a couple of times ended living in Hillsborough. I joined Lisburn U3A from the first open meeting. I think there were about 50 people at that first meeting. Since then, the membership and interest groups have increased now offering many diverse options for all members. I was asked if I would like to join the committee as interest group leader (sorry I can't remember the correct title). I had no experience (except life) in organising groups, people, or events. This role introduced me to many new people, which in turn helped me make new friends. After joining several groups, I gained the confidence to start some interest groups of my own (I thank all those people who supported me in these adventures) some went well, others only lasted a short time.

The one group I would like to mention is the Bowling group started by Catherine Murdock a lady who needs no introduction to many members. Catherine's love and enthusiasm were evident from the start. If it was not for her dedication, knowledge, and advice many people including myself would have missed out on so much fun and laughter. This then led myself and others joining the indoor bowling league where again I met new friends. Following on from Catherine, Andy McIlroy started the Tuesday bowling group – who are still in touch through WhatsApp.

These are very difficult times for everyone and many of us will be lonely and worried. Last year Lisburn U3A sent out a video by Keith telling us how we could perhaps cope during lock down. One of the tips included was "plan to have just one thing to do the next day". This did help me through a difficult time so thank you to a supportive U3A.

I hope to continue my membership with Lisburn U3A (not sure if this is possible) and at some point in the future, when we are back to a more normal life to see some of you again.

Wishing you all a very happy and safe new year

U3A Northern Ireland Region

U3A Groups in Northern Ireland There are currently 25 U3As in Northern Ireland, located across the province and ranging in size from around 50 to over 1200 members. The oldest is U3A Foyle, founded in 1990, while the newest is Ards Peninsula, set up in 2018. Each U3A is an independent charity but all are members of both the national organisation, The Third Age Trust, and the regional organisation, The Northern Ireland Region of U3As. Some U3As also have informal links with other local U3As. For example, Belfast, Holywood, North Down & Ards and Comber U3As have recently come together for training and social events.

CROCHET

Jean Ryan



Zoom has now become the norm for our weekly meetings and despite its shortcomings we're glad of the chance to get together on screen and catch up with each other's news. The emphasis is on the chat but plenty of crochet is going on and we can view the works in progress and talk about designs and techniques.

Some lovely baby blankets are at the ready for prospective grandchildren and the Baby Basics charity and various other projects are keeping us occupied. Our WhatsApp group is as busy as ever with plenty of jokes and cheery messages as well as tips and information, and although some of us haven't felt particularly confident about technology in the past, we are all getting to grips with it and appreciating its value in the current situation.



FRENCH

Jean Needham



We are continuing to hold our WhatsApp meetings on Monday afternoons, and started back on 11th Jan. There are six in our select group (unfortunately because we use WhatsApp this group is full). Meeting each week helps us to stay in contact with each other and gives us encouragement to practice during the week.

BRIDGE

Ivy Long, Joan Bolam Patricia Larchfield

We can't believe it is 10 years since formation of Lisburn U3A. How time flies! We are looking forward to better times.

JACQUI'S TEASERS



With Valentine's Day almost here (don't forget – 14th February), here is something for all you romantics – why not give a valentine's gift to your beloved and spell out your love with different coloured gemstones?

I think there's an appealing touch of old-school romance to the idea of wearing a jewel imbued with a secret message coded in precious stones. Each gemstone represents a different letter of the alphabet, with A for Amethyst, B for Beryl, C for Citrine, D for Diamond, E for Emerald, and so on. Hugely popular in the Victorian and Edwardian eras, acrostic jewels are experiencing something of a comeback. Romantic, innovative and beautiful, the secret messages of love enclosed in these jewels are as relevant today as they were hundreds of years ago go on then, what are you waiting for?

Can you decipher the secret message hidden in these love tokens?



Answers next month.

Jacqui Townsley

Jacqui Townsley

Answer to last month's Christmas Quiz:

What popular Christmas tradition did V&A founder Henry Cole introduce in 1843 as a way of saving time?

Henry Cole sent the first Christmas card in 1843. Christmas was a busy time in the Cole household and with unanswered mail piling up, a timesaving solution was needed. Henry turned to his friend, artist John Callcott Horsley to illustrate his idea and the Christmas Card was created.

What festive accessory was first marketed in 1861 by Tom Smith as "Bangs of Expectation"?

Pioneering confectioner Tom Smith perfected the Christmas Cracker as entertainment in the parlour game tradition. Smith made his big break in 1861 with a new product line called "Bangs of Expectation" - for the first time these were recognisable crackers with a bang. You didn't unwrap them; you pulled them.

Who said: "I stopped believing in Santa Claus when I was six.

Mother took me to see him in a department store and he asked for my autograph?"

Child star actress Shirley Temple.

What supposedly inspired the tradition for gingerbread houses?

The tradition of decorated gingerbread houses began in Germany in the early 1800s, supposedly popularised after the not-so-Christmassy fairytale of Hansel and Gretel was published in 1812. And since Christmas is a widely important time in Germany, the practice became synonymous with Christmas itself.

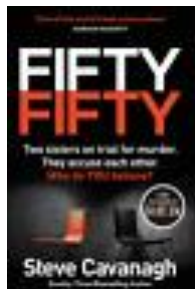
What poultry product was used to make artificial trees in 19th century Germany?

Goose Feather trees were created using actual goose feathers. The feathers were dyed green and secured by wire to form branches. These became quite popular in Germany and soon spread throughout Europe.

BOOK GROUP 1

Jeanette Chambers

Our Book Group continue to meet by Zoom and it is always nice to see faces at least when we are chatting. We discussed Victoria Hislop's book "Those Who Are Loved" and although some thought that it wasn't up to her usual standard, we all learned a lot about Greek history from World War II onwards.



We next meet on **Thurs 4th Feb at 10.30 a.m.** via Zoom having read "Fifty-Fifty" by Steve Cavanagh, and with our views ready to share.

BOOK GROUP 2

Joan Bryson

February will mark 12 months of meeting via Zoom and I am pleased to report that we have never missed a meeting and participation rates remain high at both our main meetings and our informal mid month chats. Our next meeting is **Tues 23rd Feb at 10.30am**. Our book is 'The Confession' by Jessie Burton. A once famous novelist, now an aging recluse, hasn't published anything in 30 years, when the past comes back to haunt her.

LU3A SINGERS

Jacqui Townsley

"New Year's Song"

Extract from Tim McMorris lyrics:

*It's a new day, and a new year
Shout it out loud, sing with the crowd
Celebrate cause, good things are coming
New opportunities are at the door
New innovation, with new creation
All the good things we have in store
Now it's a brand new day
And it's a brand new year
And there is hope in tomorrow
Now there's nothing to fear
It's not coming, yeah it's already here*

FLORAL ART CLASS

TEN PIN BOWL

Sally Stanfield

New Leader?

Flowerets are on holiday until we can resume in the Enterprise Centre. February is not expected. Hopefully good news will come as the evenings begin to lengthen. This lilac display is something we might attempt when we return.



As you know, Jean Needham has moved to England, and will be sorely missed! While she is continuing as Group Leader for the French Group, which is meeting via Zoom, that isn't possible for Ten Pin Bowling! Contact Keith Ineson if you would like to volunteer to take leadership of this group, so we can be ready to recommence.

10TH ANNIVERSARY STORIES

A RANDOM SELECTION, MORE TO COME IN EXTRA HELPING AND NEXT EDITION

MARGARET HANNA: When I retired, I was a member of Belfast U3A. A member of the walking group told me a new U3A had just started in Lisburn, so I went to along to the walking group. Then I tried the Pilates, the Book Group, the Crochet Group and now the Yagalates too. I genuinely did not expect to make new friends and yet, that is what happened. Even before the first lockdown the crochet group kept in close contact via WhatsApp. And we still do. We met up in Wallace Park until very recently and now have lively Zoom meetings. We are such a diverse group, but we do agree we've been lucky to have found each other. As Groucho Marx said, "I don't want to belong to any club that would have me as a member"! I'm sorry we have no vacancies, because no one leaves and we meet in a member's home, but I was trying to set up a second crochet group pre Covid19. We have all learnt to crochet and our charity projects include hats, scarves, blankets, baby clothes and toys for premature babies. We are hoping to meet again in Maureen's front room as soon as possible.

FREDA BELL: When joining the U3A a decade ago, I didn't know what to expect. I have made many new friends and even renewed some old friendships from schooldays! I am involved with three groups, learnt a new skill in one, challenging myself to read more books in another and exercising more with the Yagalates Group. Our group continued to meet in Wallace Park, the Book Group met in member's gardens and now we use zoom for yagalates. We stay in touch via WhatsApp and Zoom on a very regular basis

BARBARA MCCUE: This month [January] ten years ago, my friend asked me to go with her to the new Lisburn U3A meeting. I went with her, not knowing what it was all about. I decided to try the new Crochet Group since I could Knit, but had never learnt to crochet. After this group's second meeting we were delighted that Maureen Buchanan offered us the use of her house for our meetings. In the ten years since, I have learned to crochet, but more than that I have a new group of friends that I consider as "real friends". We have had so many laughs, and sad times too, because we have included our families in our friendship. We have kept our group going through this present situation, but we all look forward to returning to Maureen's front room every Friday morning. I am so glad I went along to that first meeting.

JENNIFER BLANEY: I attended the first meeting in the Island Centre in the Autumn 2010. The beginning of Lisburn U3A came just at the right time for me. For the previous ten years, I had been unable to go out much, due to caring responsibilities. I saw this as an opportunity to make new friends and learn new skills. I thought the U3A was really brilliant, and still do. I have tried out a few new activities and learned a lot from others. Let's hope we all get the vaccine soon and get back together to do what we like best.

JEANNETTE CHAMBERS: I first joined Belfast U3A because I'd met some members from CausewayU3A and found them a lively interesting group. That was when I first retired. A couple of years later I heard Lisburn was starting a new group and went along to the Island Centre. A questionnaire asked if you would be joining and if you would be willing to volunteer to take a group. I volunteered to take a Book Group ...and ten years later I am still taking the Book Group. I also belong to Crochet, Sewing and singing groups and my husband and I enjoyed the Ballroom Dancing. I have made some good friends and learned some useful crafts, not to mention all the chat, when you learn what's happening our district, what shops are opening/closing, where you can obtain things and where you can find someone to carry out some work for you. Indeed, you only have to ask and there will always be somebody in our group who knows what, where, why or when. Thank you Lisburn U3A.

Sandra Stokes: In 2016 I moved from the country into Lisburn. And I thought here I am, where I can easily do things, I want to join a walking group. After looking at various options, I decided to join Lisburn U3A. Wouldn't you know, after making that decision, I had to put the walking group off because I had a bad back. One day at the monthly meeting, they were talking about T'ai Chi, and I thought that sounds good. It was and is very popular, but eventually there was an opening, and I joined. It was great, people were friendly, and it was just what I needed at the time.

William Grant, Keith Ineson: Keith and I joined U3A in late 2017 after moving here from England. We joined primarily to get into the walking group. We are both retired and so have a bit of time on our hands and enjoy going out for various walks and meeting other people. We currently take part in the Ramblers and the Hillbillies walking groups. We have also taken part in the Let's Go group. Since joining we have both taken a greater part in the U3A, both becoming committee members. Keith is also involved with the Irish language group and I do the Karate for seniors. There are some other groups which we may be interested in joining at a later date. The U3A is a great group and we have met many pleasant people.



THE IRISH GROUP



Keith Ineson: The Irish group came into being just over a year ago. We had our first set of lessons locally and then started going to Turas in Belfast for our second set of lessons. And then Lockdown came and made everything stall. Turas started classes on line and some of us were able to access these.

We are surviving, though like so many of the groups, under very difficult circumstances. However, members are still enjoying learning.

Here are some of the comments I have received. -

One person wrote: *I love languages and never had a chance to learn Irish until U3A introduced this class. I am of an advanced age but still love languages. I have coped well with lockdown as I have a dog and need to walk him every day in the park and have discovered a lady who speaks Irish so I try to greet her in Irish and she has given me some tips which is very helpful. Also, I keep in touch with my friends although I miss actual contact with them. I am glad Turas has put classes on Zoom as I still would like to learn some more Irish. I hope to learn a bit more in the next term which I have signed up for.*

Another wrote: *For ages I have wanted to learn how to pronounce Irish, understand the structure of sentences & develop vocabulary - for use on frequent visits down south. I found Irish Zoom classes suited me well. I enjoy the leader's anecdotes & stories. She introduced rules & grammar right from the beginning which I found helpful. I hope zoom classes continue alongside conversation opportunities. Lockdown has provided time to explore a lot of online material relating to Irish & together with other things has kept me reasonably sane! I'm very enthusiastic about learning Irish & am especially grateful to you for setting up the Group.*

And yet another: *Of the many things that made me interested in Irish, one was the origin of place names. For example, "Lis" and "dun" are common versions of the Irish and Scottish Gaelic for a fort or stronghold and help explain Lisburn, Dunmurry and many other Lis... and Dun... places around us. Mór meaning big gives us Knockmore (big hill), Dromore (big ridge) etc. When I heard that the phrase "that is good" is "is maith sin" in Irish and pronounced "smoy shin" and so explains the origin of the English word "smashin" or "smashing" I thought this is a language worth learning! Turas in East Belfast have been welcoming and patient with us slow learners so it has been positive and very enjoyable learning some Irish there.*

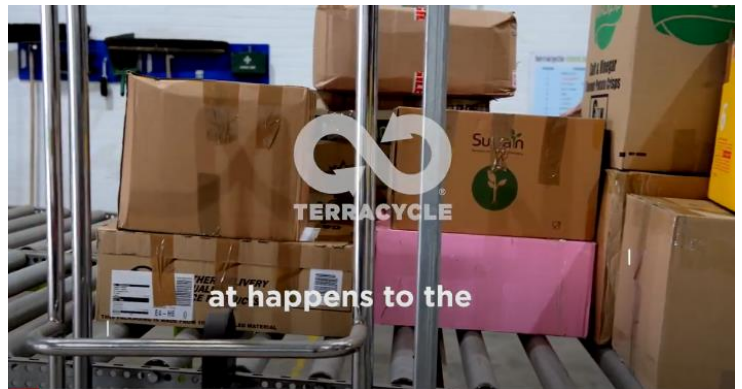
And finally, from me: All told it is a very enjoyable and social group and long may we continue – even with thickos like me trailing behind. Keith Ineson

RECYCLING FOR CHARITY

Would you like to do your bit for the planet and raise money for charity at the same time? I'm sure like me you throw away a lot of packaging that can't be recycled in your green bin.

During lockdown I discovered this great charity called Recycle Northern Ireland for Kicks Counts. It is a local group of a UK charity which is working to reduce the stillbirth and neonatal death rate by raising awareness of counting baby movements during pregnancy. They recycle traditionally non-recyclable items

through Terracycle who partner with big brands to share the cost burden of recycling items they produce, like crisps (Walkers), biscuits (McVities), sweets (Nestlé) and bread bags (Hovis) for example. There is a wide range of items they collect based on product type, rather than plastic type, but most programmes accept any brands of those products.



The Northern Ireland branch is run by a lady near Maghera but she has a great network of supporters who act as collection points for her around the country. When her boxes are at the minimum weight, she ships them off to Terracycle and has raised in excess of £6000 so far. She and her supporters work so hard and ship filled boxes every week. She regularly posts photos on Facebook of her home taken over by bags of recycling.

Terracycle reprocess the waste into items like picnic tables and watering cans, as you can see in this video: https://www.youtube.com/watch?v=lg_9_Dz1FMc

All the items which you can collect can be found in the link below
<https://www.kickscount.org.uk/Pages/FAQs/Category/recycling-streams>

Or by looking on the Facebook page Recycle for KC Northern Ireland <https://www.facebook.com/groups/ctkreyclingmidulster/?ref=share>

But to give you a rough idea here are a few items: -

Crisps, sweets, biscuits, bread bags, toiletry items, toothbrushes and toothpaste tubes, cleaning products, contact lens packaging, pet food pouches, disposable gloves (SPONTEX only) stamps, empty medicine blister packs, water filter cartridges and baby food pouches.

I keep a box in my kitchen into which I throw any of the above items and then once a week sort it into the relevant types which I store in my garage till I've enough to leave to the Lisburn drop off point which is near the Lagan Valley Hospital. Sadly, the bag which fills up the quickest for us is the medicine blister packs.

If we were having our monthly meetings in Laganview i would offer to take anyone's collections from there to the drop off point but unfortunately that's not going to happen for a good while yet I imagine. In the meantime, if anyone is interested and wants more information do get in touch with me. You can help by saving a few things or a lot, it all counts for the babies and the planet



You can find out more if you go to this link:

https://www.youtube.com/watch?v=lg_9_Dz1FMc&authuser=0..

