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Charitable Status No NI103276

LU3A SUPPORT GROUP

KEITH INESON

The last few months have seen disruption to our lives like many of us have never experienced before. As a result, many of our members are suffering anxiety, loneliness and isolation. There is no doubt that mental health issues are causing problems and, I believe, will continue to do so for many years to come. If you add this to the "normal" stresses of life such as bereavement, family problems, and physical health problems, then it is clear that many of our members are going through very trying times

As a committee, we are looking at setting up a support group along the lines of hospital almoner (medical social worker), chaplain, support worker. We know that there are members who have had experience of such work in their working lives and some continue to do so at present.

If you feel such a group would be useful and would like to volunteer, or would like to discuss another option, please give me a call on **07837931894** or email me at keithineson@gmail.com.



Happy Anniversary!

Kathleen and Bill Ingleston celebrated their Golden Wedding Anniversary on 9th July. The main event (adhering to Covid Guidelines) was a family barbeque in their garden.

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

MEMBERSHIP

Sandra Stokes

Welcome to our newest members!

Robert & Valerie Scott, and Rosaleen Crawford

Welcome back to **Keith Campbell** who re-joined.

We are now at **337 MEMBERS**.

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

Hello everyone!

- Sign up for the **Third Age Trust Newsletter** if you haven't already, at <https://www.u3a.org.uk/newsletter> or contact info@lisburnu3a.org if you have any questions.
- Cynthia has come home from hospital, and is slowly recovering. So still some time until she will be back to doing the Photo Supplement. Here's to a speedy recovery!
- A reminder about photos for the supplement - send them to editorlu3a@gmail.com. Please include details about the photo or send a photo with a caption for the "YOU'VE BEEN FRAMED" front page.
- **AGM: Our 2021 AGM will be held on Thurs 29th July on Zoom.** Although several committee members have served their allotted time, all, with the exception of Sandra our membership secretary, have agreed to continue on committee for a further year unless there were nominations from the membership. Lesley Kirk offered to fill the position of membership secretary.
- The next **Monthly Meeting** will take place on **Thurs 29th July at 2:00pm** via Zoom.
- The August Monthly Meeting will be on **Thurs 26th Aug at 2:00pm** still via Zoom.

JUNE SPEAKER: ADAM FERGUSON

THE REIMAGINATION OF THE 18TH CENTURY WALLED GARDEN AT HILLSBOROUGH CASTLE

By Madge Callan



Our speaker in June was Adam Ferguson, the first Keeper of the Walled Garden at Hillsborough Castle.

Adam, a local man, is a keen horticulturalist who trained at Greenmount College. In 2014 Hillsborough Castle became part of Historic Royal Palaces, a charity that relies on income from members, visitors and donations.

Construction of the walls surrounding a 3.8 acre site in the castle grounds was completed in 1788. However, the resulting Walled Garden had been dilapidated for many years before reconstruction began in 2017.

A substantial amount of hard landscaping was undertaken before the gardeners commenced soft landscaping in 2018. Adam's very effective use of photographs enabled him to illustrate progress over the two year period leading to the Royal Opening in Spring 2019.

Within the Walled Garden the orchard covers a 2 acre area with 27 varieties of standard fruit trees and 48 of them espaliered. Heritage and modern apple varieties are grown as espaliers on metal frames and subject to constant training. The vegetable and herb beds account for a further acre. A huge range of both heritage and modern vegetable varieties is grown on a four year rotation. A prairie grass area is popular with visitors but not with the gardeners as it's high maintenance. There are also wildflower beds as well as the herbaceous borders.

Aesthetics and creativity are important factors in the Walled Garden. The herbaceous borders were designed by Catherine Fitzgerald and are kept under constant review. Complimentary plants are grown together throughout the garden. Herbs are grown in french style potager beds. Plant supports are designed and used as creatively as possible.

Sustainability and environmental issues are also important. Although not certified the garden is cultivated organically. The ethos is to work in harmony with nature. Crops are grown and harvested in season with minimal protection. Companion planting is used to minimise disease and infestation. Flowers are planted in vegetable beds in order to attract pollinators. Bug houses and hotels are used and wildlife such as newts and hedgehogs protected and encouraged. A no-dig policy is followed and compost, wood-chip, cut prairie grasses and well-rotted manure are used as mulch. The compost is made on-site using all green garden and cafe waste as well as packaging. The wood-chip and prairie grass cuttings are also on-site recycled by-products while the farmyard manure comes from the Agricultural Research Facility in Hillsborough. Sheepswool is used as protection from the elements as well as from slugs and snails. Plants are propagated on-site with paper pots used to grow plants that dislike root disturbance. Willow supports and seats are made on-site using willow coppiced on a three year rotation. Everchanging fresh seasonal garden produce is supplied to the on-site Yellow Door cafe, to the general public from the Garden Cart and also to local cafes and restaurants in Hillsborough village.

Work in the grounds of Hillsborough Castle beyond the Walled Garden is on-going with the Lost Garden being redeveloped on a ten-year-plan. Unfortunately restoration of the Pineapple Yard has been further delayed by COVID.

We were delighted when Adam commended the work of one of our members who's a volunteer in the gardens - Well Done Norman!

HELP WANTED




WITHOUT VOLUNTEERS AND ACTIVE PARTICIPATION, THERE WILL NOT BE A LISBURN u3a!

Please participate and keep Lisburn u3a a thriving group!

We need volunteers to lead these groups:

★ 10 Pin Bowling Group ★ BOWLS Group ★

Please note that the Floral Art group has disbanded

YOGA	TAI CHI	LET'S GO
<p style="text-align: right;">Brenda Palmer</p> <p>Wed 4-5pm Thurs 11am-12 Yoga will be starting Wed 1st Sept with new instructor Asha Jacobs. We are limited to 15 people in the hall at present to enable social distancing, so both classes are full at the moment. However, anyone wishing to join the Yoga Group should contact Brenda, you will be placed on a waiting list as we wait to see how rules and restrictions evolve in the coming weeks.</p> 	<p style="text-align: right;">Sally Stanfield, Paul Boyce</p> <p>Jane Burke is the new Tai Chi Instructor. Professional and skilled, she has an extensive knowledge of anatomy, as well as demonstrates great patience in her classes. She teaches Tai Chi with mixed ability classes, which enables her students to learn and progress with ease. New Classes start in September at Laganview Enterprise Centre. Classes 1 10:30-11:30 & 2 (12-1pm) are fully booked for September, but a waiting list is active for a possible 3rd (1:30-2:30) class. Size limit of 15 per class, continuing with the Covid precautions. To join or for more information contact the group leader. *See page 5 for special offer “</p> 	<p style="text-align: right;">Gail Pollock</p>  <p>For more information, see www.seafordgardens.com</p> <p>I'm hoping that we can restart Let's Go with a visit to Seaford Butterfly Park and Gardens in August (restrictions still permitting). I'm suggesting Thurs 19th Aug at 11am, and everyone can just pay on entry:</p> <ul style="list-style-type: none"> • £9.30 for Park and Garden, or • £5.40 for one or other. <p>There is also a cafe! Due to restrictions, there will be no car sharing, but members are welcome to make their own arrangements. Anyone interested in going please email me. Looking forward to seeing some of you!</p>
DINING OUT		
<p style="text-align: right;">Norma Patterson</p> <p>We're out tomorrow evening for our dining out night and looking forward to it!! We're booked for another evening out on Thurs 2nd Sept at 6.45 pm. If you would like to come in September please email before then! Have a lovely summer!!</p>		

WALKING GROUPS

STROLLERS

Mary Hine

Our Strollers are up and walking again and have even discovered a few coffee shops. We usually decide where to go just prior to the walks and advise members by Whats App. We hope to set up a more expansive list later on.

RAMBLERS, SCRAMBLERS, HILLBILLIES

Stanley Prentice, Judith Prentice

Ramblers hope to continue our weekly walks, **if we have leaders – volunteers needed for JUL & AUG** . Scramblers also are back in the Mournes on a monthly basis. Hillbillies will notice that there are no proposed walks planned at present but they will possibly resume by September. **If you would like to volunteer to lead a walk, please let Stanley know**. Hopefully there are lots of walk leaders waiting to step forward! Any **new members** interested in the walking groups should contact Stanley, and he will add you to his email list.


SATURDAY RAMBLERS

Gil Colvin

The usual suspects walked on Saturday 17th July from the Lockkeeper's cottage to The Boat Club and back in glorious sunshine. The next walk will be on **Sat. 21st Aug**. - meeting at Oxford Island's Discovery Centre car park at **10.30am**. **Please note the change of time**. New members are very welcome. Anyone interested in joining the group please contact Gil by email.

JACQUI'S TEASERS


Jacqui Townsley



This top quality silver caddy spoon was made in London in 1843 and came from the John Norie collection.
Estimate £800 - £1,200



An early 20th century perpetual desk calendar in good condition (apart from a few scratches and surface dust) sold at a country house sale at Mallams. Estimate £40 – 60.



This early 20th century milk churn from the Dairy Outfit Company in Kings Cross came from the Annie Marchant Collection of kitchenalia. Estimate £400 – 600.




BOOK GROUP 1

Jeanette Chambers

We met again by Zoom in early July and it was noticeable that there were not as many at our meeting as we were now able to go "out" and meet family and friends in small groups. We had read "Knife Edge" by Kerry Buchanan, and as this was written by a local writer we were able to identify with most of the locations around Lisburn and Belfast. As Kerry now has another book published we talked about inviting the author to one of our meetings at a future date but that has yet to be confirmed. We are reading "Hamnet" by Maggie O'Farrell for our next meeting and, weather permitting, we are meeting in one of member's garden, socially distanced of course, on Thurs 5th Aug at 10.30 am. We are looking forward to seeing each other but if the weather turns poor again we will hastily rearrange it again by Zoom.

LAST MONTH'S TEASERS

Jacqui Townsley

- **It's not a pipe – it's a hearing aid**, ear trumpet, ear horn— call it what you want, this object would let sound in from the bell to the piece in the ear, amplifying noise for the hard of hearing. 
- This scary-looking contraption is an antique hairdressing hood, used for drying and setting a new 'do'. 
- Is it a bear trap? No, this electricity-free iron would have been filled with hot coals to smooth out wrinkles 

CROCHET

Jean Ryan

With the good weather we have been able to have our meetings in Wallace Park and are enjoying being able to get together in person after all the weeks of Zooming. If Covid restrictions are still in place we hope to continue into the autumn with outdoor meetings on fine days, returning to Zoom as needed and using WhatsApp to keep in touch on a day to day basis.

GROUPS RESTARTING!!

- **Karate: William Grant** reports that classes have restarted and the time is now 6pm to 730pm on Tuesdays.
- **Yoga:** (Note: **not** Yogalates) **Brenda Palmer** reports that Yoga will be starting on **Wed 1st Sept** with new instructor **Asha Jacobs**. We are limited to 15 people in the hall at present to enable social distancing, so both classes are full at the moment. However, anyone wishing to join Yoga classes should contact Brenda, and will be placed on a waiting list as we wait to see how rules and restrictions evolve in the coming weeks.
- **French: Jean Needhan** reports that the group are taking a well earned summer break for the month of July.
- **Irish: Keith Ineson** reports that the Irish group is still ticking over He sends out information and leads to members but in general all still quiet.
- **Indoor Bowls: Fraser Shannon** and **Bill Ingleston** report that they are still on summer break. They have not received any information yet from Kilmakee on the restart in September so they will contact them again. We may have to operate with reduced numbers on each mat, and it would help our planning if we knew roughly how many members wished to bowl on Thursdays. If you do, please inform either Fraser or Bill.
- **Badminton:** with **Laura Molloy** has restarted at the Lisburn Racquets Club.
- **Spanish Beginner's: Joan Hamilton** reports the class on zoom has taken a break for July.
- **Outdoor Bowling:** Sally Magill reports they are underway at Lisagarvey.
- **Archery Group:** at Kilmakee is aiming to resume in Sept.
- **Painting:** Tommy Yarr is aiming to start again in September.

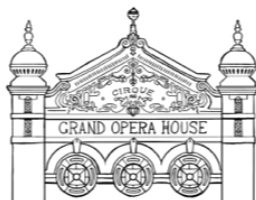
BOOK GROUP 2

Joan Bryson

We have returned to meeting face to face using local eateries and hope to resume home hosting soon. Our **August** meet is on **Tue. 31st at 10.30am** when we will discuss 'The Doctor's Wife' by Brian Moore. 2021 is the centenary of the birth of this once renowned Belfast author. Using sparse text he provides searing insights, compassionate portraits of characters, and creates a sense of place. A quiet middleaged Belfast woman is looking forward to an exotic holiday but finds herself alone in Paris and becomes involved with a younger man. She decides not to return to her dull husband and life and disappears. Her family are baffled by the rejection of her entire past life.

CONCERT & THEATRE GROUP

Jacqui Townsley



EXCLUSIVE TOUR OF THE GRAND OPERA HOUSE!

In co-operation

with GOH, I've booked exclusive tours on Thurs 5th August. Tours are for groups of 8 at following times: 11.30; 13.00; 14.30 and 16.00. Cost £9.50 – concession over 60s £7.00. Closing date for bookings was Fri 2nd JUL, but contact me if you have questions. Exclusive access to the exhibition space will be provided 30 minutes prior to the beginning of each tour, e.g. for an 11.30 start, you are invited to visit the exhibition space from 11:00.am. Each tour will last one hour and all guests are requested to observe social distancing and wear a face covering throughout their visit.

**LISBURN LEO TALKING NEWSPAPER
APPEAL FOR READING VOLUNTEERS**

Good day everyone. My name is Robert Apsley, I'm Vice Chairman of the **Lisburn Leo Talking Newspaper** which is a registered charity. Each week a group of us record the Ulster Star on behalf of the blind and partially sighted listeners in the Lisburn area.

We circulate the recording to our listeners via an app called British Wireless for the Blind Fund (BWBF). To enable us to do this we record the articles from the Ulster Star at home using the voice recorder on our own mobile phones. The text for reading is sent to each reader via email. They then email the recordings to me and I prepare them for upload to the BWBF server.

Currently we have eight readers, which means each reader is recording 2 to 3 articles every week. If anyone needs a week off we are able to accommodate that, but it would help immensely if we had more than eight readers. **Are you free to help?**

If you would like to volunteer, or need more information on what is involved, please contact me at lisburn.leo@hotmail.co.uk

Thank you, Robert Apsley.

**WHAT WE DO
(FROM A VOLUNTEER READER)**

I'm **Lesley Kirk** and I am one of the 8 readers for the **Lisburn Leo Talking Newspaper**.

This really isn't an onerous task; I had never used the voice recorder on my phone before Covid, and it is really simple. Robert emails each of us our readings first thing on a Thursday morning. I read through the articles I've been allotted and jot down anything I want to say about any accompanying photos (I'm not good at adlibbing). I then record each article separately on my phone, it is handy to have the articles open on a separate device like a laptop or tablet, and then send each recording to Robert via email. That isn't difficult either as the voice recorder app has a "share" symbol to click on.

This process takes less than an hour, as the articles are usually only a few minutes long. You don't need to worry about making mistakes, you just tell Robert, in the email where the mistake is in the recording, and he edits it out.

Having a variety of readers makes the recordings more interesting, too, for the listeners. **I hope this will be of interest to someone in our u3a as a worthwhile volunteering opportunity.**

ANTIQUES & COLLECTABLES

Jacqui Townsley

*'They dined on mince, and slices of quince,
Which they ate with a runcible spoon;
And hand in hand, on the edge of the sand,
They danced by the light of the moon,'*

'The Owl and the Pussy-Cat' by Edward Lear (1871)

I'm sure you all remember Edward Lear's most famous nonsensical poem The Owl and the Pussycat – who ventured to sea in a pea green boat, married using a ring from the nose of a Piggy-wig and then dined on mince and slices of quince. But have you ever wondered about the runcible spoon?

The word runcible was invented entirely by Edward Lear and was one of his favourite nonsense words – which he used time and time again to describe things, from a 'runcible hat' to a 'runcible cat' or 'runcible goose'! Lear's nonsense word became a real word in 1926 when according to the Oxford English Dictionary... "A runcible spoon is a kind of fork with three broad prongs or tines, one having a sharp edge, curved like a spoon, used with pickles." It still tells us nothing about what a runcible hat or cat might look like, but at least we'll know a runcible spoon when we see one. Maybe you have one at home?



FREE DEMO FOR THOSE NEW TO TAI CHI

Jane Burke is offering to u3a members NOT currently enrolled in the September Tai Chi classes a great opportunity: **FOUR FREE 20 - 30 minute slots on the 8th August 2021.** Specific Times to be confirmed. Book and come along and try a Tai Chi movement routine. There are only four slots, so book early to avoid missing out. Contact Sally Stanfield.

A FEW RECENT TESTIMONIALS

I am really enjoying the Tai chi classes with Jane. I'm also finding that my low back pain is easing and her specific gently exercise (the 4 corners) of great benefit. **Pat**

Jane is a wonderful teacher and puts everything across with simple yet very informative explanation. It's a real joy to be in her class and I really feel the benefit physically and every other way after each lesson. **Alison**

I have missed tai chi and my best intentions to keep doing it via videos etc had gradually faded! To be able to do it within a small group with an actual tutor has been fantastic for many reasons. Two classes in with Jane and I'm hooked again. **Elinor**

I have found it very uplifting to get back to participating in a Tai Chi class again. I really like Jane's methods and look forward to future sessions with her in September. **Brenda**

Jane Burke is an excellent tutor, clearly knowledgeable about many aspects of Tai chi and general health. She is sympathetic to the class needs and abilities and instructs in a clear and effective manner. **Paul**

The COVID Diaries

Excerpts from Des Donnelly's 2020 Lockdown Diary



ISSUE #5

Day 57: My hair is now very long and I haven't shaved for three days. Beginning to look like Willie Nelson. Searched in a drawer for a bandana a friend gave me for Christmas. Tried it on - looked totally ridiculous! Then discovered Willie is 87, so quickly abandoned the lookalike idea. Maybe a topknot or ponytail - that's more my speed and style - watch this space!

Day 58: A friend sent me a lovely piece, written by Richard Rohr, about liminal space, in reference to the emptiness induced by the current restrictions. The last time I studied liminal space was as part of my training for hospital work and end of life situations. Didn't sleep well last night, wondering if she is trying to tell me something!!

Day 59: Fed up with this 'washing hands' lark. Doesn't keep you clean at all. So, after 5 weeks, jumped into the shower - beautiful experience - found myself singing Louis Armstrong's 'What a Wonderful World' and Willie Nelson's 'It's Hard to Be Humble...'

Day 60: I'm loving my balcony golf course. However, I'm still slicing the ball off the tee - been doing it for forty odd years. Today I struck a cyclist on the head. He was really angry! I told him he should be wearing a cycling helmet to protect his head from wayward golf balls, low flying aircraft and buses on roundabouts... he was not amused and reached for his bicycle pump - told him to keep his distance!

Day 61: Lying in bed practicing my golf swing to try and cure my slice. Then had a brilliant idea: if ever I need a replacement knee or hip, I will ask the surgeon to set it 3° to the right to counter my slicing tendency. Tiger Woods has had numerous surgeries recently, probably working on the same idea.

Day 62: Lying in bed... was thinking people born in 2000 are known as Millennials - will people born in 2020 be known as Coronials?

Day 63: Came up with a new cocktail today... The Quarantini:

- dry Martini
- shot of Vodka
- dash of lemon juice
- raw egg
- couple of olives

It doesn't matter whether it's shaken or stirred - after a couple of them, you won't know the difference!

**"Your bum doesn't
stick out enough"**

Day 64: My golf is really improving, and decided to treat myself to a new driver. So off I went to my local golf range's shop. And boy how things have changed! It used to be you picked one you liked the look of, and if the price was ok, you bought it and took your chances.

Now you have to be fitted for it! And they have this sophisticated technology, which analyses every aspect of your anatomy, posture, movement, and personality - a chastening experience indeed. It's more like a surgical dissection and it's bad enough hitting a rotten shot, but watching it on a TV replay is a shock to the system!

Then the comments from the Pro...

- Your head moves and is in the wrong place.
- Your left arm is not straight enough.
- Your left knee, at address, is more bent than your right.

- You are admiring the shot before you've struck it.
- Your right elbow is too close to your body.
- Your bum doesn't stick out enough.

The well-known phrase flashes through my mind - he doesn't know his arse from his elbow!

Now I am no male model, but at least everything is in the right place, and works, but an hour of this torture left me deflated, downcast, and despairing.

"But never worry" he said, "this latest tailor-made driver at £450 will compensate for all your faults!"

Day 65: I can't help noticing how this pandemic and lockdown are changing my appearance and mindset and attitude; and it scares me to think there might be millions out there who are becoming like me.

That four-letter word is becoming more and more prevalent in my vocabulary and lifestyle as I become more bored, irritable, and exasperated... the word is LAZY.

Even Alexa is getting pissed off. Yesterday I asked her politely, "What's on the agenda today, Alexa?"

She replied, "I've given up keeping an agenda. You remind me of what Mark Twain said: 'Never put off until tomorrow what you can do the day after!'"

She is much too sharp for me, so I draped a towel over her - social distancing as I did it, of course!

DES
DONNELLY