

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

Charitable Status No NI103276

**DUST IF YOU MUST**

By Rose Milligan

Dust if you must, but wouldn't it be better
to paint a picture or write a letter,
bake a cake or plant a seed,
ponder the difference between want and need.

Dust if you must, but there's not much time,
with rivers to swim and mountains to climb,
music to hear and books to read,
friends to cherish and life to lead.

Dust if you must, but the world's out there,
with the sun in your eyes, the wind in your hair,
a flutter of snow, a shower of rain.
This day will not come around again.

Dust if you must, but bear in mind,
old age will come and it's not kind.
And when you go – and go you must –
you, yourself, will make more dust.

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

Welcome to our newest members!

Jim Rice ★ Phil White ★ Karin Black

We are now at 340 MEMBERS.

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

- The Annual General Meeting was held in July, Valerie Cobain, Holywood u3a member and Regional u3a Representative, officiated at these elections. There are 9 Committee Members posts and 1 Co-Opted Member post. Elizabeth Fleming and Lesley Kirk were welcomed to the committee, and Sandra Stokes was thanked for her time on the committee. The 2021-2022 Committee is:

1 Chair Margaret Hanna	2 Vice Chair Elizabeth Fleming
3 Admin Secretary Joan Hamilton	4 Minutes Secretary Pearl Chambers
5 Treasurer Trevor McKinney	6 Venues/Bookings/Group Leaders William Grant
7 Membership Secretary Lesley Kirk	8 Convenor of Group Leaders Keith Ineson
9 Speakers Margaret Callan	Co-Opted Newsletter Editor & Webmaster Elodie Ellingsen
- Committee Member Keith Ineson introduced himself and outlined his vision regarding a proposed **Talking/Listening Support Group** within Lu3a. Recruitment of members with Counselling Skills and/or Listening Skills is the first step. Contact Keith if you would like to participate in this worthy initiative.
- **Photos for the supplement** – Cynthia will resume her duties next month! **PLEASE SEND YOUR PHOTOS TO photosuplu3a@gmail.com. WELCOME BACK CYNTHIA!!**
- Watch for the **£100 'HIGH ST' PRE-PAID CARD** scheme coming in September. Read about it here: <https://www.facebook.com/JohnStewartMLA/posts/-northern-ireland-high-street-voucher-scheme-to-open-at-end-of-summer-every-pers/3977662872301857/>. Remember to register for it in September!
- The next **Monthly Meeting** will take place on **Thurs 26th August at 2:00pm** via Zoom. The September Monthly Meeting will be on Thurs 30th September at 2:00pm, still via Zoom.

JULY SPEAKER: SUE BENHAM
HEARING DOGS FOR DEAF PEOPLE

At our July monthly meeting Sue Benham, an employee of Hearing Dogs for Deaf People, outlined her hearing loss history, explained the role of her hearing dog, Kristo, and described the process of training involved with a hearing dog. Sue also explained that, while hearing dogs are wonderful, they are only one element of the support available. Sue's work within the charity involves delivery of a range of Hearing Link services and support for people with hearing loss. (Two charities, 'Hearing Dogs for Deaf People' and 'Hearing Link' merged over 4 years ago). The aim is to enable people to move forward and to see the benefit of managing their hearing loss. For more information, check out www.hearinglink.org and as well, www.hearingdogs.org.uk.

Sue's hearing loss was initially diagnosed when she was in her twenties. Despite a cumbersome and uncomfortable hearing-aid, Sue ensured that colleagues and friends were unaware of her hearing loss. Sue even managed to continue working as an estate agent although it involved a lot of phone work. However, some twenty five years later when her hearing had deteriorated significantly, she came into contact with other deaf people and realised that she needed to be more open and honest about her condition. She recognised that, as hearing loss is not a visible disability, the onus is on her to make people aware and to ask for help when she needs it. Sue is now profoundly deaf and relies on two hearing-aids as well as her ability to lip-read - difficult with COVID masks. Nonetheless Sue is able to live a full and independent life with the support of her hearing dog and using many other coping strategies picked up along her hearing loss journey.

Kristo is a cocker spaniel who is Sue's constant companion. Kristo's training began when he left his mother at 12 weeks. He was socialised and acclimatised to sights and sounds in a period of fun-learning until he was 6 months old. He then went to a foster family for 9 months. There are 3 stages of training and each dog has to complete all three to become a hearing dog. Different dogs learn different skills according to their aptitude. Kristo can alert Sue to the fire alarm, door-bell and cooker-timer but other hearing dogs have different skills such as responding to babies and helping with children. The trained hearing dog is 'matched' to an appropriate applicant and joint training begins.

Sue submitted her application for a hearing dog but it was 6 years before Kristo was allocated to her - her relocation to Northern Ireland contributed to the delay. Sue was interviewed personally and a home inspection undertaken. She also spent 5 exhausting days in York learning how to work with Kristo to build a connection and also learning the protocol for public places such as streets, parks, shops, cafes, restaurants, theatres, cinemas, trains etc. She also had to learn how to look after Kristo - feeding, grooming, teeth-cleaning, worming, annual vaccination and veterinary check-up and on-going training. Kristo is now 7 years old and has obviously adapted well to Sue's busy lifestyle involving a lot of travel. He copes with planes and boats as well as the Brighton i360! It is expected that he will retire at the age of 10 or 11 when he'll probably continue to live with Sue but only as a pet. The training associated with a hearing dog costs £40k. Hearing Dogs for Deaf People places great reliance on donations and bequests as there is no government funding. There are 13 hearing dogs in Northern Ireland with no dogs having been placed here since Brexit.

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 for this group:

★ BOWLS Group Leaders ★

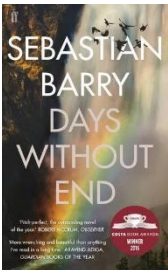
NOTE: 10 Pin Bowling has been wound up.

New group proposed

MEMOIR WRITING

SHIRLEY BORK

We had just begun to gather a group of members interested in creative writing, when I had to be absent due to cancer treatment. Now I can begin again and Covid seems to be allowing us to meet; it would be great if we could re-start. I suggest we begin a memoir writing group. There are so many stories that will be lost unless we senior members record them. How many times have you said, "I wish I had asked about that while my Grandparents/elderly neighbours were still with us."? The aim is to record the past and make it an exercise in creative writing that others will want to read. We met previously after the monthly meeting upstairs in the centre. As we were already there that seemed a convenient venue but other places might be suggested. I will be leading the group. My qualifications? I have run writing groups in all the best places from Queen's to the Maze prison, Harmony Hill Arts and The Island Arts Centre. I would love to meet you and hear your stories, and you will enjoy hearing others' too, I hope. **[NOTE: See the updated Group Leaders Contact List for Shirley's contact info.]**

<p>BOOK GROUP 1</p>	<p>LAST MONTH'S TEASERS:</p>	<p>ARCHERY</p>												
<p style="text-align: right;">Joan Bryson</p> <p>Autumn seems to be coming in very fast. If you have been too busy to read it's time to settle down with a good book. Our September meeting will be at 10.30 am on Tues 28th.</p>  <p>Previously we enjoyed Sebastian Barry's 'Days Without End' about the experiences of two young, gay Irish soldiers in the American Civil War.</p> <p>This month we are reading the sequel 'A Thousand Moons' which takes up the storey of one of the minor characters, Winona, a native American girl adopted by the men and now grown up.</p> 	<p style="text-align: right;">Jacqui Townsley</p> <ol style="list-style-type: none"> The top quality silver caddy spoon from the John Norie collection sold at auction for £2,500 (estimate £800 - £1,200)  The 20th century perpetual desk calendar sold for £130 (estimate £40 - £60).  The early 20th century milk churn sold at auction for a whopping £4,000 (estimate £400 - £600).  	<p style="text-align: right;">Pearl Chambers</p> <p>Pearl reports that she has organised with Kilmakee Activity Centre to recommence the Archery on Tuesday 7 September 10.00 - 11.00am. All nine current members intend returning and we could accommodate another three people. All training given by Damien, Professional GB coach. Please do come along and give it a go or call Pearl on 90 825286 for further details.</p> 												
<p>BOOK GROUP 2</p>	<p>THIS MONTH'S TEASERS</p> <p style="text-align: right;">Jacqui Townsley</p> <ol style="list-style-type: none"> The pigment for this colour originated in India during the 15th century. It was made from the urine of cows that were fed only on mango leaves and water. The urine was collected, concentrated over a fire and filtered through a cloth, then the sediment was collected in balls and dried in the sun. It was shipped to Europe in ball form and was said to produce a very luminescent colour especially vivid in the sunshine. <table border="0" style="width: 100%;"> <tr> <td>a. Indian yellow</td> <td>b. Alice blue</td> </tr> <tr> <td>c. Madder red</td> <td>d. Aquamarine</td> </tr> </table> Kutani, Satsuma, Kakiemon, and Arita are all familiar terms when describing Japanese ceramics. But which is the odd one out? <table border="0" style="width: 100%;"> <tr> <td>a. Kutani</td> <td>b. Satsuma</td> </tr> <tr> <td>c. Kakiemon</td> <td>d. Arita</td> </tr> </table> The most expensive artwork by a living artist was executed by whom? <table border="0" style="width: 100%;"> <tr> <td>a. Damien Hirst</td> <td>b. Jeff Koons</td> </tr> <tr> <td>c. David Hockney</td> <td>d. Pablo Picasso</td> </tr> </table> 	a. Indian yellow	b. Alice blue	c. Madder red	d. Aquamarine	a. Kutani	b. Satsuma	c. Kakiemon	d. Arita	a. Damien Hirst	b. Jeff Koons	c. David Hockney	d. Pablo Picasso	<p>PAINTING FOR PLEASURE</p> <p style="text-align: right;">Tommy Yarr</p> <p>The painting group hope to resume painting on 14th Sept. subject to COVID regulations. Masks must be worn and personal sanitising used as listed in the Village Centre terms and conditions. We meet in the Bann Room 10.30 am to 12.30 pm.</p>
a. Indian yellow	b. Alice blue													
c. Madder red	d. Aquamarine													
a. Kutani	b. Satsuma													
c. Kakiemon	d. Arita													
a. Damien Hirst	b. Jeff Koons													
c. David Hockney	d. Pablo Picasso													
<p style="text-align: right;">Jeanette Chambers</p>  <p>We had hoped to join together outside in a member's garden for our last Book Group meeting but the weather was against us and we ended up, as usual these last months, on Zoom discussing "Hamnet" by Maggie O'Farrell. We now look forward again to perhaps meeting outside on Thursday 2nd September at 10.30 a.m. to give our opinions on "American Dirt" by Jeanine Cummins. I suppose we should be thankful that Zoom can be arranged at the last minute and is one way of keeping in touch with each other</p>	<p>DINING OUT</p> <p style="text-align: right;">Norma Patterson</p> <p>Our next visit to Pizzarellis is on Thursday 2nd September! (Some of you have already confirmed your booking!) The next Pizzarellis visit will be on 7th October!</p>  <p>Both will be 6.45 pm and will be £16 for two courses (which includes the tip!). It will be BYO wine etc. Soft drinks can be purchased separately on the night. Just email if you would like to join us! Looking forward to seeing you all again!!</p>													

<p style="text-align: right;">Shirley Bork</p> <p>Have you ever said, "If only I had asked my parents about that while they were still with us"? Writing down the oral history of your family is important. Genealogy can tell us the facts, but there are stories that only you know and those are what bring the past to life for others. The writing group will meet to gather these precious memories and learn how to make them readable, even publishable. The plan is to meet upstairs at the Centre after the Lu3a monthly meeting. If that is not convenient, an alternative can be discussed.</p>	<p style="text-align: right;">Sally Stanfield, Paul Boyce</p>  <p>TAI CHI TASTER CANCELLED Unfortunately the taster on Aug 27th is cancelled due to lack of response. Apologies to the few who booked. TAI CHI Monday Classes will Resume on the 6th Sept. Members will receive an email of Covid & Laganview Safety Procedures, also times and instructions for their session. Sally is group leader for the 10:30 session, Paul for the 12:00pm. See the Group Leader List for contact details.</p>	<p style="text-align: right;">Madge Callan</p> <p>WEEKLY GOLF Monday morning outings at either Down Royal or Aberdelghy have continued for several months now. SUMMER GOLF Only 4 ladies turned out for the August outing to Loughgall. The course was in great condition, a pleasure to play, and the weather kind. The next Summer Golf outing will be on Thursday September 9th. Unfortunately Edenmore is fully booked and probably won't have restaurant facilities. Castlereagh Hills has availability and catering but doesn't offer a 9 hole option. 18 holes costs £20 reducing to £16 for groups of 12 or more. So, we need lots of people to sign-up as soon as possible!</p>
<p style="text-align: right;">Brenda Palmer</p>  <p>Wed 4-5pm Thurs 11am-12 Yoga classes resume on the 1st and 2nd of September with new instructor Asha Jacobs. Our classes are full at the moment within Covid restrictions but I am happy to put anyone interested on a waiting list.</p>	<p style="text-align: right;">Patricia Ricketts</p> <p>Our Bridge group continues to meet each Thursday at The Alchemy in Moira 3 to 5pm. We have great fun! We can take names and contact details for another Lu3a beginners class ...if you could send your expressions of interest to my mobile 07938725735, class would commence 16th September for 6 weeks initially (same time and place as above).</p>	<p style="text-align: right;">Gail Pollock</p> <p>September is European Heritage Open Days (EHOD), which you can read about here: https://discovernorthernireland.com/things-to-do/arts-culture-and-heritage/ehod? Sat 11th Sept 10.30am Ulster Aviation society Maze, Halftown Rd. 12.00pm HED Moira Depot, Station Rd, Moira (HED= Historic & Environment Division) Meet the conservation team. Contact Gail if you're coming.</p>
<p>WALKING GROUPS</p>		
<p>STROLLERS Mary Hine Our Strollers are meeting as usual every Monday morning at 10.15. We are always looking for new members and for suggestions for any new venues.</p> <p>RAMBLERS, SCRAMBLERS, HILLBILLIES Stanley Prentice, Judith Prentice</p>  <p>Ramblers – Mon 30th Aug. Moat Pad and Adders Loanin' from Lighthouse Rd. picnic area. Some road walking, bring a packed lunch, boots advisable, meeting instructions will come from Judy & Stanley Prentice. Scramblers - Thursday 26th August 2nd Monthly Scramble TBC led by Graham Seaton Any new members interested in these walking groups should contact Stanley, and he will add you to his email list. Hillbillies – not yet re-started.</p> <p><i>Broadwater Walk 19 July 2021</i></p> <p>SATURDAY RAMBLERS Gil Colvin The 21st Aug walk to Oxford Island was cancelled due to weather, and is rescheduled for Saturday 18th September Gil will contact the group on WhatsApp. New members are very welcome. Anyone interested in joining the group please contact Gil by email.</p>		

ANTIQUES & COLLECTABLES

Jacqui Townsley



THE MYSTERIOUS HISTORY OF LOVER’S EYE JEWELLERY

In 1785, when Maria Anne Fitzherbert opened a love letter from her admirer, Prince George of Wales, she found an eye, gazing intently back at her! The British prince had fallen hard for Fitzherbert, but their courtship had been disastrous and she had fled the country after the prince’s first proposal in an attempt to avoid controversy.

But the prince was determined, and on November 3rd, he penned a passionate letter begging again for her hand in marriage. This was no ordinary proposal, though—it also contained a rare, spellbinding gift. “I send you a parcel,” George wrote in the letter’s postscript, “and I send you at the same time an Eye.” The package contained a very small painting of George’s own right eye - no other facial features except a barely-there eyebrow.

Her lover’s eye obviously did the trick and the star-crossed lovers wed soon after in a covert ceremony. To cement the union, another disembodied eye was painted—this time in Maria Anne’s likeness, for the prince to treasure. No matter where his royal duties took him, George could open the locket and receive his bride’s amorous gaze.

Eye miniatures, or Lover’s Eyes, were popular in Britain around 1785 and most were commissioned as gifts expressing devotion or in memory of a loved one. All were intimate and very precious - eyes painted on bits of ivory then set inside brooches, pearl-encrusted rings, or ornate golden charms meant to be tucked into pockets, or pinned close to the heart.

By 1830 the trend petered out and from then on production of lover’s eyes all but stopped – photography had taken over. Yet, even today, lover’s eyes retain their piercing gazes, their ability to hypnotize –you feel a connection with a person you have never met.

I find it all a bit creepy!!



NATIONAL TRUST GROUP

Lesley Kirk

It's been a long time since we have attended an event at any National Trust properties and there aren't any on the horizon, so I thought it might be an idea to go to Rowallane Gardens for a wee walk and refreshments from the cafe on Tuesday 14th September. We would meet in the Rowallane carpark at 10.30.

There is still a booking system so **each person would need to go online and book their own place** at least 18 hours before, but once the schools go back there should be good availability. You can also take a chance and just turn up at the properties during the week but admittance isn't guaranteed. If you would like to come along please either email or text Lesley.



INDOOR BOWLS

Fraser Shannon, Bill Ingleston

The current plan is to commence Indoor Bowling at **2pm on Tues 14th Sept.** and at **10am, Thurs 16th Sept.** Players: Please arrive in good time to complete the **Operating Procedures** and the **Declaration** that you will comply with the procedures for reducing Covid-19 transmission risk; this is also needed for Coronavirus Contact & Trace. The form can be downloaded in advance from our website at

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

then click on the **Bowls - Indoor** activity tab and click on the link: **OPERATING PROCEDURES and DECLARATION.** If you are unable to print the form, contact Bill or Fraser.

AND

Please contact Fraser prior to 14th September to be included in his WhatsApp Booking List!

SPANISH

Joan Hamilton

The 2nd session of Beginners Spanish will start on **Wednesday 15th September at 7pm on Zoom** for 10 weeks. If there are others interested in learning Spanish it may be possible to start another class, depending on numbers. Email info@lisburnu3a.org for registration of interest.

The COVID Diaries

Excerpts from Des Donnelly's 2020 Lockdown Diary



“ Just when you thought we had nailed the Coronavirus, the shops in Huddersfield have run out of toilet roll and bottled water and fizzy drinks! So, it looks like we're headed for another lockdown.

Never fear, Dear Diary is here to bring you all the news across the nation, to bring you a ray of sunshine amid all the doom, gloom, and Zoom.

Day 74: Out for a walk locally where there is a low bridge, which carries the railway line. It is very clearly signposted. But, oh dear, someone had either ignored the sign or didn't understand the message and there under the bridge was a large van securely wedged, with a perplexed driver on his mobile phone. ...and would you believe it? The sign on the side of the van read: **STARPLAN**

WE FIT KITCHENS

So, you have been warned.

Day 75: Speaking of signs, as you approach Birmingham Airport there is acres of car parking and an adjoining cemetery. At an intersection there is a pole with two signs on it, both pointing in the same direction. The top sign reads 'Cemetery' and the bottom sign reads 'Long Stay Parking.' I know a couple, having returned from holiday abroad, spent half the night searching for their car... I dare not disclose their names!

Day 76: On Google News, I read that in Connecticut, USA, there's a town called Danbury. A comedian/presenter called John Oliver, who has a radio show, made disparaging remarks about Danbury, saying

'If you are going to forget a town in Connecticut, forget Danbury.' Well, the mayor of Danbury, Mark Boughton was very upset and his sense of civic duty and humour moved him to rename the Danbury sewage works... now signposted as the 'John Oliver Sewage Plant.' Not to be outdone, the Democratic mayor of New York, Bill de Blasio, is considering renaming a sewage pumping station in the city as The Trump Sewage Pump. I know some public figures in Northern Ireland whose names would look great on similar utilities but let's not go there!

The Cubans had bestowed on him the 'Bay of Pigs Award'.

Day 77: Speaking of Donald Trump, someone has nominated him for the Nobel Peace Prize or 'Noble Peace Prize' as he calls it. Recently, Trump was trying to garner support from Latinos in the US by claiming the Cubans had bestowed on him the 'Bay of Pigs Award'. I think the reference to swine is most appropriate!

Day 78: The Coronavirus vocabulary keeps on increasing and these are some recent additions:

- **'Circuit break lockdown'** ...could be an electrician working from home.
- **'Zoom'** ...the guy who invented this is making a fortune!
- **'WFH'** ...working from home – I know someone who never changes out of their pyjamas.
- **'Furlough'** ...did he not play Rugby for Ireland?
- **'New normal'** ...there is nothing normal about walking around in a mask!

- **'Staycation'** ...in this weather??
- **'Moon-shot'** ...some politician suggested this as the definitive solution to our problem.

I am reminded of the words of Neil Armstrong, who was the first man on the moon, but with a slight variation on what he said:

“Mmmnn ommph shihh mannhh gihhh haghhg lagghh.”

“Eagle, this is Houston Control, remove your mask, we haven't a clue what you are saying!

Day 79: There are only 90 shopping days to Christmas! In Armagh there is McInerneys Supermarket, where a man was seen carrying a box of eight Christmas Crackers to his car. A new restriction limits the number of people in a single household to six, and thankfully, an eagle-eyed shopper spotted him, got his car reg. and the PSNI are now investigating!

Day 80: I've just read

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now, I think you're supposed to share this prayer with 5 or 6, maybe 10 others. Oh heck, give it to a bunch of your friends if you can remember who they are!

Remember this: You don't stop laughing because you grow old, you grow old because you stop laughing!

DES
DONNELLY