

BLESSING FOR RETIREMENT*John O'Donohue*

This is where your life has arrived,
 After all the years of effort and toil;
 Look back with graciousness and thanks
 On all your great and quiet achievements

You stand on the shore of new invitation
 To open your life to what is left undone;
 Let your heart enjoy a different rhythm
 When drawn to the wonder of other horizons.

Have the courage for a new approach to time;
 Allow it to slow until you find freedom
 To draw alongside the mystery you hold
 And befriend your own beauty of soul.

Now is the time to enjoy your heart's desire,
 To live the dreams you've waited for,
 To awaken the depths beyond your work
 And enter into your infinite source.



Submitted By Keith Ineson

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

Welcome to our newest members!

Ann Stephenson ★ Noreen Kavanagh ★ Jackie Mitchell ★ Linda Gilmore ★ Ken Forbes ★ Chandrika Nayar

We now have **346** MEMBERS.**EMAILS:** chairlu3a@hotmail.comeditorlu3a@gmail.cominfo@lisburnu3a.org**Hello everyone!**

- Did you answer the SURVEY ON MEETINGS sent out by the Committee? It's very simple, just click on the link and tick the boxes that apply to you, and submit. For those receiving the newsletter on paper, you will have received the survey by mail.
- Zoom Meetings – **If you don't want to be on camera, just join without video!** Then you can attend without anybody seeing you. **OR, just put a post-it note over the camera** if you don't know how to turn it off!!
- Everyone aged 18 and over in Northern Ireland is being given £100 to spend in local shops in a government funded initiative to help the high street recover from COVID. YOU MUST APPLY FOR THIS MONEY - it is not issued automatically. Go to nidirect.gov.uk and click on '£100 Spend Local Card' for full details. Key dates - Applications open 27 Sept and close 25 Oct. Money must be spent by 30th Nov. If you need help contact any member of Lu3a committee.
- [https://www.nidirect.gov.ukhttps://www.nidirect.gov.uk/articles/high-street-scheme-spend-local-pre-paid-card](https://www.nidirect.gov.uk/articles/high-street-scheme-spend-local-pre-paid-card) .
- The next **Monthly Meeting** will take place on **Thurs 30th September at 2:00pm** via Zoom. The October Monthly Meeting will be on Thurs **28th October** at 2:00pm, still via Zoom.

GOLF

Madge Callan

The proposed 'Summer' golf outing to Castlereagh Hills was rained-off. The morning outing on Thursday 14th October will be the last of the season. There are two options available - Lurgan or Rockmount. If you would like to play please advise the group leader and express your course preference by 30th September. The 'Weekly' golfers have been able to play every Monday morning at either Down Royal or Aberdeltighy. Contact the group leader if you would like to participate.

8 EFFORTLESS SELF-CARE ACTIVITIES THAT TAKE ONLY 5 MINUTES TO DO

By Anika Nayak 17/09/2021 05:00am BST

Try one of these therapist-approved methods and see your mood improve quickly. The pandemic has made it seem impossible to take a step back and take care of yourself. However, making self-care a priority is not only necessary but also pretty much crucial for optimal health. “It’s important to take time off work and other responsibilities to pause, reflect and refresh, even if it’s just for five minutes. By taking these small self-care breaks, you’ll notice improvements in your mood, concentration, efficiency and more,” said Jessica Gold, an assistant professor in the department of psychiatry at the Washington University School of Medicine in St. Louis.

Covid-19 upended our routines and decreased social contact for more than a year – and we’re still experiencing the stress and trauma of it. As we navigate our new normal, it’s important to adopt more healthful habits that will boost our physical and mental well-being. We asked mental health professionals to share five-minute self-care practices that are easy and accessible. Here’s what they had to say:

1. Lighten your mental load. It may feel overwhelming when there are too many things piled up in your mind. “Spend five minutes thinking about what you can take off your brain’s plate today, or even this week. Can you postpone thinking about a decision on school plans for a few days? Can you hold off on mentally planning this weekend until tomorrow?” said Neha Chaudhary, a child and adolescent psychiatrist at Massachusetts General Hospital and Harvard Medical School. The more you can lighten your mental load, the more freedom you will feel to be present in the here and now without extra thoughts weighing you down.”

2. Try a breathing exercise. Deep breathing is a simple habit that helps cultivate mindfulness, aka the practice of being present. Mindfulness can help quiet your busy mind, improve your mood and reduce any tension you may be experiencing. There are many breathing exercises you can do in five minutes or less, such as box breathing (inhaling for four seconds, holding the breath, then exhaling for four seconds) or diaphragmatic breathing (which involves taking a deep breath into your stomach, fully engaging your abdominals). “If you’re feeling anxious or stressed, take a few deep breaths to calm yourself. It’s something you can do anytime and anywhere, like during a meeting or phone call,” Gold said.

3. Play your favourite song. “Hit the play button to hear a song that uplifts your mood and positively energises you,” said Meaghan Rice, a licensed clinical psychologist at Talkspace. If there’s more than one song that makes you feel better, create a “self-care” playlist with all your favourite music. Tune into that playlist for five minutes and dance with the melodies. The added movement will release endorphins, which increase happiness. Dancing to your favourite song may feel silly at first, but your mood will say otherwise.

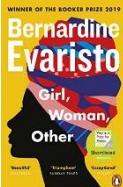
4. Start a journal. Carve out five minutes for self-reflection by recording your thoughts in a journal. This practice will help you relax and increase your awareness. “Bring your journal to the office or school, and spend some time each day writing down how you’re feeling. There are also many different journaling apps online with prompts and activities to help you reflect,” Gold said.

5. Read a short story or book chapter. “Spend five minutes reading a short story or chapter in a compendium book. Even if it’s short, you’ll feel stimulated and will embrace the joy of learning something new on a topic you love,” said Chandan Khandai, an assistant professor of psychiatry at the University of Texas Southwestern Medical Center in Dallas.

6. Go for a walk. Physical activity can do wonders for your mental health. Though you may not have time for a whole workout routine, you can go for a walk in five minutes or less. “Take a short walk outside or in a hallway to get some mindful movement in your day. It will make you feel at ease and also stimulate your thinking,” Gold said. A brief walk can help reset your mind.

7. Make a ‘gratitude’ list. If negative thoughts are weighing you down, take some time to focus on what you’re grateful for. This can feel soothing as it promotes happiness and appreciation for what you’ve already got going on. “In five minutes, create a gratitude list of a couple things you are grateful for. This will instantly improve your mood when you feel deflated,” Rice said.

8. Practise self-compassion. Not firing on all cylinders? Don’t be too hard on yourself. Don’t let your inner voice criticise and judge you. Practise self-compassion and be gentle on yourself. “Take a pause to just check in on yourself and validate how you’re feeling. Even if it’s just for five minutes, engaging in kind self-talk can make a positive difference in your overall well-being,” Gold said.

| BOOK GROUP 1 | THIS MONTH'S TEASERS: | LET'S GO |
|---|---|---|
| <p>Bernardine Evaristo <i>Girl, Woman, Other</i></p>  <p>Jeanette Chambers Our Book Group had hoped to meet in Shirley Bork's garden for our last meeting but the rain came on just as we arrived. As there were only four of us we went into Shirley's house and sat metres apart to discuss "American Dirt" by Jeanine Cummins; a tense book about flight from crime. Since we were "allowed out" our numbers have varied considerably with families to be visited and even people going on holiday but I think this month we shall have to revert to meeting by Zoom again as only members of four different families can meet indoors. This month's choice is "Girl, Woman, Other" by Bernardine Evaristo and some of our members have watched the "Imagine" programme with Alan Yentob interviewing her. It is an interesting read and I am sure there will be very varied opinions put forward.</p> | <p>Jacqui Townsley</p> <ol style="list-style-type: none"> Where did the term "Yankee Doodle" come from? What is goofus glass? What is furmety? <p>LAST MONTH'S TEASERS</p> <p>Jacqui Townsley</p> <ol style="list-style-type: none"> The colour shipped to Europe in ball form and said to produce a very luminescent yellow especially vivid in the sunshine is Indian Yellow. It was predominantly utilised in Rajput-Mughal miniature paintings from the 16th to the 19th century.  Kutani, Satsuma, Kakiemon, and Arita are all familiar terms when describing Japanese ceramics. But which is the odd one out?  <p>The answer is Kakiemon - a style of Japanese porcelain named after Sakaida Kakiemon (1596-1666), the first Japanese potter to decorate works in a combination of vivid enamels. Arita is a town in which porcelain was produced, Satsuma is a type of pottery produced in Satsuma province, and Kutani (meaning nine valleys) was a village in the former Kaga province where the first kiln was set up.</p> | <p>Gail Pollock</p> <p>Tues 26th Oct at 11 Down County Museum, Downpatrick. £3 per person, for a Tour of Ballykinlar History Hut and stories of the people who occupied the huts from 1914 to 1957. Down County Museum has recreated a 1900s period timber 'Armstrong Hut', from Ballykinlar Camp. Learn about this significant period in the past, and a vivid picture of what life for soldiers, internees and refugees would have been like. http://www.downcountymuseum.com/Whats-New/Ballykinlar_History_Hut_Project_(1) Email Gail if you're interested</p> |
| <p>BOOK GROUP 2</p> <p><i>We are all completely beside ourselves</i></p>  <p>Joan Bryson Our next meet will be Tues 26th Oct at 10.30 am, when we will discuss a comic novel, which wrestles with serious moral questions. Karen Joy Fowler's 'We Are All Completely Beside Ourselves' is a family saga with a difference as a psychologist conducts behavioural experiments on his own children amongst others. We have reverted to meeting in person and put ZOOM into cold storage for the time being, but review the situation as we go along. During Lockdown we started an informal mid-month Book Chat and moved offline to meet in local cafes, so that we can review the scones as well as literature. </p> | <p>3. The most expensive artwork by a living artist (British) was executed by Damien Hirst</p> <p>For The Love Of God</p>  | <p>Tommy Yarr</p> <p>The painting group resumed painting on 14th Sept. following COVID regulations on social distancing. Masks must be worn and personal sanitising used as listed in the Village Centre terms and conditions. Newcomers welcome. Meetings are in the Bann Room 10.30 am to 12.30 pm.</p> <p>DINING OUT</p> <p>Norma Patterson</p> <p>We had another 'great wee night' at pizzarellys on the 7th Sept !!! </p> <p>We had some new faces and some of the 'usual suspects' were away on holiday!!</p> <p>We are meeting up again on 7th October at 6.45. if anyone else would like to join us just email me please??!</p> |

| THEATRE & CONCERTS | TAI CHI | CROCHET |
|---|---|---|
| <p>Jacqui Townsley Goldilocks and the Three Bears – Grand Opera House Sat 8th Jan 2022 at 13.30 Roll up, roll up to see Panto join the circus, and be swept away by a pantomime spectacular that's just right! This festive spectacular is packed with riotous comedy, extraordinary special effects, hair-raising stunts, international circus acts! Tickets £31 (concession). Please book by post (include a cheque made out to Jacqui Townsley) and send to: 8 Millvale Road, Hillsborough, BT26 6HR, and also include contact details. Bookings Closing Date: Fri 8th Oct 2021</p> | <p>Sally Stanfield, Paul Boyce Tai Chi Morning Class (Sally) The morning Tai Chi class are currently progressing steadily with their practice. The class has gelled extremely well in a sort space of time. Members are experiencing the benefits of the movements and are embracing the challenges of learning something enjoyable and new.</p>  | <p>Jean Ryan </p> <p>Since mid June we have had our Friday meetings in Wallace Park, weather permitting. We look at the weather forecast and decide the day before whether to use Zoom or have an actual meeting. So far the weather has only allowed us 7 outdoor meetings this year but we're hoping to squeeze in a few more.</p> <p>We sit in a circle and enjoy having a proper chat and have been able to share out donated wool and arrange delivery of items made for various charities. We bring our own refreshments and sometimes some of us have a walk or go for coffee afterwards.</p> <p>The rest of our meetings have been via Zoom and this has meant we could get together every week one way or another. As the autumn draws on some members are keen to meet up indoors again but given the current situation this is unlikely to be possible in a private home.</p> <p>We will need to give careful consideration to alternative venues and in the meantime hope for a few more fine Fridays.</p> |
| YOGA | MEMOIR WRITING | |
| <p>Brenda Palmer Wed 4-5pm Thurs 11am-12 Our yoga classes have resumed. I think everyone is glad. The classes are full at the moment but I can place names on the waiting list if anyone is interested. I am happy to give details of the classes so feel free to email me anytime</p>  | <p>Shirley Bork </p> <p>Writing down the oral history of your family is important. The focus of the writing group is to collect precious memories and learn how to ensure they are readable and even publishable. The plan is to meet upstairs at the Laganview, once the Lu3a monthly meetings restart. Contact Shirley to join.</p> | |

WALKING GROUPS

STROLLERS

Mary Hine

Our strollers walks are continuing as usual every Monday morning at 10.15, and we are getting some new members and venues. Our main problem is finding that elusive coffee shop for our after walk chats.

RAMBLERS, SCRAMBLERS, HILLBILLIES

Stanley Prentice, Judith Prentice

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|----------------------------|----------------------|--|
| Mon 4 th Oct | Ramble | Lagan Meadows and new bridge at Stranmillis |
| Mon 11 th Oct | Ramble & Hillbillies | Castlewellan Forest Park 8km. |
| Thurs 14 th Oct | Scramble | Meelmore Lodge, Hares Gap, Shelter Stone, Ben Crom Waterfall, & back; 12km 5hr |
| Mon 18 th Oct | Ramble | Delamont Country Park |
| Mon 25 th Oct | Ramble | Jane's Shore to Steamboat Quay and Quoile River 4.5 miles |
| Thurs 28 th Oct | Scramble | TBA |

SATURDAY RAMBLERS

Gil Colvin

The Saturday walkers enjoyed a walk at Oxford Island on Saturday 18th September & welcomed Cynthia back after her illness. The next walk will be on Saturday 17th October at Hazelbank to walk along the shore of Belfast Lough, meeting at 10.30am near the toilet block!

ANTIQUES & COLLECTABLES

Wednesday, 13th October 2021, 7.30 pm in Hillsborough Village Centre

Jacqui Townsley

We're back!! Our first meeting back after lockdown will take the form of a Vintage Tea Party – please bring your own tea cup and saucer (vintage china, of course!) and something to display on the top table, such as a vintage teapot, chinaware, cake stand, etc.

Come along for some vintage fun and games – I really look forward to seeing you!

Note: Entrance to the meeting at Hillsborough Village Centre will be by the door to the left of the main Village Centre entrance. Covid 19 restrictions apply – face covering and social distancing.



NATIONAL TRUST GROUP

Lesley Kirk

Four of us had a lovely walk around the grounds of Rowallane followed by a coffee in the tea room. The explore and play playground was open so we went into have a look but none of us was adventurous enough to venture onto the natural playthings.

Everything was made from trees that had fallen in the gardens. There were dens, climbing frames, beams and stepping stones as well as interesting animal sculptures. It's amazing how these sculptures are carved by a chainsaw. For anyone with grandchildren it's well worth a visit, lots of things to climb and walk along. The views are fabulous too. We saw some interesting trees and had a chat with the new head gardener in the walled garden. A good day out.

Our next outing will be to Mountstewart on Tuesday 12th October meeting in the carpark at 11.00 am.
Please book on the national trust website a few days before if you are going, to ensure you are allowed in as the website still says booking advisable; also please email or text Lesley.



INDOOR BOWLS

Fraser Shannon, Bill Ingleston



We started well with a good turnout of players for 2pm on Tues 14th and 10am on Thurs 16th of Sept.

Players coped well with implemented Covid measures and were able to enjoy bowling and seeing people again for the first time since March 2020.

We would remind players to arrive in good time to complete the signing-in procedures so that play can commence on time. All players must read and complete the "OPERATING PROCEDURES and DECLARATION" document before playing for the first time. This 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.

Player numbers are limited by Kilmakee so any member wishing to play must contact Fraser; he organises players and teams using his WhatsApp Booking List. Contact at 07712331286 or fraserandrewshannon@gmail.com. Likewise, if you are unable to play, please notify the app ASAP. If you have been left out, contact Fraser. A list of players will be shown on the Indoor app for each session.

The COVID Diaries

Excerpts from Des Donnelly's 2020 Lockdown Diary



ISSUE #7

“ 'Flatten the camel's hump' ...this phrase was used by a politician as an alternative to 'flattening the curve.'

I have a soft spot for camels, and it's my backside – ever since I tried to ride one on a visit to Egypt! I've never recovered from it; it still makes me sit askew and also ruined my golf swing.

Did you know that a camel with two humps is called a Bactrian Camel and a camel with a single hump is a Dromedary?

An Irishman in Letterfrack is trying to breed a camel with three humps. If he is successful, he plans on calling it a TRIHUMPHANT! Good luck to him.

Day 81: Out hiking again with U3A down around Orlock Point and Groomsport. Of course, Covid19 gets another airing and this time it's about schooling and exam results. Boris Johnson tried to blame the debacle on the wrong ALGORITHMS being used to calculate the grades. Some folks become confused and disoriented with the terminology.

When hiking, the hikers are socially distanced, so it's hard sometimes to join in the conversation because you can't hear properly. And boy, did U3A have some fun with the word ALGORITHM!

• Blonde lady who was a teacher: 'Teachers know best when it comes to forecasting grades. Using computers and ALGORITHMS just put a spanner in the works.'

• Lady wearing pink poncho: 'Two years ago, I bought ALGORITHMS in Dobbies Garden Centre, planted them

and when they came up, the greenfly ate them... never again!'

- Man with beard: seems an intelligent sort. Said he used ALGORITHMS at RBAI when he was a pupil there. He said he had a book full of them, known as sines, cosines, and tans. He had no idea what they were for and went on to question why on earth they would use them to calculate exam grades.

I have a soft spot for camels, and it's my backside...

• Lady with purple anorak: 'I use ARITHMACONS when I do Sudoku. It's a bit like cheating, I didn't realise kids cheated like that in exams. I knew a boy at school who wrote stuff on the bottom of his shirt and he pulled up his jumper when the teacher's back was turned.'

• Lady with walking poles: 'I write poetry and I was taught how to use ALTERNATING RHYTHMS. So did Wordsworth and Shakespeare, but I wouldn't be in the same league as those guys.'

I try to write poetry too, but I thought... don't go there, you might be out of your depth. To conclude this anecdote and for the avoidance of doubt, my understanding of ALGORITHM is: a finite sequence of well defined, computer implementable instructions, typically to solve a class of problems or to perform a computation.... No wonder we are known as the University of the Third Age!!!

Day 82: The other day I watched an elderly gentleman struggle to put his shopping into the boot of his car. He was quite short in stature and couldn't reach the boot door in order to close it.

So, I helped him and he thanked me profusely, then went on to tell me "I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts.

"I have bouts with dementia; poor circulation – hardly feel my hands and feet anymore.

"Can't remember if I'm 85 or 92.

"Have lost all my friends. But, thank goodness, I still have my driver's license.

"I still try to live life in the fast lane, though, these days about half the stuff in my shopping cart says 'For Fast Relief'."

Day 83: I was thinking about cleaning out the garage, actually I've been thinking about it since lockdown started. But decided it was a bad idea – I know as soon as I empty it, my adult kids will presume they can store their junk in there, and fill it back up again. So, I've decided to leave my own stuff in there.

Day 84: I read that an Austrian man, Josef Koeberl, has broken his own record by standing in a box of ice for 3 hours. Gives a whole new meaning to being 'chilled.'

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*Des
Donnelly*