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Charitable Status No NI103276

SONG OF THE WITCHES: "DOUBLE, DOUBLE TOIL AND TROUBLE"

BY WILLIAM SHAKESPEARE
(from Macbeth)

Double, double toil and trouble;
Fire burn and caldron bubble.
Fillet of a fenny snake,
In the caldron boil and bake;
Eye of newt and toe of frog,
Wool of bat and tongue of dog,
Adder's fork and blind-worm's sting,
Lizard's leg and howlet's wing,
For a charm of powerful trouble,
Like a hell-broth boil and bubble.

Double, double toil and trouble;
Fire burn and caldron bubble.
Cool it with a baboon's blood,

Then the charm is firm and good.

Notes: Macbeth: IV.i 10-19; 35-38

Source: The Random House Book of Poetry for Children (1983)

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MEMBERSHIP

Lesley Kirk



Welcome to our newest members!

★ DAVID AND IRENE MOORE ★

We now have **348** MEMBERS.

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

Hello, everyone!

MONTHLY MEETINGS – WHAT YOU TOLD US

- SURVEY RESULTS**

Thank you to everyone who completed the online survey regarding Zoom versus in-person meetings and to those who returned the postal survey.

The overall response rate was almost 30%.

The results show that the majority of those who completed the survey are in favour of continuing to have Zoom meetings, with a review of the decision in the Spring. In response to the present Zoom monthly meetings more than half of those who responded enjoy meeting this way.

The safety of our members is paramount when making decisions about future in-person monthly meetings and therefore, after considering the results, the committee has decided that Zoom is still the way to proceed at present, with a review of the situation in the Spring.

- Zoom Meetings – **If you don't want to be on camera, just join without video!** Then you can attend without anybody seeing you. **OR, put a post-it note over the camera** if you don't know how to turn it off!!



- The next **Monthly Meeting** will take place on **Thurs 28th October at 2:00pm** via Zoom. The November Monthly Meeting will be on **Thurs 25th November at 2:00pm**, still via Zoom.

**** HELP YOUR GROUP LEADERS ****

Margaret Hanna, Committee Chairperson

"U3A interest groups are self motivating, on-going groups, which are the most difficult type of group to maintain as there is no external impetus, no external regulator, and no external mandate. The groups come into being, continue, and cease as directed by members." From **HANDBOOK FOR GROUP LEADERS** (<https://u3asites.org.uk/files/s/skegness/docs/groupleadershandbook.pdf>)

Most u3as are having difficulty holding on to, getting replacements for, and attracting new group leaders. The extra work involved in COVID risk assessments coupled with the lack of in-person meetings has caused some leaders have to lose heart (and confidence) in running their groups. Please try to be understanding the efforts of the leaders and **offer to help and give support if you can.**

Some suggestions to think about:

- Develop a leader rotation plan spread the burden
- Use a small committee of 2 or 3 instead of placing total reliance on one individual
- Offer assistance even if only temporarily

CONTRIBUTE TO THE U3A STRATEGY

A national Newsletter Express was sent out today (1 October 2021) encouraging members to take part in a survey about the future of the u3a movement. We would really appreciate if you could disseminate this survey to all your members and encourage them to take part. Thank you for your commitment and enthusiasm, it's much appreciated.

Take part in the survey: <https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=8b7e92ce7b&e=3a4b52413b>

See more on our website: <https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=a2fee7b584&e=3a4b52413b>

See more on YouTube: <https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=c8e4b5054a&e=3a4b52413b>

Link to the Newsletter Express: <https://mailchi.mp/u3a/newsletter-express-01-10-21>

SAVE THE DATE - CHRISTMAS MEETING - 16TH DECEMBER

Earlier this year you told us that you loved seeing old film footage of Lisburn. We're delighted to report that Donnelly from NI Screen / Digital Film Archive (DFA) is coming back on **16th Dec** to show us more old footage - with a festive feel this time. **AND she's prepared to take 'Requests'!** If you submit your request by 31st October the DFA team will research the archive to see if they can find a match. The deadline is only a week away so please send requests to info@lisburnu3a.org as soon as possible!

INDOOR BOWLING

Fraser Shannon, Bill Ingleston

Players continue to enjoy bowling at Kilmakee, despite the measures implemented for avoiding Covid-19 infection. Some conversation was possible at the interval, with a number of players popping outside into the fresh air. Games are played at **2pm on Tuesdays and 10am on Thursdays**. We would remind players to please 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/activities/> 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 still limited because of the Covid measures and, having reached our limit, we have had to start a waiting list for new players. Current members wishing to play must contact Fraser who organises players and teams using his WhatsApp Booking List. Contact at [07712331286](tel:07712331286) or fraserandrewshannon@gmail.com. Likewise, if you are unable to play, please notify Fraser via WhatsApp ASAP. A list of players will be shown on the indoor app for each session.

If you have been left out, contact Fraser.

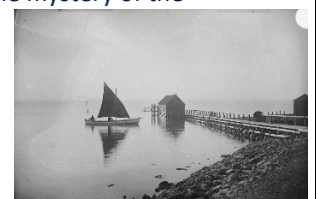
NATIONAL TRUST

Lesley Kirk

Last month some u3a members visited Mountstewart and would recommend the new exhibition on the mystery of the Mountstewart which tells the story of what happened on 11 April 1895 when the Mountstewart yacht went missing on Strangford Lough taking with it the lives of eight people including six servants.

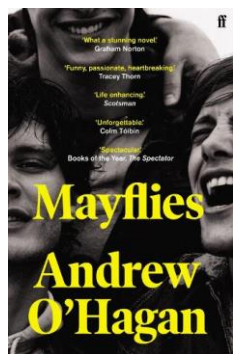
Much of the information displayed was discovered by a group of volunteer researchers who made it their mission to find out more about the circumstances of the disaster and the lives of the people who died. If you can't make it to the property you can read about the tragedy on their website:

https://www.nationaltrust.org.uk/mount-stewart/features/mystery-of-the-mountstewart?campid=SocialShare_Central_MainSite_Email_1431869879497



BOOK GROUP 2

Joan Bryson



We will meet on **30th November at 10.30 am.** Our book is 'Mayflies' by Scottish author Andrew O'Hagan.

This book examines male friendship, a literary path less trodden than that of female bonding. Two young Scots head to a music event in Manchester with their mates full of joy and hope. Thirty years later one is terminally ill but although battered by life they are still close.

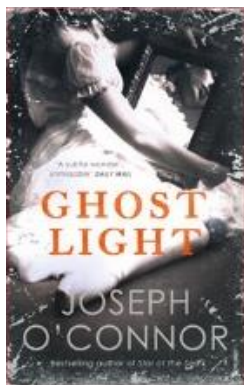
We are a small group who meet in each other's houses and enjoy the atmosphere that creates. We have never put a cap on numbers but have found membership rates to be stable. We would welcome some new members as it is lovely to meet people with fresh opinions.

BOOK GROUP 1

Jeanette Chambers

Six of us met by Zoom on the first Thursday of October to discuss "Girl, Woman, Other" by Bernadine Evaristo but is not a book to discuss if you do not have a good memory, there are a lot of characters and they all have their own story, but it was generally agreed it was worth reading. We will be meeting again on Thursday 4th Nov at 10.30 a.m. to discuss

"Ghost Light" by Joseph O'Connor, the story of an ageing actress. We will let you know what we think of this in the next Newsletter.



LAST MONTH'S TEASERS:

Jacqui Townsley

1. Where did the term "Yankee Doodle" come from?
The Massachusetts Indians called the early English colonists "Yankees," and "Doodle" referred to someone who was a jack of all trades. "Yankee Doodle" is a well-known American song and a nursery rhyme, the early versions of which predate the Seven Years' War and American Revolution - it is often sung patriotically in the United States today and is the state anthem of Connecticut
2. What is goofus glass?



Glass with handpainted decoration, such as this magnificent antique Goofus Glass Bowl

3. What is furmety?
Furmety (sometimes frumentee, fromity or fermenty) was a popular dish in Western European medieval cuisine. It is a porridge, a thick boiled grain dish—hence its name, which derives from the Latin word frumentum, "grain".

THIS MONTH'S TEASERS

Jacqui Townsley

GUESS THE HAMMER PRICE!

1. Mottled emerald green jade snuff bottle made in China and dated 1800 to 1850. It has a tortoiseshell spoon and a pink quartz stopper. *Estimate £3,000 - £5,000*
2. This simple Arts and Crafts silvered mantel clock dates to 1890 – 1900 and is decorated with a relief of a tavern scene. Measures 26.5 cm tall. *Estimate £300 - £500*
3. This Staffordshire agateware teapot, glazed to resemble a type of quartz and dated 1755, is fairly rare. *Estimate £600 - £1,000*



ANSWERS NEXT MONTH!

LET'S GO

Gail Pollock

Our next visit will be to the **Seamus Heaney Home Place, Bellaghy, Tues 23rd Nov.** Cost will be **£4.50 each**, pay at the door. There is a nice cafe, if you would like tea/coffee and scones organised before or after looking round the Centre, let me know – or do your own thing!



<https://seamusheaneyhome.com/>

PAINTING FOR PLEASURE

Tommy Yarr

The painting group is full at present because of distancing restrictions. Anyone interested in joining will be put on the waiting list, and newcomers will be welcome as soon as we can add to the numbers. Meetings are in the Bann Room at Hillsborough Village Centre, **Tuesdays 10.30 am to 12.30 pm**



DINING OUT

Norma Patterson



We had a really enjoyable outing to pizzarellys on 7th October!! Our next visit is on the **11th November at 6.45pm.** If you would like to be included at this one just email me please!!

It's still **£16** for 2 courses and is BYO wine etc! Soft drinks may be purchased separately!! See you all there??!!

THEATRE & CONCERTS

Jacqui Townsley, Reah Browne

A Christmas Carol – Grand Opera House, Fri. 19th Nov. at 5.15 pm
 Based on Charles Dickens’ famous story and brought to life with beautiful music by Disney’s award-winning composer Alan Menken (Disney’s Beauty And The Beast, Enchanted, The Little Mermaid and Little Shop Of Horrors) **Belfast Operatic Company** will once again enthral you with their on-stage interpretation. Expect a few ghostly surprises and lots of festive cheer for the entire family, both young and old!
Tickets £31 (concession). Please book by post (including cheque made out to Jacqui Townsley) and send to: **8 Millvale Road, Hillsborough, BT26 6HR,** and include your contact details. **Closing date for bookings is Mon 1st Nov 2021.**
Note: Social distancing has been removed from theatres and the theatre is operating to full capacity. Face masks should be worn and proof of identity and confirmation of Covid jabs (or negative Rapid Flow Test) must be provided on entering the theatre. The Theatre’s full Covid protocols and details of the Covid Status Check that all ticketholders must complete on arrival at the Grand Opera House are available on their website: <https://www.goh.co.uk/your-visit/covid/>
Goldilocks and the Three Bears – Grand Opera House, Sat 8th Jan 2022 at 13.30 **Booking closed!**

TAI CHI

Sally Stanfield, Paul Boyce

Sally – 10:30 - 11:30 each Monday
 We have a vacancy for one person. The Morning Class is progressing well through the Phoenix Tai Chi sequence.



Tai Chi is calming and beneficial for the body during these stressful times that we are still passing through. It is an enjoyable hour during which the Tutor introduces ways to improve our posture, balance and general mobility and increase our muscle strength in the legs.

Paul – 12:00 -13:00 each Monday
 We are progressing well, learning new forms and refreshing our knowledge of old forms. We have 4 vacancies at the moment. We pay in 4 week cycles.

Waiting lists are active for both classes. Contact group leaders to be added to the list for either session.



CROCHET

Jean Ryan

After 81 weeks of WhatsApp, Zoom and outdoor meetings, the Crochet Group had its first indoor meeting at Lisburn Racquets Club on Friday 15 October. The meeting went very well and we were able to establish a simultaneous Zoom link to include members who could not attend in person. We plan to continue meeting at the club venue Fridays 10:30am. for a trial period after which we’ll review the situation.



YOGA

Brenda Palmer

Every Wed 4-5pm Every Thurs 11am-12



Yoga classes continue on at Laganview with instructor Asha, who is very accommodating to our age group.

As numbers inside have now been increased, there are spaces in both classes! We welcome anyone wanting to take part. Cost is calculated according to the number attending. Anyone interested in joining in with our flexible friends, email Brenda.

WALKING GROUPS

STROLLERS

Mary Hine

Our walks are continuing as usual every Monday morning at 10.15, and we are getting some new members and venues. Contact Mary to be added to the email or WhatsApp lists & stay updated.

RAMBLERS, SCRAMBLERS, and RAMBLERS-PLUS (new name)!

Stanley Prentice, Judith Prentice

Mon 8th Nov Ramblers-Plus at Tipperary Wood, Tollymore Curraghard viewpoint , returning via Donard Park. Meet Donard Car Park 10.30 am.

Firstly, we would always welcome new walkers in our groups, especially if they’re willing to lead walks. We have a Ramble every Monday at present, with a Ramblers-Plus on the second Monday; Scramblers walk twice monthly until further notice, usually the second and fourth Thursdays.

SATURDAY RAMBLERS

Gil Colvin

Sadly the walk on 16th Oct. was cancelled due to lack of response. It has been rescheduled for **20th November. Meeting at Hazelbank at 10.30am.** New walkers always welcome! Contact Gil to be added to the email or WhatsApp lists & stay updated.

ANTIQUES & COLLECTABLES

Jacqui Townsley

Next meeting **Wednesday, 10th November 2021, 7.30 pm** in Hillsborough Village Centre will be our last this year 2021, when Charlie Barbour will entertain us with some Christmas memorabilia.

It was great to welcome some of you back at our first meeting after lockdown – although small in number, we had a very entertaining evening with all sorts of fun including BEETLES and PRIZES!! The Vintage Tea Party was good as well and the posh china - a joy to behold!



Did you know that Queen Victoria sent the first official Christmas card, and Sir Henry Cole, who amongst other things was an assistant to Sir Rowland Hill in the introduction of the penny post and the first Director of the V&A, commissioned the first commercial Christmas card in 1843? The initial print run was for 1000 cards. Also, our tradition of decorating Christmas Trees originally came from Germany, where Prince Albert was actually born, and was introduced to England during the Georgian period, when King George III was on the throne. He had a German wife called Charlotte, who it is thought used to decorate a tree for her family in the 1790s.

So, what about that box of vintage Christmas decorations in the attic? All those old Christmas cards, nutcrackers, Christmas tree decorations, model train sets, etc! All might be valuable today at auction, and even if not, bring them along anyway!

GOLF

Madge Callan

Weekly Golf continues throughout Autumn and Winter most Monday mornings weather permitting. All are Welcome. The Summer Golf group enjoyed their final outing of the 2021 season at Lurgan Golf Club on 14th October. The course was beautiful, the sun shone and the lunch was tasty. Looking forward to next year already! Will resume in April 2022 on second Thursday of each month until October 2022. All are welcome.

RAMBLERS PLUS

Judith Prentice

I have changed the walk group name from “Hillbillies” to “**Ramblers-Plus**”. We have already had enjoyed couple of these newly designated walks, which stretches the normal Ramble a bit more, both in length and degree of difficulty, without involving Mournes or mountains. Amazingly we found this has attracted a much better turnout than Hillbillies did, so our intention is to stick with this for the foreseeable future. The frequency of these walks will be the **2nd Mon** of each month, and our next Ramble-Plus will be on **Mon 8th Nov. in Tipperary Wood**, Tollymore Curragh road viewpoint, returning via Donard Park. **Meet Donard Car Park 10.30 am.**

Stanley Prentice

31 Ramblers recently returned from a 3 night walking break in Sligo. Weather on Day 1 was extremely wet, though it didn’t dampen our spirits! With clothing and footwear dried out, we managed to get in two more walks, taking in wonderful Sligo scenery. We were well looked after in the 4 star Sligo Southern Hotel, and enjoyed wonderful food. After dinner we had our own “in-house” entertainment, though no music or singing was allowed this trip. As always, volunteers organised the entertainment and a great time was had by all.

LU3A SINGERS

Jacqui Townsley



Hopefully we can get back to normal in 2022 - **WATCH THIS SPACE!**

FILM GROUP

Judith Prentice

I hope to reconvene this group after Halloween, when, with any luck, all the social distancing restrictions in theatres and cinemas will have been lifted.

This will mean that our group can sit together to enjoy a film. No point having a film group if you can’t sit with others!



The COVID Diaries

Excerpts from Des Donnelly's 2020 Lockdown Diary



ISSUE #8

“**DAY 90** - Two weeks ago, my neighbour Ethel, saw me put my golf clubs into my car and she approached me. “I'm fed up with this lockdown, I fancy taking up golf, would you teach me?” she asked.

Knowing Ethel, I didn't think I could teach her, so I advised her to have a lesson with a golf pro.

“Will you come with me?” she asked and I agreed.

And so, on the fateful day we arrived at the golfing range and met Gary, one of the pros.

The words of PG Wodehouse came to mind... “to find a person's true character, play golf with them”

“Are you right-handed or left-handed?” he asked.

“Not sure,” she replied, “I write with my left hand and paint with my right hand.” It wasn't a good start.

“We'll try some right-handed clubs” he said as he set up his camera and radar tracker.

“Are you going to film me?” she asked. “Yes,” he replied.

Her eyes lit up, “OK, can I just tidy my hair and refresh my makeup?” and she headed off to the ladies. 15 minutes later she returned looking like an ad for Revlon.

In truth, she looked well and Jack Benny's immortal words came to me... “Give me golf clubs, fresh air and a beautiful girl and you can keep the clubs and the fresh air!”

“Do you have a glove?” asked Gary.

She went to her handbag and produced a pair of fetching pink woollen gloves.

“Are these to save my nails?” she asked.

“No, to get a better grip,” he replied, “but they're not really suitable.”

She went to her handbag and produced a pair of fetching pink woollen gloves.

“You should have a full-length mirror, so I can see myself, just like the ballet dancers,” she said.

Shakespeare's words on vanity echoed through my mind... “Shine out fair sun until I have bought a glass, so that I can see my shadow as I pass.”

But what ensued had all the grace of a camel and was a long way from Swan Lake! At times, Ethel muttered under her breath.

“They call it golf” Gary explained, “because all the other four-letter words were taken.”

After about ten minutes, Ethel glanced at the radar screen. “There's nothing on it!” she exclaimed.

“That's because you're hitting the ball along the ground, under the radar,” he explained.

“Well now, that's just typical of me,” she gushed, “modest, inconspicuous and under the radar.” I think this was a veiled reference to the fact that she was still single.

We learn so many things from golf... how to suffer, how to lose friends and how to lose money.

In truth it wasn't pretty, and the pro made numerous references to Ethel's anatomy and posture which cannot be quoted here.

But what was really noticeable was that she was still standing too close to the ball, even after she hit it.

And so, we came to the end of the lesson. On the way home Ethel uttered this gem...

“You know what the game of golf is, don't you? It's football for people who can't run and chess for people who can't think. I reckon I'm made for it”

DES
DONNELLY