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Charitable Status No NI103276

The Gift of Time

By Orla McFaul

time stands still loses meaning becomes everything
 how much is left how much longer
 every moment precious a need to savour
 moments are memories are we aware
 of connections tales of yesteryear

never taking the time
 to
 just
 stop
 listen
 appreciate
 understand
 until it is going going gone

there is uncertainty in this life
 of that we can be sure the sun sets every
 evening in the hopeful dawn we rise again in
 gratitude and wonder to look upon a new day
 time is finite uncharted ...to be enjoyed before it slips away

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

MEMBERSHIP

Lesley Kirk

WELCOME TO OUR NEWEST MEMBERS!

★ Karen Duckett ★ Doreen Moore ★

We now have **350** MEMBERS.

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

Hello, everyone!

- The next **Monthly Meeting** will take place on **Thurs 25th November at 2:00pm** via Zoom.
- The **CHRISTMAS MEETING** will be on **Thurs 16th DECEMBER at 2:00pm, still via Zoom.**
- Zoom Meetings – REMEMBER – If you don't want to be on camera, just join without video! OR if you don't know how to turn the camera off, put a post-it note over the camera lens!!
- The next meeting after the Christmas meet will not be until January 27th! (That sounds like a long time from now.)
- Volunteer Now' is the lead organisation for promoting and supporting volunteering across Northern Ireland. It is providing free workshops to support volunteers in learning how to manage their mental health and general sense of wellbeing - full details on page 2

GROUP LEADERS

There are tentative plans to have a **Group Leaders Zoom Meeting at 7pm on Wednesday 8th December.**

An email will be coming out from Keith Ineson – **If you are a Group Leader**, please make a note in your diary and please attend - this is your chance to have your say.

Please remember to update the website as well as submitting to the newsletter! Submissions to the newsletter do not mean the website will also be updated. The website and newsletter have different requirements.

Why not check your group entry on the website now to ensure that it's up-to-date:

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



ROYAL ULSTER ACADEMY (RUA)

The RUA Annual Exhibition is one of the most eagerly anticipated exhibitions in the Northern Irish cultural calendar, providing a unique platform for acclaimed artists and emerging talent to showcase their artwork in the fabulous galleries at the Ulster Museum.

Free admission.

BOOKING REQUIRED (for COVID purposes only).

DATE: 29 October - 2 January 2022

TIME: Tuesdays to Sundays – 10am to 5pm (Closed Mondays)

<https://belfastinternationalartsfestival.com/event/140th-rua-annual-exhibition/>

VOLUNTEER NOW

Volunteer Now would like to support volunteer managers and volunteers to learn how to manage their mental health and overall sense of wellbeing. We are offering free workshops to organisations and volunteers where you can learn how to use practical tools such as the Wellness Action Plan (WAP) to help you take ownership of your own mental health and support your volunteers to do the same. A complimentary self-care pack will also be available for those who attend.

These workshops will be delivered between November 2021 and January 2022 across the Belfast, Southern, Western and South Eastern Health Trust areas and are open to all volunteer involving organisations and volunteers. If you manage and support volunteers and would like to learn how to support their wellbeing whilst volunteering, or you are a volunteer who has found your role challenging over the last year please get in touch!

Contact us on 028 9023 2020 or at sandra.faulkner@volunteernow.co.uk to find out more and register!

Or click on the following links for more information (details of online sessions will also be available here)-

Organisations Workshop info: <https://bit.ly/3n85v1e>

Volunteer Workshop info: <https://bit.ly/3DmD6dT>

Facebook: [VolunteerNow / VolunteerNowYouth](#)

Twitter: [@VolunteerNow1](#) / [@VNEnterprise](#)

Instagram: [@volunteerenterprises](#)



SAVE THE DATE

CHRISTMAS MEETING - 16TH DECEMBER

INDOOR BOWLING

Fraser Shannon, Bill Ingleston

Games are played at Kilmakee Activity Centre at 2pm on Tuesdays and 10am on Thursdays. With Covid-19 still a major concern we are maintaining our policy of mitigations against infection, as presented in our "OPERATING PROCEDURES and DECLARATION" document. All players must read and complete this document before playing for the first time. It 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.

Player numbers have reached the current limit but a waiting list for new players is in place. To join the list please contact

Fraser at 07712331286 or fraserandrewshannon@gmail.com

NATIONAL TRUST

Lesley Kirk



There is no visit to a property organised this month in the busy run up to Christmas but we look forward to the snowdrops in the new year.

The Argory and Castleward are opening at the weekends decorated for a bygone Christmas and are also having artisan craft fairs.

If you have small grandchildren you can take them on the Percy the Parkkeeper Trails at Rowallane, Castleward, Mountstewart and the Argory. Their tea rooms are all open at the weekends selling all sorts of seasonal treats, I'm smelling the cinnamon and mulled wine already.

ARCHERY

Pearl Chambers



Good fun activity under the watchful eye of an experienced qualified instructor. All equipment supplied.

We have a few spaces at the moment so, Ladies and Gentlemen, come on over to Kilmakee Activity Centre on a Tuesday morning from 10.00 - 11.00am.



BOOK GROUP 1

Hilary Preston

In November, after a few hiccups by the new convenor, we managed a mixed Zoom and live meeting. We discussed *Ghost Light* by Joseph O'Connor. The book is set in Dublin in 1907 and is about a young Irish actress, Molly Allgood, and her doomed affair with Synge, the Irish playwright. All enjoyed the first few chapters about Molly's impoverished life in London in the 1950's. Many enjoyed the sense of place the book invoked but differing time frames and tense were not so popular. It was felt to be a demanding read. The group went on to discuss Irish plays and their opinions of various productions.

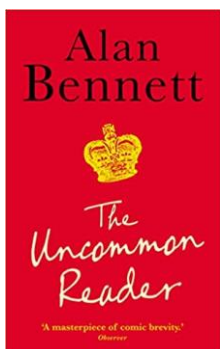
The book for discussion in December is **The Midnight Library** by Matt Haig.



BOOK GROUP 2

Joan Bryson

In keeping with our Christmas traditions we will meet earlier in the month and include lunch. Traditionally our December read is light and we have selected Alan Bennett's 'Uncommon Reader' -



the Queen finds a mobile library parked in the palace grounds and is encouraged to borrow books by a literature

loving kitchen porter. Couriers are concerned as the monarch embraces the elitist pastime of reading and invites authors to her parties. Perhaps a case of the Lady in the Library Van !!!

LAST 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



Sold for £27,000 at Mallams

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



Went for £260 at auction

3. This Staffordshire agateware teapot, glazed to resemble a type of quartz and dated 1755, is fairly rare. Estimate £600 - £1,000



Sold for £2,200

THIS MONTH'S TEASERS

Jacqui Townsley

Quick Christmas Quiz:

1. The first royal Christmas broadcast – which monarch made it?



2. Shakespeare wrote a play for Elizabeth I, as a Christmas present. Which one is it?

3. What are you supposed to do when you find yourself under the mistletoe?

A little clue for you...



ANSWERS NEXT MONTH!

LET'S GO

Gail Pollock

There will be no Let's Go in December. All being well we'll get out and about again in January. We had a really enjoyable visit in October to Down County Museum



to see the Ballykinler history hut, which was very interesting. We also saw and heard about the replication and moving of the High Cross. This was followed by pumpkin soup in the St Patrick Centre, which is worth a visit in its own right. November's visit is to Seamus Heaney's Home Place.

SPANISH

Joan Hamilton



The current session of Spanish finishes on the 24th November

DINING OUT

Norma Patterson

@Ho!Ho! Ho!!/ Bah! Humbug!!

We had another enjoyable evening out on 11th November and are booked again for 9th December! I'm hoping that the £16 option is still available, but if you wish, there is a three course Christmas Dinner option at £24.



Do let me know if you would like to come to this one! I'm looking forward to seeing you all!!

THEATRE & CONCERTS

Jacqui Townsley, Reah Browne



**A CHRISTMAS CAROL –
GRAND OPERA HOUSE,
BELFAST, FRIDAY 19TH
NOVEMBER 2021 AT 5.15 PM**

**IT WAS GREAT TO GET BACK
TO THE THEATRE!**



**GOLDILOCKS AND THE THREE
BEARS – GRAND OPERA
HOUSE, BELFAST,
SATURDAY 8TH JANUARY
2022 AT 13.30
BOOKING CLOSED.**

TAI CHI

Sally Stanfield

Sally – 10:30 - 11:30 each Monday
The morning class is steadily progressing with the Phoenix form. Hopefully we will have covered the complete set by December. Then it



will be repetition until we stop for Christmas break. We currently have a slot for anyone interested in the art of Tai Chi. A waiting list is also available for this class.

CROCHET

Jean Ryan



We are planning to continue our weekly meetings at the Racquets Club on Fridays 10.30-12.00 until mid-December, when we'll take a

Christmas break. Attendance has been good and we are enjoying the real live chat as well as helping each other out with stitches and getting inspiration from each other's projects. There are plenty of baby supplies being produced for Baby Basics and also for Blossoms, both of which offer help to new mothers in financial need. There are various other projects in progress including blankets, cushions, hats and cardigans.

YOGA

Brenda Palmer, Freda Bell

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



Our yoga classes continue under the watchful eye of Asha. Such an excellent way of keeping supple as we age. I am happy to enroll new members. Anyone interested can email either Brenda or Freda.

Cost is calculated according to the number attending. Anyone interested in joining in with our flexible friends, email Brenda.

COVID SYMPTOMS

Be clear on COVID

The most important symptoms we all need to know!



Download and log your symptoms today!



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

Stanley Prentice, Judith Prentice

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 usually the **second and fourth Thursdays** (twice monthly until further notice).

SATURDAY RAMBLERS

Gil Colvin

The next Saturday walk will be on **18th December, meeting at 10.30** at the bottom car park at Mary Peter's Track. New walkers are always welcome.



ANTIQUES & COLLECTABLES

Jacqui Townsley

Count down to Christmas – not long now! I've been trying to get my shopping done early, although I have to admit I just love the atmosphere and fluster of that last minute rush around before the shops close on Christmas Eve!!! Here are some ideas for Christmas gifts taken from the past. I hope you like them!

RUBY-AND PEARL-ENCROUTE FOUNTAIN

Queen of England Anne Boleyn (1501–1536) reportedly had a fountain made as a gift for her husband, King Henry VIII (1491–1547). It was intended to be a table fountain that pumped rose water for their guests to freshen their hands. The extravagant fountain, designed by artist Hans Holbein, was made from gold and silver and encrusted with rubies and pearls.

**SOLID GOLD BATHTUB**

Back in 2013, American boxer Mike Tyson bought his then-wife, actor Robin Givens, a 24-carat solid gold bathtub that was estimated to be worth over \$2 million (about £1.4 million) at the time. The item was a Christmas gift from Tyson to Givens and was intended to be installed in their mansion in Ohio.

ELIZABETH TAYLOR'S 68-CARAT DIAMOND RING

In a 1969 auction, Welsh actor Richard Burton lost the right to own a 68-carat diamond which the Sultan of Brunei and Aristotle Onassis also lost in the bid. The winner of the auction was jeweller Cartier International SNC. Being filled with remorse, Burton who wanted the diamond as a gift for his wife Elizabeth Taylor, returned the following day and bought the jewellery from Cartier at the cost of \$1,050,000. Today, that is about \$6.6 million (about £4.8 million). The sale made quite a buzz at the time. However, diamonds aren't forever so it

happened that when Burton got divorced from Elizabeth in 1978, he sold the diamond and its proceeds were used to fund the building of a hospital in Botswana, a landlocked country in Southern Africa.

TIBETAN MASTIFF ROYALTY

This Tibetan mastiff couldn't have a better owner - it's Royalty. Chris Brown (American singer/songwriter/dancer/record producer/actor/graffiti artist!) paid a whopping 1.5 million US dollars for the mastiff – a Christmas present for his precious daughter Royalty Brown! She found it tied to a tree one Christmas morning. WOW!

**LU3A SINGERS****ZOE COVID STUDY**

Jacqui Townsley

Looking forward to seeing you all in 2022!

Even people who have had two doses of the vaccination can still be susceptible to contracting COVID as no vaccine is 100% effective. Those who have already been infected are also prone to infection, since we've found it doesn't guarantee protective anti-n antibodies. The symptoms and severity of the illness differs depending on how many vaccinations you've had, if any. If you've been vaccinated and start sneezing or coughing a lot, you should stay home and get a COVID test, especially if you're living or working around people who are at greater risk from the disease. Sneezing and coughing a lot could be a potential sign that someone vaccinated has COVID-19 and, however mild, should take a test and self-isolate to protect their friends, family and colleagues. Sneezing and coughing is a key way that viruses spread. Try to cover all coughs and sneezes with tissue or the inside of your elbow to minimise the spread of droplets. Avoid touching your eyes, nose and mouth until you wash your hands.

The End of The COVID Diaries

ALL GOOD THINGS

MUST END

I know many of you will be disappointed, even sad, to hear that last month was the final episode of Des' COVID Diaries.

The Diaries have been a great distraction from the boredom and frustration of lockdown, but as they say, all good things eventually come to an end. Many of you sent messages about how much you enjoyed and looked forward to them each month. Thank you for taking the time to let us know.

Thank you, Des, for regaling us!

This doesn't mean it's the last we'll hear from Des, as he's a prolific poet, which you will all know of from previous editions of newsletters these last years. Look for another Christmas ode in December! This month he's sent a seasonal harvest poem for your enjoyment.



I grew up
on a farm in
Tyrone.
Threshing
day was a
major event
in the

farming calendar and for young boys, it was an exciting experience.

People from neighbouring farms came to help and there was a 'carnival' atmosphere about the place.

I hope my poem captures some of the colour and activity of the occasion.

DES
DONNELLY

THRESHING DAY

Des Donnelly

From our lookout on the Bush Brae
we could see it coming, headin' our way,
out the road from the 'Cross'
slowly, imperiously, straddling the road.
Towering above hedges and ditches,
A glowering Gorgon gazing ahead.

On and on it came and turned into our lane
stealthily, silently, like a menacing monster
being dragged along with angry intent
by Davy 'Yarry' on his blue Fordson Major.
Belching out smoke as it braved the rise,
then turning to stare into our very eyes,
the day that was in it, had arrived.

And the neighbours came to lend a hand,
on foot, on bikes, on tractors and
carrying rakes, graips, and pitchforks
as farmers have done over generations.
The Mullins, Dixons, Gormleys and Attys,
the McGillions, Duffs and Johnny 'White
Paddy'

In the haggard, three stacks stood stripped
of their thatch, baring the layered sheaves.
On the ground, sods were nicked and dug
to anchor the trembling wheels.
The Ransome, Fordson and McCormick in
line,
Davy nodded his head... ..everything's fine.

Davy cranked up the Fordson and a flick of
his hand
started the flywheel spinning, moving the
band.
The whole rig started shakin' as if born into
life,
the racket was deafening, raucous and rife.
All the men started working with barely a
word
and the belt now taut like an umbilical cord.

Two men on the stack, forking the sheaves
to two others astride the Gargantuan beast.
And two more bagging the golden corn
while a brace took the straw now baled and
shorn.

Two more loaded the bales on a wain
and a pair piled chaff on a fire to burn.



Sheaves flew from the stack and with no
holding back
were gorged down the throat of this
gluttonous beast,
the hum of the drum and the winnowing
fan
sheared the ears from the chaff and the
tumbling corn
fell into sacks, neatly tied with binder
twine.
Flailing paddles like tongues propelled
straw from its mouth,
waltzing and whirling like a wondrous
fairground.

Davy 'Yarry', hands on hitches, surveyed
the scene,
his flat cap crouched on his furrowed brow,
shirt sleeves rolled tight to his elbows,
he knew all was well and that we'd be done
when the September day had come and
gone,
and a harvest safely in the barn.

And rats as big as cats
bolted from diminishing stacks,
pursued by my brother Hughie and I,
armed with pitchforks, rakes and bats,
outrun, headed, cornered....despatched.
Seventeen rats in a day and that's the
truth!
we'd be heroes in the telling, at Altamuskin
school.

By five, the last sheaf ceremoniously flung
into the thresher and the job was done,
a veil of silence over the haggard hung,
weary menfolk traipsing down the lane
for cabbage and bacon, food fit for Kings.
Thank God for it all, another harvest won,
and all was well with the world. Amen