

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

Charitable Status No NI103276

JANUARY DOLDRUMS?

January... Christmas is over, New Year excitement behind us, and here we are in the throes of winter. Some people suffer more than others, and especially suffer from the winter doldrums. Severely affected folk may be suffering from Seasonal Affective Disorder, or S.A.D. Apparently more women than men suffer from it, and it is also possible to have a family tendency to S.A.D.

With shorter days and longer nights, the "hibernating" instinct turns many of us into sloths, with little or no activity or social life. And this crazy pandemic doesn't help, with its enforced isolation and social distancing.

Another factor may be lower serotonin and melatonin levels, often caused by lack of natural light in the darker months. If you are feeling listless, anxious and irritable, have low energy levels, sleep disorders, headaches, even weight gain, there are steps you can take "to put wind back in your sails and navigate away from the winter doldrums."

- **Lighten up.** Open blinds, add more artificial light. Light therapy boxes have helped many lessen the negative effects of S.A.D.
- **Get outside.** Exercise, watch your diet, take long walks; activity is good and nature has restorative powers. Include friends when walking, combining social interaction with exercise.
- **Boost vitamin D intake.** We absorb much of our Vitamin D from sun, but you can also get it in your food or vitamin supplements. Supplements can be helpful in these northern climates.
- **Reach out for help.** If you suffer badly with the doldrums, even to the point of depression, talk to a doctor, or a therapist.
- **Catch up on sleep.** Winter is a great time to make sure you are getting adequate sleep. The National Sleep Foundation recommends seven to nine hours of sleep each night for adults.
- **Eat lots of fruit & veg.** Brightly coloured and dark coloured Fruit & Veg contain key vitamins and minerals.
- **Keep your mind active.** Aim to spend 30 minutes a day doing something to improve your mind and reduce stress: read, listen to music, meditate, learn something new.

And remember, the days are getting longer - you gain approximately 1 minute of daylight per day after the winter solstice. Already from 21st December to 27th January we will have gained **37 minutes!**

For further information, review the source articles:

<https://www.theeap.com/january-2019-stuck-in-the-doldrums> and <https://www.lmh.org/news/2017-news/6-tips-for-avoiding-winter-doldrums/>

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

MEMBERSHIP

Lesley Kirk

WELCOME TO OUR NEWEST MEMBERS!

★ Patricia Green ★ Mary Martin ★ Dorothy Porteous ★

We now have **352** MEMBERS.

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

HELLO, EVERYONE!

- **The next MONTHLY MEETING will be on Thurs 27th January at 2:00pm, via Zoom.**
- Our Speaker's subject for 27th January is 'Great Houses of South Belfast'.
- The following **Monthly Meeting** will take place on **February 24th at 2:00pm** via Zoom.
- **If you don't want to be on camera for Zoom Meetings** REMEMBER to join without video! OR if you don't know how to turn the camera off, put a post-it note over the camera lens!!
- Remember: Group Leader and Committee Contact details are in the Group Leaders_Committee_Jan2022.pdf which was re-sent this last week. If you didn't get it, contact info@lisburnu3a.org or editorlu3a@gmail.com.

COMMITTEE MESSAGE

In-Person Meetings - Zoom Monthly Meetings are in place for January and February. While the Committee agrees that face-to-face meetings are preferable to Zoom meetings, the Covid statistics and government guidance indicate that it's too soon to revert to in-person meetings.

The situation is being kept under monthly review.

PAINTING FOR PLEASURE

Tommy Yarr



HAPPY NEW YEAR.
OWING TO THE PRESENT COVID VARIANT,
THE PAINTING FOR PLEASURE GROUP MEETINGS
HAVE BEEN SUSPENDED UNTIL TUESDAY 8TH FEBRUARY.

INDOOR BOWLING

Fraser Shannon, Bill Ingleston

After the break for the festive season, we were pleased to start bowling again on the 4th of January. We continue to play at Kilmakee Activity Centre at 2pm on Tuesday and 10am on Thursday. The Omicron variant of Covid-19 is the most infectious so far, therefore we maintain careful implementation of mitigations against infection. Player numbers are currently at the maximum limit. However, a waiting list for new players is available, please contact Fraser. Contact details are in the Group Leaders_Committee_Jan2022.pdf – if you didn't get the January update, contact info@lisburnu3a.org or editorlu3a@gmail.com.

T'AI CHI 1 10:30-11:30 AM

Kathleen Ingleston



Class members were delighted to restart on Monday, the 10th of January after festive food and less exercise than usual, during the Christmas break. We continue to focus on The Open Door 5 and The Phoenix forms, with tutor Jane Burke.

There is space for a new member in the 10.30 -11.30 am class. If you are interested in joining the 10.30 class, contact Kathleen. Contact details are in the Group Leaders_Committee_Jan2022.pdf – if you didn't get the January update, contact info@lisburnu3a.org or editorlu3a@gmail.com.

T'AI CHI 2 12:00-1:00 PM

Paul Boyce

We have restarted on 10th of January, and have a new recruit for this session; but also one of the members is taking a sabbatical until the weather warms up, so places are still



available in the 12-1pm class. If you are interested in joining the 12 o'clock class, contact Paul. Contact details are in the Group Leaders_Committee_Jan2022.pdf – if you didn't get the January update, contact info@lisburnu3a.org or editorlu3a@gmail.com.

NATIONAL TRUST

Lesley Kirk

This group are taking a little break during the cold winter months but I was visiting Mountstewart recently with my daughter and came across a part of the grounds I had never been to before so I thought I would tell you a little about it in case like me you didn't know it was there to explore.

As we made our way round the lake, we saw a sign for the walled garden and decided to investigate. The path leads to the remains of the rose garden, dairy, and vinery which the National Trust are hoping to restore. The walled garden is the home of one of the oldest grape vines in the UK and Ireland, "The White Syrian" which was planted in 1769. There are 2 other significant vines, a Muscat brought back from France as a cutting in the boot of the 7th Marquis in 1918 and a Red Hanepoot, a gift to the 6th Marchioness from Cecil Rhodes.



The dairy is a pretty circular building with a moss-covered roof. It still has some of the original fitted furniture, marble shelving and a font as well as Spanish-style lustre tiles on the wall.

The walled garden provided plants for the estate raised from seed supplied by plant collectors from around the world as well as fruit and vegetables to serve the house and staff. Lady Londonderry had the rose garden planted in the centre and it is hoped to restore the rose garden with scented period roses and soft fruit in the vinery and peach house along with fruit trees in the orchard. It will be interesting to watch its restoration over the years, but still worth a wee visit as it is at the moment.

BOOK GROUP 1

Hilary Preston

In January four members met by zoom to discuss 'The Seven Husbands of Evelyn Hugo' by Taylor Jenkins Reid. The book, set in the Golden Age of Hollywood, describes Evelyn's seven husbands and the emotions, reasons, and thinking behind each of those marriages. All agreed that Evelyn was ambitious and determined but not all felt that her means justified the end! She certainly relied on her looks to manipulate people. The format chosen by the author to tell the story was Evelyn narrating her history to a young unknown journalist, Monique. It eventually becomes clear why she was chosen for this task.

Our read for February is The Friday



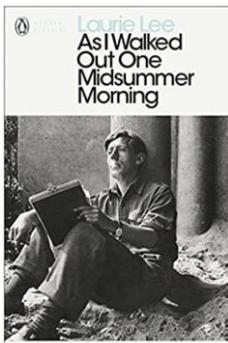
Tree by Sophia Hillan. It is anticipated that this will also be a zoom meeting. The group are also compiling a list of possible future reads .

BOOK GROUP 2

Joan Bryson

In the midst of winter we crave travel and sunshine and have picked 'As I Walked Out One Midsummer Morning' by Laurie Lee as our book for this month. In 1935 the writer left his Cotswold home with little more than a violin and a pair of stout boots to travel across Europe reaching Spain where he wandered, chronicling the life, cultural and kindness of ordinary people until the Civil War ended his travels.

Our Feb/22 meeting is on Tuesday 22nd at 1030 am. See the Group Leaders Committee_Jan2022.pdf for Joan's contact details to enquire about venue.



LAST MONTH'S TEASERS

Jacqui Townsley

THE CHRISTMAS QUIZ ANSWERS

1. Which famous scientist was born on 25 December?



Isaac Newton,(in full Sir Isaac Newton), born December 25, 1642

2. What is different about Rudolf compared to the other reindeer?



He has a red nose!

3. In which ocean is Christmas Island situated?

Christmas Island is located in the Indian Ocean, 1500 km west of the Australian mainland and 2600 km from Perth



4. Which country donates the Christmas tree in Trafalgar Square?

Norway sends the UK a Christmas tree for Trafalgar Square every year as an annual tradition to thank UK for its attempts to help defend the country during the Second World War. The tradition has been in place since 1947.



5. How many gifts were given in 'The Twelve Days of Christmas' Christmas carol?

Typically, at the end of the 12 days, you would have received 12 partridges in pear trees, 22 turtle doves, 30 French hens, 36 calling birds, 40 gold rings, 42 geese laying eggs, 42 swans, 40 milking maids, 36 dancing ladies, 30 leaping lords, 22 piping pipers and 12 drumming drummers from your true love – a total of 364 gifts!

LU3A SINGERS

Jacqui Townsley

There will be no Singing Group meetings until later in the year



HAPPY NEW YEAR!



LET'S GO

Gail Pollock

Due to Covid restrictions, this month's visit to Hughes Distillery at the Stillhouse did not take place. They're hoping to be able to start their tours again in February. Anyone else who would like to go, let me know.

If anyone would be interested in a visit to the Game of Thrones studio tour in Banbridge, let me know and I'll try to organise a visit.



www.gameofthronesstudiotour.com

KARATE

William Grant



The Karate group is up and running again! Join us on Tuesdays from 6pm to 730pm at St John's Hall, Dromara.

THIS MONTH'S TEASERS

Jacqui Townsley

WHAT IS IT?

Is it a Wool Spinner, an Embroidery Loom, an Ice Shaver or a Mechanical Clamp?



Is it a Radio, a Thermostat, an Oven Pre-heater or a TV Remote?



Is it a Cherry Stoner, an Apple Peeler, a Potato Peeler or an Optometry Instrument?



ANSWERS NEXT MONTH!

CHRISTMAS MEMORY

Editor



I wore your absurd paper hat; may I eat now?

I thought you might enjoy a photo of Oro (our Spanish Water Dog, who looks like a sheep) about to have his Turkey and Stuffing dinner on Christmas Day.

I hope everyone had a healthy and happy holiday with lots of cheer, good food, and plenty of craic.

2021-22 WATERWAYS STORYMAKING FESTIVAL

The Festival is an annual event with free creative writing workshops and an open call for submissions of short stories, poems and photographs on a waterways theme.

SUBMISSIONS ARE OPEN UNTIL THE 4TH FEBRUARY.

How to take part:

<https://www.thewaterwayscommunity.org/waterways-storymaking-festival/how-to-take-part/>

Written submissions can be a reminiscence, reflection or pure flight of imagination on the theme. Photographs are also around the theme of waterways.

After the closing date a panel of judges will shortlist the entries and the shortlist will be videoed and broadcast at the final awards event in May 2022.

The aim is to help people to reconnect to the environment and to their own creativity, with all the health benefits that brings. People of all ages and ability can join, we welcome beginners.

The Waterways Community| The Stables, Navigation House, 148 Hillsborough Road, Lisburn, BT275QY, Co Antrim, Northern Ireland

Web| www.thewaterwayscommunity.org

Facebook| <https://www.facebook.com/waterwaysstorymakingfestival>

CROCHET

Jean Ryan



The last meet of the year was on Friday 10th Dec; then we took a break for the Christmas period.

Since then, our Friday meetings have taken place via Zoom. We keep in touch on WhatsApp and we're reviewing the situation each week. When the current wave of Covid cases subsides we hope to meet again in person at Lisburn Racquets Club. I hope everyone had a Merry Christmas and Happy New Year to everyone!

YOGA

Brenda Palmer, Freda Bell

TEMPORARY SUSPENSION!

Normally Every Wed 4-5pm and

Normally Every Thurs 11am-12



Yoga is temporarily paused due to Omicron.

We are waiting to see how the situation evolves. Hope to be back mid-February. Email or phone either Freda or Brenda for information.

VALENTINE'S DAY

St. Valentine's Day (**February 14**) is when lovers express their affection with greetings and, sometimes, gifts.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person.

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 and stay updated.

RAMBLERS, SCRAMBLERS, and RAMBLERS-PLUS

Stanley Prentice, Judith Prentice

Ramblers, Ramblers Plus and Scramblers have all resumed after Christmas break with great turnout at each event so far.

The February walks will consist of one Ramblers Plus walk and Ramblers on the other Mondays. Scramblers are every other Thursday, weather permitting.

SATURDAY RAMBLERS

Gil Colvin

Saturday walkers welcomed 3 new walkers for the January outing. The next walk will be on Saturday 19th February, meeting at 10.30 at the car park opposite Drumbeg Parish Church. Anyone not on our WhatsApp group who is interested in joining, email. New walkers always welcome! See Jan 22 [Group Leaders_Committee_Jan2022.pdf](#) for contact details.

DINING OUT



Norma Patterson

Another enjoyable night on 20th January! Our next outing to pizzarellys will be on Thursday 3rd March at 6.45 if anyone would like to join us, just send me an email, please. See the January update of the [Group Leaders_Committee_Jan2022.pdf](#) for contact details.

ANTIQUES & COLLECTABLES

Jacqui Townsley

THERE WILL BE NO ANTIQUES & COLLECTABLES MEETINGS UNTIL LATER IN THE YEAR

After a long 2021, the new year 2022 has whizzed in and we are nearly into February already! And February means **Valentine's Day** – or the Feast of St Valentine - the most romantic day of the year when we can express our amorous side and send greetings cards and gifts to our true loves!



Antique Valentine cards are much sought after in today's market and widely collected. There are many theories about why and when such cards were originally sent, but we do know that they became popular in their simplest, handmade form from the beginning of the 1800s – the first record of a posted Valentine's card was in 1806. By the 1830s, around 60,000 Valentine's cards were being sent each year and today around 145 million cards are sold every year in the UK around Valentine's Day with 1 billion sold worldwide.



The Royal Mail estimates the most expensive card in its collection to be a handmade, fold-out puzzle card, which it reckons could reach up to £4,000 at auction – although it has no intention of selling! However, most antique Valentine's cards are much cheaper, with starting prices as low as £10. Prices have remained steady over the years, though they're rising at the top end of the market as the more sought-after cards are bought up for private collections, leaving fewer cards available. If you ever come across Valentine cards stuck into a Victorian scrap album, expect to pay £200 or more depending on their age, condition and size.



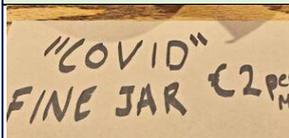
Many of us send our texts or letters with "XOXO" at the end - whilst the 'O' symbol is fairly new, the 'X' actually dates back to medieval times when not many people knew how to write. So they would sign in front of a witness with a simple 'X' which they then kissed to show their sincerity. Ending your text or letter with an 'X' (or kiss) is still in popular use.

But I hope nobody gets a Vinegar Valentine – these were a type of cheeky postcard decorated with a caricature and insulting poem! Such unflattering cards enjoyed a century of popularity during the Victorian era. Often crudely printed on pulp paper and later, on postcards, they poked fun at various annoying 'types', like image-obsessed dandies and overweight women! Very collectable!!



But here's a nice Valentine for you, in case the postman doesn't call!

AT THE PUB

**DONEGAL PUB INTRODUCES COVID JAR TO FINE PEOPLE TALKING ABOUT THE VIRUS**

A pub in Donegal introduced a 'Covid-19 jar' to fine people who talk about the virus on the premises.

Managers of The Alt Bar in Killea were so fed up with the constant chat about the virus that they decided to put an end to it and now charge customers €2 every time they mention Covid-19. The jar was introduced on Friday night and by Monday had amassed more than €100 which will go to the Donegal Hospice.

WEEKLY GOLF

Margaret Callan

Nothing new to report - men still play most weeks and ladies don't!



VOLUNTEERING OPPORTUNITIES

Volunteer Now sent us the link for their latest volunteering opportunities sheets. You will always find the latest volunteering opportunities for across Northern Ireland here:

<https://www.volunteernow.co.uk/volunteering/inspire-me/latest-volunteering-opportunities/>

THEATRE & CONCERTS

Jacqui Townsley, Reah Browne

CATCH ME IF YOU CAN – Grand Opera House, Thursday 24th February, 2.30 pm

Dallas legend Patrick Duffy (The Man from Atlantis; Step By Step) and Linda Purl (Happy Days; Homeland) jet in from Hollywood to star alongside Gray O' Brien (Peak Practice; Coronation Street), leading the cast in this exciting new production of the classic Broadway thriller.

Inspector Levine is called to a house in the remote Catskill mountains to investigate the disappearance of newly married Elizabeth Corban. But when Elizabeth suddenly turns up, her husband seems surprised and the plot develops more twists than a corkscrew. Adapted from French Writer Robert Thomas' play Trap For a Lonely Man, this highly entertaining mystery has been the subject of three successful screenplays. Contact Jacqui or Reah to purchase tickets.

TICKETS £37.25 PP. CLOSING DATE MONDAY 7TH FEBRUARY 2022

Introduction

I grew up on a farm in Tyrone, long before mechanisation changed farming forever. In those days, it was mostly manual labour and despite your age, you were expected to do your bit. Potato gathering was arduous and painful but also empowering and character building.

DES
DONNELLY

POTATO GATHERING

It always seemed to rain
when we gathered potatoes.
Those were sombre October days
at Dixon's, Donnelly's and Gormley's
or in our own fields, back home;
days of toil and aching backpain,
tired limbs and muscle strain.

It was always windy and cold too,
The clingy muck, stuck to our shoes,
caked on our hands
clogged under our nails.
Wet clay clung to our clothes.
Maybe eight or ten people there,
divided up into working pairs.

The Ransome digger moved slowly,
straddling a potato drill,
its cogged wheels of iron
clawing the gluey ground;
shifting the shaft to rotate –
and the flailing spinner turned,
leaving the soil gouged and churned.

Kerrs Pinks and Banners were sent
scuttling from the drills
to be gathered up and filled
into wire baskets,
then carried to the potato pit,
tipped into a heap,
pointed up like a pyramid.



Hughie and I were but nine and ten,
but in potato fields
we stood tall, were men.
The wire basket cut welts
into our hands
testing the sinew, skin and bone,
bracing the flesh, our mettle honed.

When darkness fell, we headed home,
famished and foundered,
to scrub ourselves by the fire
in a galvanised bath.
Then clean and warm, sat down
to potato mash and plates of stew.
In a single day you'd become a man.

Des Donnelly
November 2021

