

Email: [info@lisburnu3a.org](mailto:info@lisburnu3a.org)Website: <https://www.lisburnu3a.org/>

Charitable Status No NI103276

**BELFAST ZOO**

Adopt an animal: Surprise your loved ones and make their year by adopting their favourite animal! You can adopt any animal in the zoo and there is a package to suit every budget. Find out more about Animal Adoption!

<https://www.belfastcity.gov.uk/Zoo/Get-involved/Adopt-an-animal>

Check out the schedule for our upcoming Feel Festive weekends! Saturday 18 – Sunday 19 December, Santa will be delivering festive treats to the animals. 🎁 Kids can follow our Reindeer Trail, pose for a festive family photo at our photography base camp and grab a winter warmer at the Ability Café! ☕ 📷 We are open 10am – 4pm with last admission at 2.30pm. All tickets must be purchased online in advance:

<https://online.belfastcity.gov.uk/zootickets/default.aspx>

🌲 'Treecycle' your old natural Christmas trees 🌲

**From 7<sup>th</sup>-9<sup>th</sup> January 2022 only**, you can drop off your natural Christmas trees to the front of the zoo, just CALL FIRST to make sure we still have room. Please note that 'Treecycle' donations are open to individuals only. Find out more information:

Phone: 028 9077 6277 or Email: [info@belfastzoo.co.uk](mailto:info@belfastzoo.co.uk)

EMAILS: [chairlu3a@hotmail.com](mailto:chairlu3a@hotmail.com)[editorlu3a@gmail.com](mailto:editorlu3a@gmail.com)[info@lisburnu3a.org](mailto:info@lisburnu3a.org)**MEMBERSHIP**

Lesley Kirk

**WELCOME TO OUR NEWEST MEMBER!**

★ Susan Jackson ★

We now have **351** MEMBERS.EMAILS: [chairlu3a@hotmail.com](mailto:chairlu3a@hotmail.com)[editorlu3a@gmail.com](mailto:editorlu3a@gmail.com)[info@lisburnu3a.org](mailto:info@lisburnu3a.org)**Hello, everyone!**

- The **CHRISTMAS MONTHLY MEETING** will be on **Thurs 16th DECEMBER at 2:00pm**, via Zoom.
- Ann Donnelly from NI Screen / Digital Film Archive (DFA) has agreed to give us a festive footage presentation on 16th December! Always enjoyable, we look forward to seeing what's on offer!
- The following **Monthly Meeting** will take place on **January 27<sup>th</sup> 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!!
- Some participants at Nov Monthly Meeting asked how to contact appropriate dept at LCCC regarding waste issues - John Kelly, Waste Education Officer, has provided an email address for any queries: [recycling@lisburncastlereagh.gov.uk](mailto:recycling@lisburncastlereagh.gov.uk). John told us that bin-stickers are a good aid to identify what is appropriate for each bin. These were widely distributed many years ago, but replacements are available from the Council on request. As to how to recycle used-cooking-oil, some recycle centres accept it while others don't - another occasion to contact the council.

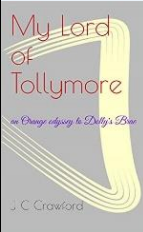
**DECEMBER MESSAGE FROM YOUR COMMITTEE**

We are pleased to see that so many groups are managing to carry on activities, albeit using phones and Zoom and computers, masks and sanitisers, distancing, and fist bumping! When it is safe, we will try to have face to face meetings, group activities and events such as our LU3A annual lunch. In the meantime, please attend the Zoom Monthly Meetings, still held on the final Thursday of each month at 2pm.



**The December meeting is on 16th at 2pm and the notification will be sent out closer to the time.**





## BOOK PUBLISHED BY U3A MEMBER, J C CRAWFORD

My name is Cedric Crawford, and I wish to advise fellow members of Lisburn u3a of a book I have just published.

I have spent the last six years researching and writing this account, and it may be of interest to readers of history. Titled "My Lord of Tollymore an Orange odyssey to Dolly's Brae" by J C Crawford, details can be found on my web site: [www.mylordoftollymore.com](http://www.mylordoftollymore.com)

## VOLUNTEER NOW

Just a reminder that 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.

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**.

Contact us on 028 9023 2020 or at [sandra.faulkner@volunteernow.co.uk](mailto: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](https://www.facebook.com/VolunteerNowYouth)

Twitter: [@VolunteerNow1 / @VNEnterprise](https://twitter.com/VolunteerNow1)

Instagram: [@volunteerenterprises](https://www.instagram.com/volunteerenterprises)



## 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/>

## SAVE THE DATE

CHRISTMAS MONTHLY MEETING - 16TH DECEMBER – 2 PM

## INDOOR BOWLING

Fraser Shannon, Bill Ingleston

We continue to play at Kilmakee Activity Centre at 2pm on Tuesday and 10am on Thursday. There is still no let-up in the struggle against Covid-19 so we are maintaining our policy of mitigations against infection, as presented in our "Operating Procedures and Declaration" document. The slight inconvenience of mask-wearing and other measures has not prevented players from enjoying good bowling and some craic. Currently our intention is to end the bowling season on Thursday 23rd December 2021 and restart on Tuesday 4th January 2022 – a shorter than usual break. As Christmas travelling and social events are likely to be limited, some players may welcome this extended period of bowling. A waiting list for new players is available. To join the list please contact Fraser. Contact details are on the Group Leaders\_Committee\_Nov2021.pdf which was sent out at the end of November.

## NATIONAL TRUST

Lesley Kirk

**National Trust at Christmas:** <https://www.nationaltrust.org.uk/features/celebrate-christmas-in-northern-ireland> - have a peek!

No trips planned for January but here are a few snippets I've gleaned from National Trust's Facebook posts:



Several of the National Trust properties suffered a lot of damage to their grounds in the storms. **Castleward** lost 30 trees in the first storm some of which were big old oak trees. **Mountstewart** also had several trees down and from the picture, it looks like one of the dodos was knocked off its perch. Hope it wasn't badly damaged. On a happier note, **Springhill** are improving energy efficiency and the care of their collections, whilst saving staff time by using a "museumschallengeclimatechange" grant to upgrade from a manual recording system to the latest in smart

environmental control in the Mansion House and costume collection. Through the project 'Smartening-Up National Trust Springhill's Collection', the building and collection will benefit from a controlled system, using low energy equipment, to record and monitor the environment, calling for conservation heating only when required. We will have to visit in the spring. Another property I hope to visit in the new year is **Derrymore House**. The house isn't open but there are new walking trails in the grounds which are open everyday. We'll have to look out for this bench and take its advice (There's no way to find yourself until you discover how utterly to lose yourself.)





**BOOK GROUP 1**

Hilary Preston

December's meeting was again a mixture of face to face, Zoom and a WhatsApp video call. We discussed The Midnight Library by Matt Haig. This book made us all consider decisions we'd made throughout our lives and their consequences.

Some had previously read of Matt Haig and his struggles with his mental health, which gave them greater insight into the book's content. It was agreed that the main character Nora was not particularly likeable. All concluded it was an enjoyable book.

I have asked the group to consider suggestions for further books of differing genres. The book for discussion in January is 'The Seven Husbands of Evelyn Hugo' by Taylor Jenkins Reid. The venue and type of meeting will be decided nearer the date.


**THIS MONTH'S TEASERS:**

Jacqui Townsley

**ANOTHER CHRISTMAS QUIZ!**

1. Which famous scientist was born on 25 December?



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



3. In which ocean is Christmas Island situated?

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

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


**ANSWERS NEXT MONTH!**
**LET'S GO**

Gail Pollock



Covid situation permitting, I'm proposing a visit to Hughes Craft Distillery, based at the Stillhouse in Moira, for a tour and a tasting. They are not taking booking at present due to uncertainties, so if anyone would be interested in going late in January, please let me know and we can see how the situation develops.

**THEATRE & CONCERTS**

Jacqui Townsley, Reah Browne



Don't Forget: Goldilocks and the Three Bears at the Grand Opera House on

 Sat. 8<sup>th</sup> Jan. 2022 at 13.30

*Lu3a Booking Closed*
**BOOK GROUP 2**

Joan Bryson



Our first meeting of 2022 will be on **Tue 25<sup>th</sup> Jan at 10.30 am.** We hope the title of our choice 'Snow' is not prophetic!

In the classic manner, John Banville's detective novel starts with a body in the library of a country house, but this is 1950s Ireland and there are themes and plot twists Agatha Christie would never have thought of. The investigation faces obstruction from all angles as many wish to bury secrets with the corpse. Recently some of us enjoyed a trip to the Seamus Heaney Homeplace for an event celebrating writer Brian Moore. The permanent Heaney exhibition impressed everyone, especially recordings of Heaney reading his work; the recreation of his studio, and the photographs and records of rural life reminded many of their own family histories. Well worth a visit, only an hour from Lisburn.

**LAST MONTH'S TEASERS**

Jacqui Townsley

**Quick Christmas Quiz:**

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


**KING GEORGE V IN 1932.**


2. Shakespeare wrote a play for Elizabeth I, as a Christmas present.

Which one is it?

**"THE MERRY WIVES OF WINDSOR"**

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


**..... as if you didn't know!**
**SEEN AT THE PUB**


...AND...



**RECYCLE**
**5 RS  
REFUSE/REDUCE/  
RE-USE/RECYCLE/ROT**

**Refuse** = Say 'NO' (to the free promotional pen when you've already got enough pens).  
**Re-Cycling** is the least environmentally friendly of the above options as it uses energy - but it's better than littering and landfill.

**SEASONAL**

**Christmas Cards**- plain paper - no tinsel or glitter- no plastic- no electronics or electricals ie playing tunes

**Wrapping Paper** - not plastic or foil or glitter. Unwrap Carefully, And Reuse!!

**Community compost**

<https://www.lisburncastlereagh.gov.uk/resident/bins-and-recycling/school-and-community-group-waste/competitions-and-waste-reduction-initiatives#free-compost-initiative>

**Water refill locations**

<https://www.lisburncastlereagh.gov.uk/resident/bins-and-recycling/household-waste/waste-reduction-initiatives#water-refill-stations>

**food share app**

<https://olioex.com/>

**Spar reduced items app**

<https://www.irishnews.com/business/2020/03/19/news/revolutionary-food-waste-app-gander-a-soaring-success-1871194/>

**Lisburn & Castlereagh City Council**

Civic Headquarters, Lagan Valley Island, Lisburn BT27 4RL  
[www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**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. The workshop would be online in January. 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](http://www.thewaterwayscommunity.org)

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

**YOGA**

Brenda Palmer, Freda Bell

Every Wed 4-5pm

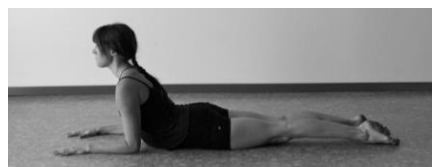
Every Thurs 11am-12



Our yoga classes continue on Wednesdays from 4-5pm and on Thursdays from 11-12 pm at Laganview. We are all feeling the benefit of Asha's training.

There are spaces if anyone is interested.

Please email or phone either Freda or Brenda for further information.


**DINING OUT**

Norma Patterson

**Still at Ho!Ho! Ho !/ Bah! Humbug!**

Had a really enjoyable Christmas fest on December 9th! at pizzarells!! Food, as usual, was lovely and company, as usual, was great!!

Have just begun to set up a dining out whatsapp group! Our next outing to pizzarells will be on 20 th January at 645 pm and hopefully will be upstairs! Enjoy the rest of 2021!!

**Happy Christmas and  
Happy and covid- free New year  
to everyone!!!**


**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

We have a **Ramble every Monday** at present, weekly Rambles are still well supported, 20 walkers on average. Our last walk of the year is on the 20th of December and we hope to resume on the 3rd January. More volunteers always welcome.

**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. The venue for January 's walk will not be decided until then - too late for the Newsletter. Anyone not on our WhatsApp group interested in joining in Jan can email me. New walkers always welcome!





## ANTIQUES &amp; COLLECTABLES

Jacqui Townsley

**What about some Christmas spirit to cheer us up?**

**Eggnog** has existed for at least 500 years - it is a traditional 'American' drink but started life in the UK as a kind of *posset* (hot milk mixed with wine or ale and spices). There are very few old mentions of eggs being mixed in as well. During the middle ages, possets were used to help treat colds and 'flu'. Posher possets were also drunk by the upper classes in the UK made with sherry or brandy rather than beer or ale. In the mid 1700s the drink travelled over to the USA, where sometimes rum was used rather than ale, and in the 1790s, George Washington was the first US President to serve eggnog. His recipe contained rum, whisky and sherry!

**Make this easy eggnog recipe for the perfect festive tippie!****INGREDIENTS**

6 large egg yolks  
3/4 cup sugar  
2 cups milk

2 whole cloves  
Pinch cinnamon  
1 cup heavy cream  
4 egg whites, optional

1 teaspoon freshly grated nutmeg (lightly packed)  
1 1/2 teaspoons vanilla extract  
2 tablespoons bourbon, or to taste  
2 tablespoons rum, or to taste

**METHOD**

- STEP 1:** Beat egg yolks, then add sugar: In a large bowl, use a whisk or an electric mixer to beat egg yolks until they become somewhat lighter in colour. Slowly add the sugar, beating after each addition. Beat at high speed or whisk until fluffy.
- STEP 2:** Heat milk with cinnamon and cloves: Combine the milk, cloves, and cinnamon in a thick-bottomed saucepan. Slowly heat on medium heat until the milk mixture is steamy hot, but not boiling.
- STEP 3:** Temper the eggs: Add the eggs by slowly adding half of the hot milk mixture into the eggs, whisking constantly while you add the hot mixture. Pour the mixture back into the saucepan.
- STEP 4:** Cook until eggnog thickens: Cook the eggnog on medium heat, stirring constantly with a wooden spoon, until the mixture begins to thicken slightly, and coats the back of the spoon. Do not allow the mixture to boil, or it will curdle. (If the mixture does curdle you may be able to save it by running it through a blender.)
- STEP 5:** Remove from heat and stir in the cream.
- STEP 6:** Strain and chill: Strain the mixture to remove the cloves and any curdled bits that may have formed. Let cool for one hour.
- STEP 7:** (Optional) Stir in vanilla extract, nutmeg, and bourbon and rum.
- STEP 8:** (Optional) If you want to include egg whites: Beat egg whites with an electric mixer until they reach soft peaks. Add a teaspoon of sugar and continue to beat until they reach stiff peaks. Gently fold into eggnog. Chill for about an hour before serving.



..... Enjoy!

**LU3A SINGERS**

Jacqui Townsley



**GOOD TIDINGS WE  
BRING TO YOU AND  
YOUR KIN,**

**WE WISH YOU A MERRY  
CHRISTMAS AND A  
HAPPY NEW YEAR!**

**Looking forward to seeing you all in 2022!**

**WEEKLY GOLF**

Margaret Callan

The ladies have gradually reneged due to the inclement weather.



The men are a hardier lot and continue to play at Aberdelghy most Monday mornings - very impressive!

**PAINTING FOR PLEASURE**

Tommy Yarr



The group will not be meeting again until January. Two new members bring us to full Covid capacity!  
Wishing all a happy Christmas and a healthy New Year. Look forward to a belated Christmas lunch in January - COVID permitting.



## GLAD TIDINGS



It was Christmas Eve in Lisburn  
and Santa was on his way  
with lots of toys for girls and boys  
and the good folk at u3a.

You see, Elodie, the editor,  
when she sent Santa Claus her letter,  
enclosed names of the u3a committee,  
including all the leaders at Lisburn City.  
So, Santa had added them all to his list  
and to ensure that not one of them was missed,  
he checked it, not once, but actually twice  
and found they weren't naughty, but exceedingly nice!

For years and years, too many to mention,  
Santa Claus had relied on his reindeer engine:  
Dasher and Dancer, Prancer, and Vixen,  
Comet and Cupid, Donner, and Blitzen;  
but Covid and age had taken its toll,  
even Rudolph's red nose would no longer glow,  
and Santa had trouble seeing the road.  
With a heavy heart, he decided to part  
with his faithful reindeers, reluctantly.  
He went out and bought a new SUV,  
a big, bright-red Jeep Cherokee  
to pull his long, heavily laden sleigh  
with a Garmin SatNav to show him the way.

Elodie, the editor, got a brand-new PC,  
Breda and Freda, Paul and Sally  
coloured mats for Yoga and T'ai Chi.

There was an antique teapot for Jacqui Townsley  
and for Norma, a voucher for Pizzarellys.  
'Legs' Callan, got golf clubs...TaylorMade, don't ya know!  
and for Pearl, some new strings to add to her bow.  
Jean got a book...apprendre de nouveaux mots,  
and Joan got a holiday to sunny Bilbao.

Neville, a new case for his snooker cues,  
and Tommy, some brushes, and pencils to use.  
Gail got tickets to a concert of Strauss  
and Reah, admission to the Grand Opera House.  
Poor Margaret, a manual on managing a team  
for those times when she really wanted to scream.

For Gil and Mary, Stanley and Judy,  
hikers and walkers, daring and doughty,  
poles and maps, leggings and boots,  
woolly hats, mittens, and stout waterproofs.

Elodie, the editor, she's quite the lass,  
(But sometimes, a royal pain in the ...!)  
She said 'Desmond, your poem is looking just fine  
but sadly, you're out of both space and time!'  
So, I've quickly to finish this eloquent rhyme:  
There's Hilary, Ivy, Laura and Sally  
Jean, Bill, and Keith, Frazer and Shirley,  
all getting gifts of big Curly Wurllys.

That's it for this year,  
thanks to all the folk,  
who toil so hard to make u3a work.  
Glad tidings and Merry Christmas to you,  
and we'll see you all soon in 2022.

*DES  
DONNELLY*

