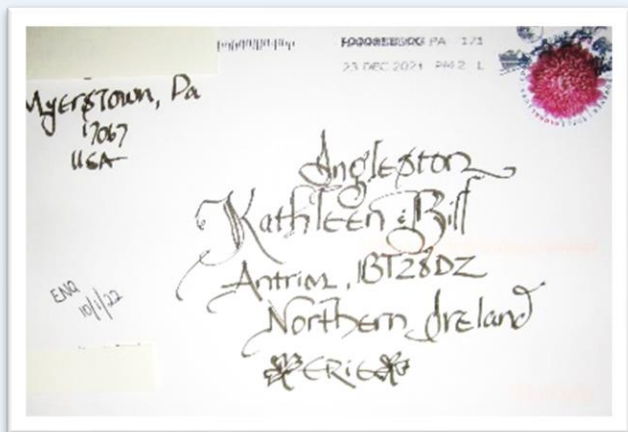


Email: info@lisburnu3a.org

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



Charitable Status No NI103276



SPEAKING OF UNUSUAL MAIL DELIVERIES...

Joan Hamilton our Administrative Secretary received an email from the manager of the Lisburn Post Office to say they had a letter without an address. The envelope had the name Ingleston, and underneath it read "Kathleen & Bill". The manager googled "Ingleston" and found something by Bill in one of our Lu3a newsletters. She sent an email to info@lisburnu3a.org asking for assistance.

Joan checked with the Inglestons, then let the

Post Office have the necessary information, and Kathleen and Bill received their mail!

Bill followed up with this explanation:

"Our eccentric, artist friend from the past, sent us a barely addressed letter - pic attached. A lady in the post-office tracked us down via an article in the [Lu3a] Newsletter.

The artist's letter included a copy of her painting of Tabitha - one of her large family of cats." Bill went on to say that he was most impressed with the Post Office Manager's efforts.

Thanks to Bill and Joan for this interesting story!



EMAILS: chairlu3a@hotmail.com

editorlu3a@gmail.com

info@lisburnu3a.org

MEMBERSHIP

Lesley Kirk



WELCOME TO OUR NEWEST MEMBER!

♥ Maria Breen ♥



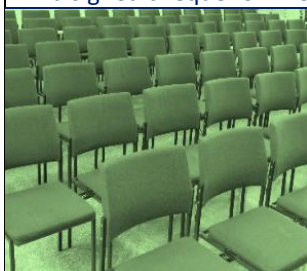
EMAILS: chairlu3a@hotmail.com

editorlu3a@gmail.com

info@lisburnu3a.org

HELLO, EVERYONE!

- **The next MONTHLY MEETING will be on Thurs 24th February at 2:00pm, via Zoom.**
- Our Speaker's subject for 24th February is 'It'll Be Alright On The Night'.
- **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!!**
- Reminder that your Annual Membership Renewal is due 1st April 2022, and we're delighted to say it's staying at £20.00! Remember if you're not paying by Direct Debit then please arrange to pay by Bank Transfer to: Sort Code **09-01-27**, Account Nbr **86503657**, and **please include your name** as the "Reference." Or just bring a signed cheque for £20 payable to Lisburn u3a to the Monthly Meeting on 31st March.



COMMITTEE MESSAGE

**The MARCH Monthly Meeting will be IN PERSON!
See you March 31st at 2:00 pm at LAGANVIEW!!**

**GROUP LEADER CONTACT DETAILS can be found in the
Group Leaders_Committee_Feb_2022.pdf sent on 20th Feb/22**

**If you didn't receive the February update, please contact
info@lisburnu3a.org or editorlu3a@gmail.com.**

INDOOR BOWLING

Fraser Shannon, Bill Ingleston



Our bowlers play at Kilmakee Activity Centre at 2pm on Tuesday and 10am on Thursday. Despite the government's relaxation of covid measures, we intend to maintain implementation of mitigations against infection for the time being.

Player numbers are currently at the maximum limit. However, a waiting list for new players is available, please contact Fraser.

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

Kathleen Ingleston



We'd like to let you know that there are three places available in this Monday morning session. at Laganview.

Contact Kathleen or info@lisburnu3a.org if you want further information.

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

Paul Boyce



We are continuing to refresh some old favourite forms like the 8 Treasures and learning the International 24 Form. We are also benefitting from some Health tips on Diet and General Wellbeing. We had one new member join this session. **There are still places available** in this Monday afternoon session at Laganview. JOIN US! We all look forward to some warmer weather and brighter days ahead!

If you are interested in joining the 12 o'clock class, contact Paul

NATIONAL TRUST

Lesley Kirk

Last month I told you of the planned restoration of the walled garden at Mountstewart.

Well, another walled garden is being restored in Northern Ireland thanks to the National Lottery Heritage Fund which has donated £374,800 to Florencecourt. The walled garden including the kitchen garden and glass houses fell into disrepair when the last head gardener left in 1947. During archaeological excavations in 2014 the original footprint of the glass houses was rediscovered.

Work has already started to stabilise the garden wall so that the glass houses can be reinstated within the next 2 years. Over 38 volunteers ranging in age from 14 to 80 help in the garden to grow a wide variety of fruit and vegetables.



Looking into the Kitchen Garden in the 1930s



They try to grow plants that were popular when the house was first built such as Cardoon. I think I have seen Cardoon growing in Hillsborough castle gardens. It is also called the thistle artichoke but unlike the artichoke only its stem is edible and needs to be cooked.

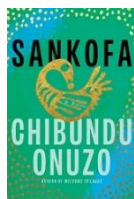
Every year the gardeners try growing something new and unusual like quinoa which comes from the Andes, tree spinach, callaloo and mooli radish. With spring fast approaching look out for the Magnolia tree near the reception of Springhill, it flowers from mid March. Apparently, its scent is like that of white chocolate.



BOOK GROUP 1

Hilary Preston

We had a well attended zoom meeting in February with 9 members in all. The Friday Tree by Sophia Hillan provoked plenty of lively chat with all agreeing it was well written and enjoyable. The story is set in Belfast in the early 1950's with family life seen through the eyes of a child. Everyone recognised the child's confusion and worries when things were not fully explained to her. Some of us who grew up in Belfast at that time were able to identify some of the buildings and geography. A good read enjoyed by all. Our next book is Sankofa by Chibundu Onuzo.



THIS MONTH'S TEASERS

Jacqui Townsley



1. A 'compass-fronted' reading chair from the Jasper Conran Collection auctioned last year with an estimate of £5,000 - £8,000. Dating to around 1740 and made of walnut wood with cabriole-shaped legs and pad feet, but missing its integral book rest - what do you think it sold for?

2. This little gem - portrait miniature of Miriam Dunn Gardner aged 3 (1905-1977) - captured using watercolour on ivory. Estimated at £100 - £200 - guess how much it sold for at auction!



3. Made in London around 1670-85, this Delftware charger is adorned with tulips and carnations which in those days were the height of fashion and extremely expensive to buy. Estimate £1,000 - £1,500 but what do you think it fetched at auction?

Answers next month!!

WEEKLY GOLF

Margaret Callan

Aberdelghy Golf Course was closed last Monday due to the weather. The Lu3a men have managed to play every other Monday morning. Hopefully the ladies will venture out again soon.



LET'S GO

Gail Pollock

To celebrate St Patrick's Day, a visit to the St Patrick Centre in Downpatrick is planned for Wednesday 23rd March at 11am. We have been offered a tour of the exhibits by a member of staff. Cost is £4.50pp. There is a good cafe and shop and easy parking nearby. www.saintpatrickcentre.com

LAST MONTH'S TEASERS

Jacqui Townsley

WHAT IS IT?

IT IS A HAND OPERATED ICE SHAVER.



Ice shavers were developed to thinly slice ice from a block and create an old fashioned variation on a sorbet style 'Slush Puppy'!

IT IS A TV REMOTE -



In the early days they could be hard wired into the TV!

IT IS A VINTAGE SOVIET CHERRY STONER

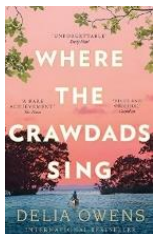


made in USSR metal.

BOOK GROUP 2

Joan Bryson

Our meeting is at 10.30 am on Tue. 29th March. Our book is 'Where the Crawdads Sing' by Delia Owens. A young child is abandoned by her family and grows up alone in the swamplands of North Carolina learning from nature. Interactions with the local settled community and natural environment expose racial and social division and the fragile complexities of nature. We are delighted to welcome several new members and to be able to meet in person.



THEATRE & CONCERTS

Jacqui Townsley, Reah Browne

THE OSMONDS: A NEW MUSICAL - GRAND OPERA HOUSE, THURS 14TH APRIL, 2.30 PM



The official story about the five brothers from Utah who were pushed into the spotlight as children and went on to create smash hits decade after decade. The Osmonds lived a remarkable life recording chart topping albums, selling out vast arena concerts and making record breaking TV shows - until one bad decision cost them everything. The Osmonds will take you back to the 60s...the 70s...the 80s...with drama, nostalgia and lots of singing and dancing in your seats!

Contact Jacqui or Reah to Book a ticket to memory lane now! £36.25 pp Closing date Monday 7th March 2022.

CROCHET

Jean Ryan

Our weekly meetings during February have all been via Zoom. From 4th March onwards we hope to return to Lisburn Racquets Club each Friday from 10.30 to 12.00 noon. During the cold weather our members have been busy crocheting and knitting hats, scarves, cowls, and blankets for family, friends and charities. Others have been making toys for grandchildren and items for the home. Zoom and WhatsApp have served us well for keeping in regular contact but we are very much looking forward meeting up again in person.



This cowl was made by Lesley.

YOGA

Brenda Palmer, Freda Bell

Yoga classes have resumed as of 9th February and I think we are all glad to be back in action. Classes are on Wednesday 4-5 pm and Thursday 11pm-12pm. If anyone is interested joining the supple seniors just contact Freda or Brenda.



ORO

Editor

Apparently, I bought a dog bed thinking it was an exercise mat...



FILM GROUP

Judith Prentice



Film Group Recommending! We are now hoping to recommence our

Tuesday evening Film Group. The frequency will depend on the films showing, but hopefully on a 2 or 3 weekly basis. If you are interested, please email Judith to be added to her list. She will then advise you of films chosen, with date and time.

DINING OUT

Norma Patterson

We had our last enjoyable visit to Pizzarellys on 20th January and our next one will be on 3rd March at 6.45 pm. There is also now a Dining out WhatsApp group! If anyone wishes to join the WhatsApp group, will you email me with your mobile number and I'll add you!! If you wish to join us please email me. Many thanks!! Keep safe!!



WALKING GROUPS



STROLLERS

Mary Hine

The strollers are walking as usual every Monday morning. As the weather is unpredictable we are staying close to home. Hopefully later we shall be able to travel further. Our main problem is getting a coffee shop open on a Monday. Contact Mary to be added to the email or WhatsApp lists and stay updated.

RAMBLERS, RAMBLERS-PLUS SCRAMBLERS,

Stanley Prentice, Judith Prentice

We need a volunteer for the 28th February walk and many more for the March walks. **Ramblers** are still walking on Monday morning weekly and walks are very well attended. **Ramblers-Plus** monthly walk on the second Monday is also well supported.

Scramblers walk alternate Thursdays now. So the Mourne walks are every other Thursday and have 8-12 walkers. We hope to continue like this, providing volunteers are willing.

SATURDAY RAMBLERS

Gil Colvin

The walk on Saturday 19th February has been cancelled due to the uncertain aftermath of storm Eunice and has been rescheduled for 19th March - again meeting at the carpark opposite Drumbeg Parish Church at 10.30am.

LU3A SINGERS

Jacqui Townsley



It's time to have a gargle, dust off those vocal chords, and get back to a bit of singing!

YES! 2:00 pm on Friday, 11th March 2022

We meet on the 2nd Friday of each month from 2.00 pm – 4.00 pm in the Downshire Centre, Hillsborough Parish Church. **Note:** This month we will meet in the Parish Room which is the building on your right as you drive through the church gates – parking is available as you drive up to the Downshire Centre and also outside the Centre.

New recruits will all be very welcome. just come along and join in, no effort required! I look forward to seeing you all again!

ANTIQUES & COLLECTABLES

Jacqui Townsley

THERE WILL BE NO ANTIQUES & COLLECTABLES MEETINGS UNTIL MAY

Now that Valentine's Day has come and gone, the next special annual event on my calendar is Mother's Day – this year celebrated on 27th March. Traditionally red roses (a symbol of love and affection) are sold by the dozen on Mother's Day and anniversaries - or pink roses would also be appropriate.



If you want to "say it with flowers", **Floriography** is the language you use, where each flower has a specific meaning. Not only does a flower symbolize a particular feeling or sentiment, but different colours have their own meanings too. Floriography became so detailed that dictionaries were developed to keep track of all the possible meanings of each flower or plant. Louise Cortambert wrote the first dictionary – "Le Langage des Fleurs" in 1819 under the pen name Madame Charlotte de la Tour. The Victorians used floriography extensively. Because their society was so conservative, lovers had to find covert ways of sending messages - so a bouquet with a deliberate choice of flowers would be sent to convey their feelings. If it was accepted, the recipient would hold the bouquet to her heart; if not, the flowers were held low.

Today the rose is the most classic flower used to convey love and affection, so here are a few ideas on how to "say it with roses":

Today the rose is the most classic flower used to convey love and affection, so here are a few ideas on how to "say it with roses":

- Red roses say, "I love you"
- Pink roses are for happiness and admiration
- White roses signify innocence, humility, and reverence
- Orange roses symbolize desire and enthusiasm
- Lavender roses convey sentiments of love at first sight
- Coral roses are for friendship, modesty, sympathy
- A rose leaf signals that the recipient may hope for love
- Rosebuds signify beauty and youth



And don't forget about Father's Day on 19th June – "Roses are red, and roses are yellow, What colour of rose do you give to a fellow"? I think you should just send him an assortment of colours – which says "You mean everything to me".

CORONAVIRUS SCAM CALLS, EMAILS, AND TEXTS

Editor



On 11th February I awoke to find a text message telling me I'd come into contact with a Covid positive individual. As I have test kits in my possession already and am testing daily anyhow, I glanced at the text and was prepared to ignore it when I noticed the bad grammar: "You've came into...."

I thought it was strange, so I googled "SPAM COVID TEXTS" and found the Ofcom site on Coronavirus Scam Calls and Texts. (<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/scams/coronavirus-scam-calls-and-texts>)

Here is their advice:

What to do next

- If you are suspicious about an email you have received, forward it to report@phishing.gov.uk
- Suspicious text messages should be forwarded to the number **7726** (free)
- If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling **0300 123 2040** or visit www.actionfraud.police.uk. Action Fraud is the reporting centre for fraud and cybercrime in England, Wales and Northern Ireland. We also have further information that could help. See our guides to dealing with nuisance calls and messages, and 'missed call' scams.

Some reminders:

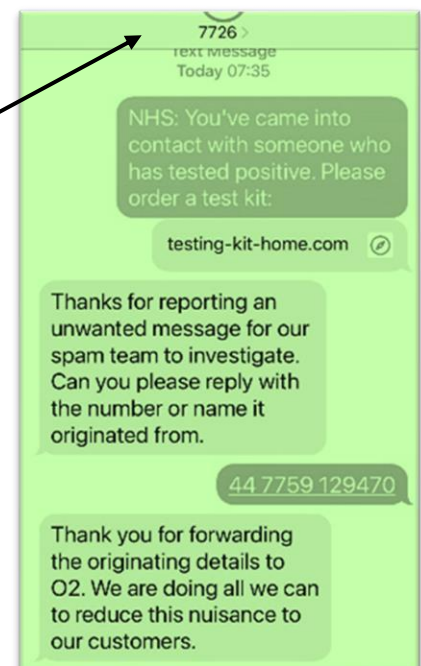
Scam texts often include links or attachments which can't be trusted. **Don't click on them.**

If you speak to an operator, you could be at risk of giving them personal information or your financial details, which could result in identity theft or financial loss.

If you press a button on your phone you could be connected to a high-cost premium number, leaving you liable for a significant call cost.

If you think one of these calls or texts might be genuine – from your GP for example – hang up and call your GP's surgery separately to check whether they have tried to contact you.

Ofcom will never call you out of the blue. If you receive one of these calls claiming to be Ofcom, please hang up.

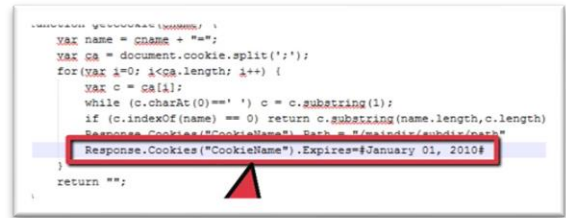




COOKIES

JOE BOSSO, 25 NOV 2021

Homemade cookies are wonderful - a nice treat, but too many is always a bad thing, and the same can be said about the coded cookies dropped onto your computer or smartphone when you browse the internet. You are soon



flooded with different kinds of cookies, and way more than are good for you! You know which cookies I'm talking about: when you are browsing online and that message pops-up asking you to "accept all cookies".

Websites must include a message asking you to allow them to place cookies on your device in order to comply with data privacy laws, which were designed to protect users' personal information. Companies must tell internet users that their data is being collected and whether it will be shared or sold to other companies. You must be able to say **NO**, or if it is a company that you trust, or if you prefer a more personalized browsing experience, then you may choose to accept cookies.

So, WHAT DO INTERNET COOKIES DO?

Cookies are little bits of code that a website puts into your web browser when you visit, allowing it to track what you do on their site, as well as other information about you. Cookies do all kinds of useful things – like remembering your preferences, what you put in your cart, or where you're located – so that your web browsing experience can be better. BUT cookies are also the primary way advertisers track your activities on the internet in order to show you more targeted ads and offers. In short, cookies allow companies and websites to identify your device and remember it the next time you visit. This can be good or bad, depending upon how that information is used.

KINDS OF COOKIES

First-party cookies are delivered to your device by the website that you are visiting. These can be helpful as they are used to remember your preferences, such as displaying the site in English, and allowing the site to offer you a more personalized experience. They can also remember what is in your cart which is great for holiday shopping, or if you have to leave the site before you have finished shopping.

Third-party cookies are those which are placed on your device by advertisers and are used to track your device after you have left that website and continue to follow you around the internet. Third-party cookies allow the advertisers to serve you with personalized ads. Think about a time when you looked at a certain item, like a shirt, on a shopping website, but didn't buy it. Then you saw that shirt in an ad on your Facebook or Instagram feed. The cookies allow the advertisers to recognize your device when you visit other websites, and display their targeted ads. These cookies can persist on your device for over 30 days if you do not clear them yourself. Companies are starting to allow users to opt-out of third-party cookies, so advertisers are adapting to other tracking methods.

Session cookies are used when you log into a website by storing your login credentials every time you visit a particular site. Websites also use session cookies to improve site performance like fast page loads.

RISKS

If you're a frequent internet user (and just about everyone is these days), it's wise to understand the risks that cookies pose and determine when to delete them. **Privacy risk** is the biggest concern for most people. It is typically not easy to discern exactly what data companies are collecting with cookies and who they are sharing that information with. Typically, advertisers and data brokers are the ones collecting information this way. **Cookie fraud** involves the use of cookies to fake the identity of someone in order to gain access to their account or use their identity to commit a crime. To reduce the risk of cookie fraud, it is important to avoid potentially malicious sites and keep your browser well protected by installing the latest security updates when they become available.

HOW TO CONTROL YOUR COOKIES

What are the best methods for controlling cookies on your devices and control your privacy more effectively?

- Clear cookies already on your device. In most internet browsers, within the settings you have the option to manually clear cookies, also you can set it that cookies are cleared every time you close your browser.
- You can opt out of third party cookies within your browser settings or decide what cookies you want to allow on a particular website by interacting with the cookie popup banner on the site.
- Certain cookies necessary to the site's performance will not allow you to opt out, but other types such as those used for advertising will allow you to opt out.
- There are security solutions offering services that can protect your privacy by preventing tracking, and there are those that are free. These can block tracking cookies as well as other types of hidden tracking and are a great way to increase your online privacy at no cost.

Keep in mind that by removing cookies you will encounter some inconveniences such as having to reenter certain information on websites because they will no longer "remember" you. On the plus side, you are less likely to be followed online. As with the tasty cookies you eat, moderation is in your best interest, so keep those coded cookies under control!