

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

Charitable Status No NI103276

AGM 2022

The Annual General Meeting will be held in May – we would ask all members to attend.

Lisburn u3a is looking for potential committee members, and we appeal for volunteers. Due to Covid, the current committee has stayed on longer than normal.

The Committee has nine seats:

- There will be **four positions vacant**, due to people stepping down after more than 3 years' service.
- Two positions are currently serving their first year and will continue.
- There are three people having served full terms, but willing to continue one more year for continuity purposes, should there be no other nominations.
- Additional Positions: **Newsletter Editor** is standing down, and we are looking for a volunteer.

Don't just think about volunteering, do it! **VOLUNTEER!**

Think about nominating someone to the committee - with that person's permission, of course.

Nominations forms will be coming out next month so watch for them.

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

MEMBERSHIP

Lesley Kirk



WELCOME TO OUR NEWEST MEMBERS!



Hilary Harbinson  Denis & Audrey Curry  Noeleen Devaney

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

HELLO, EVERYONE!

- The next Monthly Meeting will be on **Thurs 31st March at 2:00pm**, at **Laganview** - see below on social distancing.
Please note: No tea or coffee will be served at the meetings at this time.
- Our speaker's subject for **31st March** is **"From the mill to the House of Lords"** by **Baroness May Blood**, an exceptionally gifted motivational speaker for our first face-to-face meeting.
- 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 Standing Order, 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 bring a signed cheque for £20 payable to Lisburn u3a to the Monthly Meeting on 31st March.
- **Name Badges:**
*** If you joined since March 2020, pick up your new name badge at the new member's desk in the foyer. ***
When you are attending the monthly meetings, **PLEASE wear your name badge**. Can you remember where you last put it? It's so long since we have seen many of our members names might escape us.
- Your Lu3a is planning events to celebrate being back, as well as the National u3a's 40TH Anniversary! We would like to publish a Lisburn u3a Recipe Book (complimentary souvenir copies to members attending the events). Please send in your favourite recipes and possibly with a photo of the finished culinary product to editorlu3a@gmail.com or info@lisburnu3a.org.

PHOTO SUPPLEMENT

The Photo Supplement is struggling due to a lack of contributions.
If this drought continues, it may be issued every two months, or perhaps only quarterly.

SOCIAL DISTANCING PROCEDURES FOR IN PERSON MEETINGS

- Please do not attend any monthly or group meeting if you are feeling unwell!
- Please use the hand sanitiser provided by Laganview upon entry to the hall.
- Chairs will be well spaced, and doors will be opened for ventilation.
- We request that you wear a mask during the meeting out of consideration for others.
- NO TEA OR COFFEE WILL BE SERVED AT THE MEETINGS AT THIS TIME.

LISBURN U3A GROUP LEADER PREDICAMENT

The U3A Ethos: The overall ethos of the U3A as a national organisation is one of Mutual Learning. The aim of the U3A movement is for all members to contribute, in many different ways, to the success of the group without the assistance of non-U3A members. It is a fundamental part of the U3A ethos that learning within U3A is by the members, for the members.

Lately Lisburn u3a has lost a few group leaders, but nobody is stepping up within those groups to act as a replacement. Members can contribute by becoming a group leader, a co-leader, or even by forming a small committee to run their group and to spread the responsibilities. During the covid lockdown, your committee has done their utmost to 'deliver' lu3a to you, but now that we are getting back to normal, we need people to step up and do their part. Most of the leaders have been doing this for many years – so it's not surprising that they want a break! We are trying to make it clear that if you have no leader, you have no group. We will not have a Lisburn u3a with functioning groups unless everyone does their part!

VOLUNTEER TO BE A GROUP LEADER!

GROUP LEADER CONTACT DETAILS

can be found in the Group Leaders_Committee_MAR_2022.pdf sent on 27th Mar/22. **If you didn't receive the February update, please contact info@lisburnu3a.org or editorlu3a@gmail.com.**

INDOOR BOWLING

Fraser Shannon, Bill Ingleston



Indoor bowling continues at Kilmakee Activity Centre at 2pm on Tuesday and 10am on Thursday. Despite the lack of outside competitions, the season has been thoroughly enjoyed by our members. As we approach the end of this season, many members look forward to the prospect of outdoor bowling. Those wishing to play outdoor should inform Fraser so that he can make appropriate bookings of the greens. The starting date is not yet decided, but it will be after Easter, possibly the last week in April.



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

Kathleen Ingleston



Our group continues to practice the Duan style of Tai Chi. We concentrate on the Phoenix Form and the Open Door Five. We are all enjoying the class each Monday with our tutor Jane Burke. World Tai Chi Day is Sat 30th April. On that day across the world, Tai Chi practice takes place at 10.00am. We are making plans, along with the afternoon class, to take part in this and, hopefully, doing so outdoors in the Castle Gardens, Lisburn. In April we will have three classes, omitting Easter Monday 18th April. Happy Easter to you all. Contact Kathleen or info@lisburnu3a.org for 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 Well-being. **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



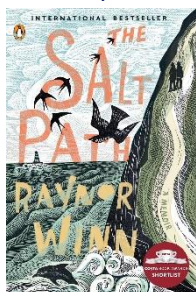
If you would like to go for a walk in the grounds of Derrymore House on Thursday 7th April, either email/ text Lesley. Derrymore house is 2 miles from Newry and for those who use satnavs its postcode is BT35 7EF. We will meet there in the carpark at 10.45. Derrymore House is a pretty, thatched cottage built about 1776 in a partly-walled demesne. It was built by Isaac Corry, a prominent politician. The parkland was laid out by John Sutherland in the late-18th century with tree belts, woodland, and a walled kitchen garden. There are now meandering paths through the woodland.

BOOK GROUP 1

Hilary Preston

Some members are still having concerns regarding meeting in our homes so for the next two months we will continue to meet at Lisburn Racquet's Club. We met there this month to discuss *Sankofa* by Chibunda Onuzo. There was lively chat about the book which most people enjoyed. We felt it was well written and that the diary chapters were clear and it was not difficult to follow the narrative.

For April we will be reading *The Salt Path* by Raynor Winn.



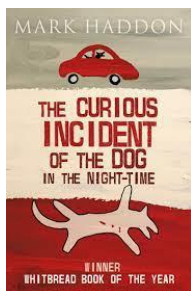
BOOK GROUP 2

Joan Bryson

Our next meeting is on **Tues, April 26th at 10.30am**. We will discuss 'The Curious Incident of the Dog in the Night-time' by Mark Haddon.

Published simultaneously as an adult and a children's book, this is a murder mystery like no other. The 'detective' is a

boy with Asperger Syndrome who sees the world differently to most people. When his neighbour's dog is killed, he sets off on a terrifying and life changing journey. We are delighted to have resumed face to face meetings for both our main Book Group and our informal mid-month Coffee and Chat, both achieving good turnouts.



LAST MONTH'S TEASERS

Jacqui Townsley



1. The 'compass-fronted' reading chair from the Jasper Conran Collection with an estimate of £5,000 - £8,000 sold at auction last year for **£16,250!** Part of its appeal was its grand history, having been part of the furnishings at Scone Palace, seat of the Earls of Mansfield.

2. The portrait miniature of Miriam Dunn Gardner aged 3 sold well above estimate at **£906**



3. The delftware charger, adorned with tulips and carnations, sold for **£4,550** mainly because of the much prized 'blue dash' decoration around the rim.

LET'S GO

Gail Pollock

Unfortunately, the visit to the St Patrick Centre had to be cancelled, we hope to visit at another date. For next month I'm suggesting 2 venues, we'll see which is the most popular for April and do the other some other time:

1. **Game of Thrones Studio tour**, Banbridge. This is quite dear at £31.50 but said to be worth it: www.gameofthronesstudiotour.com

2. **Whitehead Railway Museum**, £6. www.steamtrainsireland.com



I'll organise dates once I've gauged the level of interest.

THIS MONTH'S TEASERS

Jacqui Townsley

ANTIQUES ROADSHOW TRIVIA

• The 'Antiques Roadshow' began life as a documentary on antiques and auction houses. Which year (the same in which Margaret Thatcher became British prime minister), did the show first broadcast?

Was it 1974, 1987, 1983 or 1979?

• In the first year of broadcast there were two presenters, Bruce Parker and Angela Rippon. A few years later however there was a new presenter who stayed in that position until the year 2001. What was this person's name?

Was it: Bob Holness, William G Stewart, Bamber Gascoigne or Hugh Scully?

• Tim Wonnacott was for many years a frequent valuer of antiques in the fine and decorative arts field on the British version of 'Antiques Roadshow'. Which other TV programme, however, was he famous for presenting?

Was it: Bargain Hunt, Cash in the Attic, Grand Designs or To Buy or Not to Buy?

Molly McCleary

your wish is my command...

SEE BELOW FOR THE ANSWERS!



1. 1979 2. Hugh Scully 3. Bargain Hunt
Answers for Jacqui's Teasers:

THEATRE & CONCERTS

Jacqui Townsley, Reah Browne

WEST SIDE STORY – Grand Opera House, Wednesday 11th May 2022 at 19.30 hrs

Presented by Belfast Operatic Company, *West Side Story* is one of the most memorable musicals and greatest love stories of all time. Featuring melodies which will forever endure as part of modern-day musical theatre history, 'Tonight', 'Maria', 'One Hand, One Heart' and of course, 'Somewhere'. *West Side Story* promises drama, more than a few smiles and a gut-wrenching reminder of how love and hate exist inside us all.

Tickets £27.75 pp

Closing date for ticket purchase Monday 4th April 2022.



CROCHET

Jean Ryan

Since the beginning of March, the Crochet Group has been meeting in Lisburn Racquets Club on Fridays from 10.30 - 12.00.

We have agreed to continue meeting at this venue for the time being rather than in a member's home.



There have been several enquiries recently from people interested in crochet.

As our group is currently full, we are looking for volunteers to start a second crochet group.



YOGA

Brenda Palmer, Freda Bell

We are staying supple under Asha's instruction at Yoga. Our classes continue Wednesdays from 4-5pm and Thursdays from 11am-12. Spaces are available for those who are interested in joining us - contact Freda or Brenda.



FILM GROUP

Judith Prentice



Pleased to announce that the Film Group has commenced again. We started with "The Duke" which was well attended and enjoyed by everyone, followed by "The Phantom of the Open". If you would like to be advised of upcoming films we plan to view, please contact the group leader to have your name added to the list.

BRIDGE

Ivy Long, Joan Bolam

Joan and Ivy are pleased to announce the Thursday Bridge Club plans to resume on **Thursday 21st April** commencing at **7.30pm** in the Lisburn Racquets Club. This group is for those who have had some experience of playing Bridge and want to improve their skills in some lively competition in a friendly and welcoming atmosphere. Refreshments available at end of play, so please bring your own mug.



DINING OUT

Norma Patterson

Another enjoyable evening on 3rd March with good food and good company!!! Our next outing will be upstairs on **Thursday, 21st April at 6.45!!** It will be £16.50 for 2 courses (which includes tip). If you would like to be added to the WhatsApp Dining Out group, please email me with your mobile phone number. Hope to see you there!



WALKING GROUPS

STROLLERS

Mary Hine

The strollers are walking as usual every Monday morning. It is great to see the sunshine ☀️ and we Strollers are continuing our walks and hoping the weather keeps getting better.

Contact Mary to be added to the email or WhatsApp lists and stay updated.

RAMBLERS, RAMBLERS-PLUS, SCRAMBLERS,

Stanley Prentice, Judith Prentice

We need volunteers for the March and April 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 Mournes 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 Saturday walkers enjoyed our March walk in glorious spring sunshine in Lady Dixon Park. It was decided that the April walk should be on **Saturday, 23rd April** and not the third Saturday as this would be the Easter weekend.

The venue will be **Tannaghmore Gardens, Lurgan.**



LU3A SINGERS

Jacqui Townsley



We're back – meeting on the **2nd and 4th Fridays** of the month from **2.00 pm – 4.00 pm** in the **Parish Room, Hillsborough Parish Church**. The Parish Room 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 outside the Centre, as well.

We have built up a great repertoire of songs and would love to see some new recruits... just come along, why don't you?

Next meetings – Friday 8th and Friday 22nd April 2022

ANTIQUES & COLLECTABLES

Jacqui Townsley

THERE WILL BE NO ANTIQUES & COLLECTABLES MEETINGS UNTIL MAY



Earlier this year, Fiona Bruce and the Antiques Roadshow team's visit to the Ulster Folk Museum at Holywood was broadcast – a great setting for the Roadshow and remarkable treasures included a set of stained-glass windows decorated with mermaids, a piece of costume jewellery found in an antique shop in Australia, an ornately decorated mandolin found concealed in an old cupboard and a Heatley penicillin vessel.

The Antiques Roadshow is now back in its 44th series, albeit in a different format due to the pandemic, but still attracting large viewing audiences in excess of five to six million! Pre-Covid audiences on filming days regularly topped 4,000 with a scattering of dogs, children and eccentrically dressed visitors all adding to the atmosphere! Series 44 differs in that the experts now invite members of the public to bring along their antiques for study and evaluation, thereby reducing numbers attending the shows but still managing to preserve the original engaging atmosphere.

The programme began as a BBC documentary about a London auction house doing a tour of the West Country in England. It was presented by Bruce Parker, a presenter of the news/current affairs programme 'Nationwide', and antiques expert Arthur Negus, who had previously worked on a similar show – 'Going for a Song'. The Roadshow was so successful that it has continued in much the same format ever since.

We can look forward to watching more Roadshows in Series 44 this year - from the comfort of our own armchairs!

PAINTING FOR PLEASURE

Tommy Yarr



We hope to have our delayed Christmas lunch on 29th March! Then the painting group will be in recess from the 29th of March until September 2022.



SCRABBLE

Olive Campbell



Hurray! Scrabble Club is starting again!!

We will be meeting at the **Racquets' club** on **Thursdays at 2pm**, from **April 7th**, April 14th and 21st, May 5th and 12th.

All old and new members welcome.

FRENCH



Just a short note to say unfortunately I have to finish heading the French group on a Monday afternoon.

I have really enjoyed my time since joining Lisburn U3A. I have made many friends and would like to thank everyone who have supported the different interest groups I have organised over the years.

I wish everyone in the U3A a very happy and safe return to a more normal life.

Kind regards,

Jean Needham.

WEEKLY GOLF

Margaret Callan

Several lady golfers are threatening to return to the golf course now that the weather is improving. 😊

The men say that a few 'hardier' types have kept going throughout the winter and the number of days lost through bad weather has been surprisingly low. They're looking forward to seeing more people out as the weather improves, the ground gets firmer and the ball runs for miles. (Dream on Lads!)

There have been several expressions of interest in resuming 'Summer Golf' playing further afield on the 2nd Thursday each month from April until October.







A meeting at **10:15am at Aberdelghy Golf Club on Monday 4th April** to discuss venues and timings is proposed. Email or WhatsApp Margaret Callan if you are interested in participating.



COVID EXILE

EDITOR

Well, Ladies and Gentlemen, I finally succumbed to the Covid-19 plague. She, who thought herself invincible, was struck down with a POSITIVE Lateral Flow Test on 3rd March. It was negative on the 2nd, but Thursday morning I saw a very faint

Normal	Day 0 1 st test	Day 0 2 nd test	Day 1	Day 2	Day 3
Neg test	Faint line	Confirmed	Darker	Dark	Dark
	Shock	stronger	red/black	red/black	red/black
Wed 2Mar	Th 3Mar	Th 3Mar	Fr 4Mar	Sat 5Mar	Sun 6Mar
					

line beside the "T" and couldn't believe my eyes! Immediately, I did a second LFT, which, to my dismay, was more definite. Then each day thereafter, the LFT got darker and darker.

The first day of symptoms, or the first positive LFT, is to be counted as **Day 0**. I had no symptoms – at least none of the 3 listed on the government web site... I had a normal sense of taste and smell, no temperature, and no cough. I remembered that the previous weekend I had thought my neck glands

were puffy, but I had been testing every day for various reasons, not the least of which are that I live in a household with two teenagers and a well-travelled photographer, but I had been testing negative, until...

ZOE COVID Study: ZOE had informed the government more than a year ago, that listing only three symptoms on the gov't web site was no longer relevant, but the site was not updated despite the top 20 symptoms being supplied to them. ZOE research studies found no clear difference in the symptom profiles of Delta and Omicron, with only 50% of people experiencing the original classic three symptoms of fever, cough, or loss of sense of smell or taste. In fact, the new top five symptoms were: runny nose, headache, fatigue (mild or severe), sneezing, and sore throat.

Top 20 symptoms of COVID-19

1. Runny nose - 82%	6. Persistent cough - 53%	11. Dizzy - 30%	16. Unusual muscle pain - 23%
2. Fatigue (mild & severe) - 70%	7. Hoarse voice - 46%	12. Brain Fog - 27%	17. Swollen glands - 21%
3. Headache - 69%	8. Chills or shivers - 36%	13. Eye soreness - 25%	18. Skipping meals - 18%
4. Sore throat - 69%	9. Unusual Joint Pain - 33%	14. Altered smell - 24%	19. Ear Ringing - 17%
5. Sneezing - 68%	10. Fever - 32%	15. Lower Back Pain - 23%	20. Other - 33%

My symptoms changed from day to day and were very mild: **Day1** scratchy throat; **Day2** Stiff neck, slight headache, stuffy nose, occasional cough; **Day3** woke with Sciatic & joint pain, but gone by noon. **Day3-10** stuffy nose, occasional cough.

Findings from [ZOE's] research show what actionable things you can do to strengthen your immune system and help protect yourself against coronavirus:

- **eat a healthy, gut-friendly diet that is full of plants**
- **get fully vaccinated** (3 shots of the vaccine for most people) IF YOU HAVE BEEN VACCINATED, the risk of dying with omicron is less than with the average flu.
- **Wear a mask** in crowded places is another great way to protect others. If you're on public transport or mixing with people outside your household, wearing a mask is a small thing you can do to make a difference.

Active cases of symptomatic COVID in the UK



Since May 2020, they calculate there have been 35 million cases, 18 million of those were Omicron. Today (**25 Mar 2022**) as I write, COVID cases have rocketed to a new high - according to ZOE COVID Study incidence figures, COVID smashed records with 325,000 daily cases. There has been an 80% increase in the last two weeks alone, with 1 in every 19 people having Covid. The UK R-value is estimated to be around 1.2.

New daily symptomatic cases have bounced back and are rising in all regions of England and the UK.

New cases are also rising across all the age groups, with worryingly high increases in the older, more vulnerable age groups.

(<https://www.youtube.com/watch?v=9llyJvSeggs>).

It's important to know and recognize all the symptoms of Omicron. **Symptoms like sore throat, runny nose, headache, and fatigue could be COVID.** If you are experiencing any symptoms, do a lateral flow test, or get tested and isolate until you have your test result. This will help stop the spread.

In conclusion, I was very lucky – mild symptoms, 11 days, and the following week an occasional chesty cough. I still wear a mask everywhere, hand sanitise every occasion, and wash hands as I come in my door; I'm not wishing to have Covid again!