

## LU3A MONTHLY MEETINGS

Meetings begin at **2:00pm**, on the **last Thursday** of the month in LaganView Enterprise Centre, 69 Drumbeg Drive, Old Warren. We are aware that some people are still hesitant about resuming their pre-pandemic activities and lifestyles. Accordingly, while we have resumed our monthly meetings at LaganView Enterprise Centre, we continue to offer a Zoom link for those prefer to attend online. The next meeting is on Thursday, 28<sup>th</sup> July 2022 at 2pm.

**Items for Monthly Meeting Agenda** – Please note that Group leaders and members wishing to speak at the monthly meeting must first notify the chairperson in advance of the meeting.

## THIS MONTH AT THE MEETING

We will have speaker Peter Forbes, who will give a talk on the fascinating life of Blair Mayne. Born in Newtownards, Robert Blair (Paddy) Mayne, a celebrated sportsman who was capped for Ireland and the British Lions at rugby union. He qualified as a lawyer, was an amateur boxer, and a founding member of the Special Air Service. Zoom link will be available for the meeting.

## WELCOME NEW MEMBER!

☆☆ Lois Kenny ☆☆

## NAME BADGES & MEMBERSHIP CARDS

**Membership cards** for those who have renewed their membership for 2022/23 can be collected from the sign in desk. They will be in alphabetical order. If you can't attend the monthly meeting, please ask a friend to collect your membership card and/or name badge on your behalf.

## DATES FOR YOUR DIARY

July Meeting	28 <sup>th</sup> July 2022 at 2pm	LaganView Enterprise Centre, Lisburn
August Meeting	25 <sup>th</sup> August 2022 at 2pm	LaganView Enterprise Centre, Lisburn

## NOTES FROM THE COMMITTEE

**WE ARE MAKING AN URGENT APPEAL FOR A TREASURER, A NEWSLETTER EDITOR, AND FOR COMMITTEE MEMBERS!**

- Please remember to wear your **name badge and sign in** on arrival at the monthly meetings.
- **Tea is once more being served** before the meeting, giving everyone a chance to mingle and chat. **Please bring your own cup.**
- Group leaders will have **sign-up sheets** at the meetings for various events.
- **Please consider volunteering for Meet and Greet** to help serve tea and welcome folks at the monthly meeting. If enough members put their name forward each volunteer would only be required for one meeting in the year!



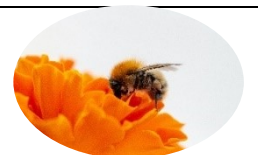
It was good to see so many at the **Afternoon Tea** held on Thursday 30<sup>th</sup> June, celebrating the 40<sup>th</sup> Anniversary of u3a. Thank you to everyone who brought food for the event. We enjoyed being entertained by Trevor Kelly - it was a great success. Thanks again to Joan who collated all the recipes for the **u3a Celebration Recipe Book**. It's a wonderful compilation of starters, mains, and desserts; and thank you to all who contributed. Copies were distributed to members at the Tea, but will be available on request at the monthly meeting if you missed out.



**Note from the Editor:** *Special mention must go to Joan Hamilton, Lesley Kirk, and Elizabeth Fleming for their hard work and extraordinary efforts to organise and make the afternoon a success! A hearty thanks to Margaret Hanna for stepping in to assist, and Margaret Callan who 'worked like a trooper' in the kitchen!*

## HILLSBOROUGH HONEY FAIR

Lisburn U3A have been allocated a slot on **Saturday 6<sup>th</sup> August at 10am** (Gardens only). If you are interested in going along to the Honey Fair, please email [Keith Ineson](mailto:Keith Ineson), who will allocate places on a first come basis.



**GROUP LEADER UPDATES**

Please contact Group Leaders directly if you don't see **below** the Group in which you are interested. Click [Group Leader Contact Details](#)

**GARDENING GROUP**

**CONTACT: PAUL BOYCE OR JOAN HAMILTON**

Any former members, or prospective new ones, are invited to register their interest in a **FREE guided tour of Hillsborough Castle gardens**, dates to be arranged. Please contact [Paul Boyce](#) or Joan Hamilton (info@lisburnu3a.org).

**ANTIQUES & COLLECTABLES**

**GROUP LEADER - JACQUI TOWNSLEY**

On summer break. Next meeting in September.

**BADMINTON**

**GROUP LEADER - LAURA MOLLOY**

Badminton is played every **Wednesday at 10:30am** at **Lisburn Racquets Club**, Belfast Road, Lisburn.

**BOOK GROUP 1**

**GROUP LEADER- HILARY PRESTON**

We met at a member's home in July to discuss *The Thorn Birds* by Colleen McCullagh. For most of us this was a re-read, chosen from the Jubilee Reading list. We had all seen the tv adaptation starring Richard Chamberlain as the priest, Ralph. There was much chat about which actor could play the role today. We had mixed views on the story. Most felt it too long with many sections unnecessary. The description of Maggie's family portrayed them as dull and uninteresting. There was much discussion about Ralph's behaviour as a priest!! We all felt it was a book of its time and some compared it with *Gone with the Wind*. The Group enjoyed the descriptions about the climate of Australia, particularly the differences in the two areas of the country. We found it interesting to revisit, but there were very mixed views on its enjoyability. Our next meeting is at **10.30 at Lisburn Racquet's club on Thursday 4<sup>th</sup> August** when we will be considering *The Secret River* by Kate Grenville. More Australia!

**BOOK GROUP 2**

**GROUP LEADER - JOAN BRYSON**

We continue to meet over the summer and sitting in the shade reading a book is as energetic as many of us want be. Our next meeting is on **Tue. 30th August at 10.30am**. and our book is 'Confessions of a Bookseller' by Shaun Bythell. The author operates the largest second-hand bookshop in Scotland and the book is said to be a love letter to bookshops. A work of 'faction' which recounts the eccentric and infuriating habits of customers and staff.

**BOWLING OUTDOOR SEASONAL SUMMER**

**GROUP LEADERS - FRASER SHANNON, BILL INGLESTON**

Still bowling at **09.45 to 12.15 on Tuesday and Thursday in the LCCC Omniplex Bowling Green**. There is plenty of room to accommodate new bowlers so any LU3A member wishing to join us should contact Fraser ([see contact list](#)).

**CROCHET**

**GROUP LEADER - JEAN RYAN**

On summer break for July & August. Our meetings resume in September, **on Fridays 10.30-12.00 in Lisburn Racquets Club**.

**DINING OUT**

**GROUP LEADER - NORMA PATTERSON**

We had another enjoyable evening on the 7th July! Our next one will be on **11th August at 6.45pm at Pizzarellys!** Again £16.50 for 2 courses and you BYO wine etc! Just email [Norma](#) if you would like to join us. Hope to see you there!

**FRENCH GROUP**

**GROUP LEADER - ZOE COLLINS**

Pleased to announce that the French Group is meeting again, every Monday from 2:30-3:30pm. Contact Zoe for more information.

**FILM GROUP**

**GROUP LEADER - JUDITH PRENTICE**

We are continuing to visit Lisburn Omniplex on a fortnightly basis with a good number of members attending. If you wish to be added to the list, please contact the Group leader.

**FRINGE GROUP**

**GROUP LEADER – SALLY CUNNINGHAM**

**Widows Paradise - Belvoir Studio Theatre - Fri, 16 Sept. 2022**

One of the funniest of all Sam Cree's many plays, set in the 1960s. Described as a piece of comedy genius, *Widows' Paradise*, a three-act comedy, is action-packed and guaranteed to have the audience on the edge of their seats and in tears of laughter until the final curtain call.

The signup sheet will be available at the meetings, or contact [Sally](#) directly if you'd like to go.

**GOLF**

**GROUP LEADER - MADGE CALLAN**

Some of the ladies cried-off their golf at Down Royal last Monday because of the heat - not what we usually mean by 'weather permitting'! The Aberdelghy contingent persevered despite the heat. Currently, Lu3a members play regularly on both courses on Monday mornings. Arrangements are made via WhatsApp and everyone is welcome.

The July Summer Golf outing to Rockmount was enjoyed by all. Well Done Keith and Geraldine on the birdie and the par. The next proposed outing is to Castlereagh Hills on Thursday 11th August. Anyone interested in participating should join the WhatsApp group before 31st July. Please contact the [Group Leader](#) if you would like to join either of the golf groups.

**KARATE** **GROUP LEADER- WILLIAM GRANT**  
 Karate is held every **Tuesday, from 6pm-7:30pm**, at St John’s Hall in Dromara, but **will be closed on 5th and 12th July**. Contact William if you would like more information.

**LET’S GO** **GROUP LEADER- GAIL POLLOCK**  
 August's Let's Go will be to Lough Neagh Eels at Toombridge on Tuesday 16th @11am. There are various tours, I'm suggesting the Tasting Tour which includes the opportunity to taste samples of smoked eel, pollan, perch, tea or coffee, @ £17. If you don't fancy tasting and just want to learn more about the eel fishery, it'll cost £12.75.

**LU3A SINGERS** **GROUP LEADER - JACQUI TOWNSLEY**  
 On summer break.  
 We'll be **back again in September**, and looking forward to welcoming new members and current members. Till then *keep singing!*

**PAINTING** **GROUP LEADER – TOMMY YARR**  
 On summer break. We look forward to seeing new and our regular members again in September.

**SCRABBLE** **GROUP LEADERS – OLIVE CAMPBELL, LYNDA BROWNLEE**  
 We now meet on the **1st and 3rd Thursday of the month in the Racquets Club, starting at 2pm**. We are meeting over the summer and would welcome new members.

**T’AI CHI – MIXED ABILITY CLASSES** **GROUP LEADERS - KATHLEEN INGLESTON, PAUL BOYCE**  
 On summer break. We will **recommence on Monday the 5th September**. If you’re interested in joining, information will be available at the August monthly meeting.

**THEATRE / CONCERT** **GROUP LEADERS - JACQUI TOWNSLEY, REAH BROWNE**  
**The Little Mermaid – Grand Opera House – Thursday 13<sup>th</sup> October at 2.30 pm**. A magical ballet production of Hans Christian Andersen’s original fairy tale. From breath-taking underwater scenes to vibrant life on land, rediscover Hans Christian Andersen’s original fairy tale performed by Northern Ballet’s world-class dancers with Celtic-inspired music played live by Northern Ballet Sinfonia. Tickets **£27.50 pp Closing date Thursday 4<sup>th</sup> August 2022** (nearly sold out!)

**YOGA** **GROUP LEADERS - BRENDA PALMER, FRED A BELL**  
 On summer break. Yoga will **resume in September**. Details of start-up will be sent out nearer the time. We have places available and those interested in joining us are welcome! Contact [Brenda or Freda](#).

**NATIONAL TRUST** **GROUP LEADER – LESLEY KIRK**  
 Last month I told you about the rambles at Rowallane led by the gardeners going off the beaten track and planned to go on the first Tuesday in August. The what's on section of their website has been changing from day to day, which has been a bit perplexing. Events I saw for August dropped off the site and lots of new events appeared for July like forest bathing, yoga and a musical BBQ on the last Saturday of the month. This afternoon I checked the website and no August events were there, then I checked again tonight and our First Tuesday Garden Ramble is back on it and available to book.  
 If you would like to go on this **First Tuesday Garden Ramble on Tuesday 2nd August at 11.30, please contact [Lesley](#)** as soon as possible as places are limited and could book up quickly. The rambles are free but there is normal admission charge to the gardens for non-National Trust members.  
 2 of us joined a garden volunteer on Tuesday 19th July for a ramble at Rowallane Gardens and had a very enjoyable, informative walk. We learned a bit about the garden's history, our guide pointed out various interesting plants and took us on paths that are often overlooked by visitors. Have any of you seen the natural rock formation that looks like a bishop’s chair? I walk there regularly and had never been past it.  
 Forest bathing sounds interesting, it says no swimsuits required - just wear clothes that you don't mind getting a wee bit dirty. It first developed in Japan in the 1980s when scientific studies showed that spending time immersed in nature had a beneficial effect on our health, especially our mental health. Maybe these sessions will be repeated in August.

**WALKING GROUPS – YOU HAVE A CHOICE OF FIVE WALKING GROUPS WITH FIVE DIFFERENT LEVELS OF DIFFICULTY:**

<b>LEVEL 1: STROLLERS</b>	<b>GROUP LEADER - MARY HINE</b>
<b>LEVEL 2: SATURDAY RAMBLERS</b>	<b>GROUP LEADER - GIL COLVIN</b>
<b>LEVEL 3: RAMBLERS</b>	<b>GROUP LEADER - STANLEY PRENTICE</b>
<b>LEVEL 4: RAMBLERS PLUS</b>	<b>GROUP LEADER - JUDITH PRENTICE</b>
<b>LEVEL 5: SCRAMBLERS</b>	<b>GROUP LEADER - STANLEY PRENTICE</b>

In **July and August**, we have reduced the **Rambles to fortnightly** and the next **Ramble Plus will be on the 22<sup>nd</sup> August**. Due to the rise in Covid cases again, I’m not sending out car share suggestions until further notice but if members wish to do so they can arrange it between themselves **Scramblers can now walk every Thursday**, if they wish. I’ll keep them informed by email If any new members would like to try out the mountain walks, please contact [Stanley](#).

## COMMITTEE MEMBERS – CONTACT DETAILS

**CHANGES ARE SHOWN IN GREEN:**

NAME	POSITION	MOBILE	EMAIL
Elizabeth Fleming	Chairperson		<b>info@lisburnu3a.org</b>
<b>Volunteer Required</b>	<b>Vice Chairperson</b>		
<b>Volunteer Required</b>	<b>Treasurer</b>		
Joan Hamilton	Administrative Secretary		
Bill Grant	Minutes Secretary		
Peter Hunter	Speakers		
Bill Grant	Venues/Bookings		
Lesley Kirk	Membership Secretary		
Keith Ineson	Convener of Group Leaders		

## ADDITIONAL POSITIONS

NAME	POSITION	MOBILE	EMAIL
<b>Volunteer Required</b>	<b>Newsletter Editor</b>		editorlu3a@gmail.com
Elodie Ellingsen	Webmaster		webmasterlu3a@gmail.com
Cynthia Kelly	Photo Supplement	--	photosuplu3a@gmail.com

SEE CHANGES IN GREEN BELOW						
GROUP	Day	Time	Venue*	Group Leader	Tel.	Contact Email
Antiques	2 <sup>nd</sup> Wed of month	7:30pm	3	Jacqui Townsley		<b>info@lisburnu3a.org</b>
Archery	Every Tuesday	10-11:00am	1	Pearl Chambers		
Badminton	Every Wednesday	10:30am	2	Laura Molloy		
Book Group 1	1 <sup>st</sup> Thurs of month	10:30am	4	Hilary Preston		
Book Group 2	Last Tues of month	10:30am	4	Joan Bryson		
Bowling Indoor <b>Seasonal Winter</b>	Every Tuesday Every Thursday	2:00 pm 10:00 am	1	Trevor McKinney		
Bowling Outdoor <b>Seasonal Summer</b>	Every Tues & Thurs Every Friday	10am - 12:30 1:30pm – 4	16	Fraser Shannon Bill Ingleston		
Bridge	Every Thursday	8:00pm	2	Ivy Long Joan Bolam		
Bridge Beginner	Every Thursday	3:00pm	15	Patricia Ricketts		
Crochet	Every Friday	10:30am	4	Jean Ryan		
Creative Writing	Last Thurs of month (After u3a Meeting)	Approx. 3:30	5	Shirley Bork		
Dining Out	Occasional	6:45pm	8	Norma Patterson		
French Group	Every Monday	2:30-3:30pm	6	Zoe Collins		
Film Group	Most alternate Tues	Evening	8	Judith Prentice		
Fringe Group	Occasional	Varied	8	Sally Cunningham		
Genealogy	Occasional	Varied	8	Sally Cunningham		
<b>Golf</b>	Most Mondays	Varied	8	<b>Margaret Callan</b>		
Irish Lessons	Every Friday	10:15 carpool 11:00am class	5 & 14	Keith Ineson		
Karate	Every Tuesday	6pm-7:30pm	12	William Grant		
Let's Go	Occasional	Varied	8	Gail Pollock		
LU3A Singers	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays	2:00pm	9	Jacqui Townsley		
National Trust	Varied	Varied	8	Lesley Kirk		
Painting	Every Tuesday	10:30am	3	Tommy Yarr		
Pen Pal Club	Occasional	Varied	8	Catherine Murdock		
<b>Scrabble</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month	2:00pm	2	Olive Campbell <b>Lynda Brownlee</b>		
Snooker	Every Tuesday	7:30pm	7	Neville Hicks		
T'ai Chi – Mixed Ability Classes	Mondays	10:30-11:30am 12-1:00pm	5	Kathleen Ingleston Paul Boyce		
Theatre / Concert	Occasional	Varied	8	Jacqui Townsley Reah Browne		
Yoga	Every Wednesday Every Thursday	4 – 5:00 pm 11am -12	5	Brenda Palmer Freda Bell		
Strollers	Every Monday	10:15am	8	Mary Hine		
Saturday Ramblers	3 <sup>rd</sup> Sat of month	10:00am	8	Gil Colvin		
Ramblers	Every Monday	10:30 or 11:00 am	8	Stanley Prentice		
Ramblers Plus	2 <sup>nd</sup> Mon ea month	10:00am	8	Judith Prentice		
Scramblers	Alternate Thurs	10:30am	8	Stanley Prentice		

**VENUE\* KEY**

1 = Kilmakee Activity Centre	9 = Barry Gallery Downshire Centre
2 = Lisburn Racquets Club, Belfast Road, Lisburn	10 = Bridge Community Centre Railway Street
3 = Hillsborough Village Community Centre	11 = LeisurePlex Bowling Centre
4 = Volunteer Member's Homes	12 = St John's Hall Dromara
5 = LaganView Enterprise Centre, Lisburn	13 = Tesco, Bentrin Rd, Lisburn
6 = Convener's Home	14 = Turas centre, Newtownards Rd, Belfast
7 = Coach Snooker Club, Hillsborough	15 = The Alchemy, Moira - (Formerly The Tannery)
8 = Varied Venues	16 = LISNAGARVEY