

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 preferring to attend online. The next meeting is on Thursday, 25th August 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.

PLEASE REMEMBER TO WEAR YOUR NAME BADGE.**WELCOME NEW MEMBERS!**

★ David Wheavil ★ Gerry Fleming ★ Bronwyn Crymble ★ Maree Stewart ★ Muriel McCleery ★ Joan Fyvie ★

NAME BADGES & MEMBERSHIP CARDS

Don't forget to collect this year's membership card from the sign in table if you haven't already done so. They are in alphabetical order in little brown envelopes. **Name badges for those who joined since 2020 can be collected from Lesley at the welcome/new members desk in the foyer**

DATES FOR YOUR DIARY

August Meeting

25th August 2022 at 2pm

LaganView Enterprise Centre, Lisburn

September Meeting

29th September 2022 at 2pm

LaganView Enterprise Centre, Lisburn

NOTES FROM THE COMMITTEE

**THIS IS AN URGENT APPEAL FOR A NEWSLETTER EDITOR, AND FOR COMMITTEE MEMBERS!
PLEASE VOLUNTEER AND KEEP LISBURN U3A A VIBRANT, ROBUST ORGANISATION**

- **The next meeting** is on **Thursday 25th August 2022 at 2.00pm** when Brien Frazer from South Eastern Health and Social Care Trust will be giving a talk on the 5 Steps to Wellbeing - emphasizing the importance of staying connected, being active, taking notice, keeping learning, and of giving - all the elements we associate with u3a.
- **Travel Commission**
Riviera Travel operate a charity scheme with all u3a's across the country. If you book your holiday with them, they will donate up to 10% of the total basic cost of your holiday as a charitable donation to Lisburn u3a. The booking must be made directly with Riviera Travel, tell them when you are booking that you want to claim commission for Lisburn u3a. Note Lisburn u3a are not endorsing Riviera Travel, as a supplier of holidays, and apart from the donations, no further benefit is received by Lisburn u3a. But if you are already thinking of booking your holiday through Riviera, then we would encourage you to consider helping Lisburn u3a.
- **Gift Aid**
If you are a taxpayer Lisburn u3a could benefit if you sign up for gift aid. We would receive 25p for every £1 of your subscription. Many of you have already done so, but if not, perhaps you would consider doing so. The money we bring in allows us to pay for the venues the groups use and could allow us to run subsidised events. Forms will be available at the meeting or by emailing info@lisburnu3a.org to request a copy.
- **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!
- Please wear your **name badge and sign in** on arrival at every monthly meeting.
- **Tea is served** before the meeting, giving everyone a chance to mingle and chat. **Please bring your own cup.**
- Group leaders have **sign-up sheets** at the meetings **for various events**. Find them at the tables in the main hall.

CAN MEN READ?**BY DAVID MANN**

3rd August, 2022

For over ten years now I have been a happy member of our Book Group 2. I have read many books that I would not otherwise even had heard of. I have enjoyed discussing even those books I did not particularly like. The hospitality in members' homes has been great.

One thing I cannot help noticing, however. For almost the entire time I have been the only male in the group. I understand that the other Lisburn u3a book group has the same problem (if they regard it as a problem!) We did have one other intrepid man for a year or so, but why has no other male joined?

Sean Bythell, in his renowned "Diary of a Bookseller", asserts that the majority of fiction is bought by women, while men rarely buy anything other than non-fiction. Apparently, the novelist Ian McEwan conducted an experiment in which he gave away free copies of one of his books during a busy lunchtime. Almost all of those who showed appreciation were women, while those who responded with suspicion were nearly all men.

So, book group conveners, the answer is obvious. To eradicate your gender imbalance, start reading books on football, the history of the internal combustion engine, Fishing for Beginners or the biography of a great man. But then again, if that happens, I might leave. Seriously, though, come on men, put down the paper and read a book!

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**

Former members, or prospective new ones! You are invited to register your 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**

The next meeting of the Antiques & Collectables Group will be a visit to view the bottle collection at Montalto Estate, Ballynahinch, on **Wednesday 7th Sept. Meet at the Montalto Cafe at 10.30 am** for coffee.

ARCHERY**GROUP LEADER – PEARL CHAMBERS**

Archery will recommence after summer break on Tuesday 13 September 10.00-11.00am as usual. New members welcome.

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 Lisburn Racquets club on 4th August 2022. We discussed 'The Secret River' by Kate Grenville. A story about William and Sal deported to Sydney from London in the early 19th Century and the life and hardships they endured and overcame. Most members enjoyed the book and some skim read parts as they felt it was a bit long. All agreed that the portrayal of London poverty at that time was very atmospheric. The author's descriptions of Sydney are vivid and a sharp contrast to that of London. The clash of two cultures was well described. As a group we pondered if the author had embellished or left out part of the Australian experienced by William and Sal. We felt it was interesting that Kate Grenville has written two sequels as well as a factual account of her research. One of her forebears was William! We meet again on **September 1st in Lisburn Racquets Club** to discuss The Keeper of Stories by Sally Page.

BOOK GROUP 2**GROUP LEADER - JOAN BRYSON**

We continue to meet on the last Tuesday of each month at 10.30am, our August meeting is on 30th. We are off travelling via Maggie Shipstead's novel 'Great Circle'. A girl growing up in 1950's Montana wants to fly. Her plane disappears on a round the world trip. Years later an actress hopes to revive her career by starring in a film of the story. The book is said to be an ambitious novel crossing several genres. We also continue to meet up mid-month for a more informal Book Chat.

BOWLING: OUTDOOR TO INDOOR**GROUP LEADERS - FRASER SHANNON, BILL INGLESTON**

A very enjoyable summer session of **OUTDOOR BOWLING** will come to end on **Thursday 1st September**.

INDOOR BOWLING will commence once more on **6th September** at the **Kilmakee Community Centre**. Sessions are **Tuesdays from 1 45 to 4pm** and **Thursdays from 9 45 to 12 00**. There will be no covid restrictions but chairs will be spaced out like last year, with the playing format as before. There will be no need to use the app if you wish to attend. All new members will be warmly welcomed and lessons can be arranged for beginners. Contact [Fraser or Bill](#) for information.

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**.

FRENCH GROUP**GROUP LEADER - ZOE COLLINS**

Pleased to announce that the French Group is meeting every Monday from 2:30-3:30pm. Contact [Zoe](#) for more information.

FILM GROUP**GROUP LEADER - JUDITH PRENTICE**

We continue to visit Lisburn Omniplex fortnightly, with many members attending. If you wish to join us, contact the [Group Leader](#).

FRINGE GROUP**GROUP LEADER – SALLY CUNNINGHAM**

Widows Paradise - Belvoir Studio Theatre - Fri, 16 Sept. 2022 - Tickets have been purchased and are no longer available through the group. **Contact Belvoir Theatre directly if you wish to attend.**

GOLF**GROUP LEADER - MARGARET CALLAN**

Congratulations to Trevor Elliot on his hole-in-one on the 12th at Aberdelghy! A first for Lu3a? **Weekly Golf** continues at both Aberdelghy and Down Royal on Monday mornings. Arrangements via WhatsApp. The proposed **Summer Golf** outing to Castlereagh Hills in August was postponed due to the hot weather. It's now scheduled for Thursday 8th September. If you're interested in playing, please join the WhatsApp group by 31st August. Please contact the [Group Leader](#) if you would like to join either or both WhatsApp groups.

KARATE**GROUP LEADER- WILLIAM GRANT**

Karate is held every **Tuesday, from 6pm-7:30pm**, at St John's Hall in Dromara. Contact [William](#) if you would like more information.

PAINTING**GROUP LEADER – TOMMY YARR**

Painting for Pleasure group will resume on 13 September in the Village Centre Hillsborough at 10.30 am. We look forward to seeing regular members and some new people! Call [Tommy](#) for more information.

NEWS/INFORMATION/ARTICLES FOR THE NEXT EDITION MUST REACH THE EDITOR AT LEAST ONE WEEK BEFORE THE NEXT MEETING.

LET'S GO

GROUP LEADER- GAIL POLLOCK

September 10th and 11th are part of European Heritage Open Days (EHOD). **I've booked Sat 10th, (still waiting to hear the actual time) for a trip to Ram's Island.**

As well there are lots of other really fascinating places to visit for EHOD. Let me know if any would be of interest:

- <https://discovernorthernireland.com/whats-on/rams-island-for-ehod-2022-p758461>
- <https://www.ramsisland.org/>
- <https://discovernorthernireland.com/things-to-do/arts-culture-and-heritage/european-heritage-open-days>

LU3A SINGERS

GROUP LEADER - JACQUI TOWNSLEY

Meetings in September on Friday 9th and Friday 23rd September 2022 at 2.00 pm.

We meet on the 2nd Friday of each month from 2.00 pm – 4.00 pm in the Parish Room, Hillsborough Parish Church - 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. I look forward to seeing you all again – existing members and new members – come along and join up!!

SCRABBLE

GROUP LEADERS – OLIVE CAMPBELL, LYNDIA BROWNLEE

We 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.

SNOOKER

GROUP LEADER – NEVILLE HICKS

Snooker is hoping to restart on **Tuesday 20th September** but I will not be able to participate as I am having a shoulder operation on 14th September. [I will still be available as contact point.](#)

T'AI CHI – MIXED ABILITY CLASSES

GROUP LEADERS - KATHLEEN INGLESTON, PAUL BOYCE

On summer break. We will **recommence on Monday the 5th September.** At present we have one class 11.00am - 12:00 noon. If you're interested in joining, information will be available at the August monthly meeting.

THEATRE / CONCERT

GROUP LEADERS - JACQUI TOWNSLEY, REAH BROWNE

Gala Community Concert - A Celebration Wed 12th Oct 2022 at 7.30pm Lagan Valley Island, Lisburn.

An evening of fun, music and song featuring the ever-popular, award winning Lisburn Harmony Ladies Choir with special guest Brian Rankin, the Farmer Poet from Limavady with his humorous observations of life in verse. An event for all the community to celebrate the 90th Anniversary of the Women's Institutes in Northern Ireland. Everyone welcome, an event for all! Tickets are £5.00 each. Refreshments will be served at the interval.

The Little Mermaid – Grand Opera House – Thurs 13th Oct. **Booking closed.** Tickets available at the theatre. from 2.00 pm.

YOGA

GROUP LEADERS - BRENDA PALMER, FREDIA BELL

Yoga classes resume on 7th September with our instructor Asha. Classes are **Wednesdays 4 - 5pm** and **Thursdays 11am - 12.** There are spaces available in the Wednesday class. and those interested in joining us are welcome! Contact [Brenda or Freda.](#)

NATIONAL TRUST

GROUP LEADER – LESLEY KIRK

A new exhibition to mark the 200th anniversary of the death of Viscount Castlereagh (1769-1822) opened at Mountstewart in mid-August. It provides an introduction to the life of this complex man who lived in extraordinary times and believed he was striving for the greater good. The exhibition explores his life and legacy through his family, politics and his role as a statesman. In September there is a tour each day at 11.30. Unfortunately, at the time of this newsletter "going to press" I'm unable to select a date due to an uncertain family commitment, but if you would be interested in visiting the exhibition some **Tuesday**, please get in touch by email or text and I'll arrange a day to suit as soon as I know when I will be free. [Lesley](#)

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

LEVEL 1: STROLLERS

GROUP LEADER - MARY HINE

Carrying on as usual, contact [Mary](#) if you are interested in further information.

LEVEL 2: SATURDAY RAMBLERS

GROUP LEADER - GIL COLVIN

Saturday Ramblers meet at 10:30 am. Come out and join us! Contact [Gil](#) for more information.

LEVEL 3: RAMBLERS

GROUP LEADER - STANLEY PRENTICE

LEVEL 4: RAMBLERS PLUS

GROUP LEADER - JUDITH PRENTICE

LEVEL 5: SCRAMBLERS

GROUP LEADER - STANLEY PRENTICE

Ramblers are back to weekly walking in September and we have volunteer leaders for the month.

Ramble Plus will be on the second Monday of the month.

Scramblers can now walk every Thursday in the Mourne. New members who'd like to try the mountain walks, please contact [Stanley.](#)

COMMITTEE MEMBERS – CONTACT DETAILS

CHANGES ARE SHOWN IN GREEN:

NAME	POSITION	MOBILE	EMAIL
Elizabeth Fleming	Chairperson		
Volunteer Required	Vice Chairperson		
Joan Hamilton	Treasurer		
Avril Hughes	Administrative Secretary		info@lisburnu3a.org
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
Volunteer Required	Newsletter Editor		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 nd Wed of month	7:30pm	3	Jacqui Townsley		info@lisburnu3a.org	
Archery	Every Tuesday	10-11:00am	1	Pearl Chambers			
Badminton	Every Wednesday	10:30am	2	Laura Molloy			
Book Group 1	1 st Thurs of month	10:30am	4	Hilary Preston			
Book Group 2	Last Tues of month	10:30am	4	Joan Bryson			
Bowling Indoor Seasonal: Winter Starts 6th Sept.	Every Tuesday Every Thursday	1:45 - 4 pm 9:45 am - 12	1	Fraser Shannon Bill Ingleston			
Bowling Outdoor Seasonal Summer Ends 1st Sept.	Every Tues & Thurs	9:45am-12:15	17	Fraser Shannon Bill Ingleston			
Bridge	Every Thursday	7:30pm	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			
Golf	Most Mondays	Varied	8	Margaret Callan			
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 nd & 4 th Fridays	2:00pm	9	Jacqui Townsley			
National Trust	Varied	Varied	8	Lesley Kirk			
Painting	Every Tuesday	10:30am	3	Tommy Yarr			
Scrabble	1 st & 3 rd Thurs of month	2:00pm	2	Olive Campbell Lynda Brownlee			
Snooker	Every Tuesday	7:30pm	7	Neville Hicks			
T'ai Chi – Mixed Ability Classes	Mondays	11.00am - 12:00 noon	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			
Walking Groups – In increasing levels of difficulty							
Strollers	Every Monday	10:15am	8	Mary Hine			
Saturday Ramblers	3 rd Sat of month	10:30am	8	Gil Colvin			
Ramblers	Every Monday	10:30 am	8	Stanley Prentice			
Ramblers Plus	2 nd Mon ea month	10:30am	8	Judith Prentice			
Scramblers	Alternate Thurs	09:30am	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, Bentrim 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
	17 = LCCC Omnibox Bowling Green