

Email: info@lisburnu3a.org
 Website: www.lisburnu3a.org



Charitable Status No NI103276



**We used to convene at Tesco's...
 Now your Committee ZOOMs in to their meetings!**

Hello Everyone!

Your Committee has a new way of meeting and also decided to try a new format for the Newsletter this month.

We would like to hear from you – do you like it? Give us your feedback on the format and if it works for you.

We realised that there is no need to publish the list of Group Leader's Contact Details every month; we need only to send it out when there is a change, so we've pulled that out. This will give us more room for news and information. We will send the Group Leader details separately this month, and ask that you please keep it for your future reference.

Lisburn U3A Committee

HELP AND SUPPORT

If you or any LU3A member you know is in difficulty during this time of social distancing, please contact any of the Committee. We will do our best to provide support and helpful information. Email the Chair or Secretary.

COVID-19

MEETINGS SUSPENDED

Due to the current coronavirus (COVID-19) outbreak, the Lisburn U3A monthly meetings are suspended until further notice.

Communications

ITEMS FOR MEETINGS

During the suspension, anyone with news for the full LU3A membership should phone or email the Chair, Secretary or Editor with your items so they may be distributed to all.

info@lisburnu3a.org

editorlu3a@gmail.com

membership6543@gmail.com

ALL MEMBERS

The Committee asks members to send in personal submissions for the Newsletter: text or email us with your events, helpful tips and personal news. Send us photos of your spruced up gardens, your painted fences, your hobbies, pets and cooking. Tell us what's going on in your daily lives. Enquiring minds and homebound members would love to know how you are dealing with the lockdown.

Submissions due by 18 June 2020.

info@lisburnu3a.org

editorlu3a@gmail.com

membership6543@gmail.com

A Word from your Chairperson

Margaret Hanna

Your committee has been meeting frequently since the beginning of lockdown using WhatsApp, Skype and Zoom. We also email, phone and text regularly. Since the full Monthly Meetings were suspended, and the uncertainty associated with the Coronavirus pandemic has made planning particularly difficult, speakers initially scheduled were rescheduled, only to be rescheduled again, and subsequently rescheduled again!

The annual membership fee of £20 was due on 1st April and thank you to the many members who have already paid. However, some have not. Our constitution dictates that fees unpaid in June will result in removal of names from the membership and circulation lists. So please ensure you are paid up by June, to retain your membership. To pay send a cheque made payable to Lisburn U3A, to **Trevor McKinney, 2 Plantation Avenue, Lisburn BT27 5BL**. Direct debits have auto-processed.

It is understandable that members may ask what they are getting for their money in the current lock-down situation; be assured that your LU3A Committee and Group Leaders have been working hard behind the scenes to maintain activity and connectivity. Technological solutions have been sought and, sometimes painfully, implemented. Facebook, WhatsApp, Skype and Zoom conference calls have all been trialled - some more successfully than others. We took up the offer made by MonaghanU3A for the free Zoom fitness class. Other initiatives, such as link-ups with other local U3A groups, are being looked into.

Group Leaders have been encouraged to set up WhatsApp groups to help keep members in contact where possible, and the new Facebook page is available. Newsletters and Colour Supplements have been produced and distributed. The monthly Newsletter is also now in a new format - let us know what you think of it.

All members are encouraged to contribute and post news, information and photographs for the colour supplement, the Newsletter, and on Facebook.

Don't forget that our national U3A is working hard on your behalf - check out their website. The Third Age Trust website at u3a.org.uk has quizzes, interactive talks and much more. And finally, don't forget our own website at <http://lisburnu3a.org/>.

None of these things would be possible without the hard work and dedication of the committee. I won't single out individuals, but I know you would want me to say "thank you" to them all at this extremely difficult time. One more thing, I would like to remind you all that we are still looking for a Vice Chairperson. If you can spare an hour or two a month, please consider joining the committee. We will welcome you with open arms.

Although it is impossible to schedule a date at the moment, the organisation of a very special event to mark the end of lockdown is being considered - suggestions from everyone are welcome, please! Email ideas to info@lisburnu3a.org, or call one of the Committee. Lastly, we're trying to do our best for you, but if anyone has suggestions for anything more, we'd be happy to hear and consider them.

LISBURN U3A PRIDES ITSELF ON BEING A SELF-HELP GROUP - HAVE YOU, THE MEMBERS, ANY GOOD IDEAS? IF SO, LET'S HEAR THEM!

Yours,

Margaret

OTHER RESOURCES

U3A Website

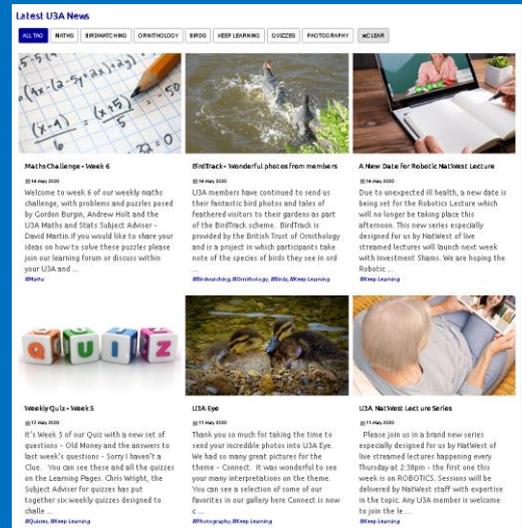
THIRD AGE TRUST

You can find useful information on the Third Age Trust Home page. For example, they had information about VE Day, quizzes, interactive talks - such as a session on spotting scams, interesting math problems, mindfulness and more.

They have guidance and advice on coronavirus plus some great ideas to keep learning together.

Some of their topics last week included:

- Robotic NatWest Lecture
- BirdTrack - Wonderful photos from members
- Maths Challenge - Week 6
- Weekly Quiz - Week 5
- U3A Eye Photo Contest
- U3A NatWest Lecture Series



Check it out: u3a.org.uk

THE SILVER LINE

The Silver Line

Free: 0800 470 8090

This helpline is available 24/7 for anyone feeling a bit lonely and wishing to talk to someone. If you know people without internet, please tell them about this number.

GREYSNET

Kerry Rooney MBE

www.kaleidoscopeni.com

A new website called Greysnet has just been launched with the support of the National Lottery Community Fund to help older people stay connected and keep mind and body active during the current Coronavirus lockdown. It's called Greysnet, and it's at www.greysnet.com

Please help us spread the word by letting your members know about this terrific new resource for older people.

ZOOM FITNESS CLASS

Monaghan U3A

Monaghan U3A is running a free Zoom fitness class every weekday morning from April at 9.30 am. You are all welcome to join. Just click on the link and the app will download and follow directions. Brendan Lillis is inviting you to a scheduled Zoom meeting:

Join Zoom Meeting

<https://zoom.us/j/801958424>

NOTE: There are no classes at the weekends

WHATSAPP GROUPS

Group Leaders have been asked to start WhatsApp Groups for each activity, so that you can keep in touch with your peers during this time. If you aren't yet a member of the WhatsApp group, contact your Group Leader and request to be added.

LU3A FACEBOOK PAGE

Lisburn U3A is now on Facebook. Even if you don't have a Facebook account you can see the information available to the general public by searching for 'Facebook Lisburn U3A' and then selecting the [facebook.com](https://www.facebook.com/LisburnU3A) option. As a member of LU3A you can then select the 'Send Email' option to be added to the LU3A Group page which contains information available to members only. Or just send an email requesting access. However, you must join Facebook to view this private page.

Then post your news and photos for the enjoyment of all.



Best Advocate of a Martial Art during Lockdown

Elodie Ellingsen

Our family of six (3 generations in the house) have been sticking to our rooms during the day. Online schooling and working from home require concentration, and my studio is in my room, thus we are all occupied at our desks. We meet at the evening meal to talk about the day's events (such as they are), discuss the various aspects of keeping the household going under lockdown, and what we will do each evening. A couple of weeks ago, my soon to be 16 year old granddaughter suggested we have a themed dinner each Friday.

We started the first week with a 'Red Carpet Dinner,' which was formal, and cleverly done. As we each came down the stairs in the darkened front hall we could hear crowds cheering, flash bulb were going off, and there was a red carpet down the hall to the dining room. She greeted us at the door, seated us and served a lovely 3 course meal, which she had prepared over two days, including the most amazing dessert! This was followed by the Awards presentations. I'm proud to say that I won my category: 'Best Advocate of a Martial Art' against 4 strong competitors!

Week two, was the 'Roald Dahl Dinner' put on by my 11 year old granddaughter. I went as Mrs. Silver from Esio Trot, complicated by the Papier Mache construction of Alfie, her pet tortoise. The costume was easy and I made my hair curly, though I drew the line at turning it red!

Week three is the 'Scruffs Dinner', Week four 'Sweet 16' and Week five will be the 'Hawaiian Luau'.



ALFIE

ANTIQUES	BOOK GROUP 2	FLORAL ARRANGEMENT
<p style="text-align: right;">Jacqui Townsley</p> <p>Have you had a look at Lisburn Museum's VIRTUAL MUSEUM? https://www.lisburnmuseum.com/virtual-museum/</p> <p>Also check out virtual tours of the British Museum www.britishmuseum.org</p> <p>The Louvre Museum, www.louvre.fr and other museums all over the world – you don't have to travel any more, it's all on your doorstep!</p>	<p style="text-align: right;">Joan Bryson</p> <p>We continue to meet using Zoom and though it's not as pleasant as face to face, and we don't get any biscuits, it's enjoyable. We also have a mid-month chat session which is less focused and very pleasant. Our next meeting will be 10:30am on Tue 30th June. Our book is 'Olive Kitteridge' by Elizabeth Strout. Set in a small town in Maine, USA, 13 apparently separate stories are linked by the titular character, retired school teacher, Olive Kitteridge.</p>	<p style="text-align: right;">Sally Stanfield</p> <p>The florets are on vacation. It seems we have zoomed out for the present.</p> <p>I have sent the group a few floral fact sheets over the weeks. Sadly, the distancing and shopping procedures are still in place so flower arranging has become near on impossible. Hopefully we will all get together in the not too distant future.</p>
OUTDOOR BOWLING	GOLF	T'AI CHI Beginners and Intermediate
<p style="text-align: right;">Andrew McIlroy</p> <p>Things are starting to move with regard to a resumption of lawn bowls. The Irish bowling federation have published guidelines for playing whilst staying safe. There are recommendations regarding vulnerable adults, which obviously includes many of our members simply by virtue of age-including myself.</p> <p>The main problem, however, is that as of now LCCC have not reopened the greens for playing and there is no indication of when this might change.</p> <p>I will keep members advised through the Tuesday Bowlers WhatsApp group. It is voluntary, but anyone, including bowlers on other days, who wish to receive updates on this rapidly changing situation, can send me their mobile number. Text or call 07802378718.</p>	<p style="text-align: right;">Margaret Callan</p> <p>There's light at the end of the golf tunnel but it's further down the line for us non-members. Down Royal, Aberdelghy and Edenmore are all 'members only' and Valley Course at Down Royal is not open.</p> <p>We'll have to wait a little longer but, in the meantime, if you would like to join the Monday morning group please email margaretcallan1@gmail.com so that your name can be added to the circulation list.</p> <p>Also email margaretcallan1@gmail.com if you are interested in joining the monthly summer outings at 10am/11am on second Thursday each month until October.</p> <p>Hopefully courses will be open to the public soon and circulation lists will be in place</p>	<p style="text-align: right;">Elinor Ritchie, Helen McEwen, Maureen Toner</p> <p>T'ai Chi has a large WhatsApp group for all, and so far we've been graciously and ably guided by Suzanne Vaughan through many events and requests:</p> <ul style="list-style-type: none"> • National T'ai Chi Day • T'ai Chi for Arthritis • Qigong for Sleeping • T'ai Chi warm ups • Big Breath • 13 Words <p>...and much, much more, ably assisted by her cat, Moo Vaughan.</p> <p>From the rest of the group we've had crazy funny posts, and lots of advice (good and bad!) on self-styling haircuts, shopping, cooking, drinking...</p> <p>Thanks to all, our group support is amazing!</p>

YOGALATES	PHOTO SUPPLEMENT	LU3A SINGERS
<p style="text-align: right;">Brenda Palmer</p> <p>Yogalates continues using Zoom. Our instructor Ros arranged this and it's keeping us supple. We also communicate through our WhatsApp Group.</p>	<p>Our thanks to Cynthia Kelly for the vibrant and interesting photo supplement this month. AND, a big thank you to all the contributors for their input. We all thoroughly enjoyed the fruits of your daily exercising & photographic skills.</p> <div style="display: flex; justify-content: space-around;">   </div>	<p style="text-align: right;">Jacqui Townsley</p> <p>I hope you are all STILL SINGING in lockdown - so many virtual choirs and choruses on offer on the internet – guess who's tee shirt I've got!!!!.</p> <p>Or just sing along to the radio, download your favourite songs and sing out at the top of your voice - keep those vocal chords active!</p> <p style="text-align: center;">Keep well... ..and keep singing!!</p>
<p style="text-align: center;">DINING OUT</p> <p style="text-align: right;">Norma Patterson</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Stay well.</p> <p>Keep safe!</p> </div> </div>		

WALKING GROUPS	STROLLERS SAT RAMBLERS HILLBILLIES RAMBLERS SCRAMBLERS
-----------------------	---

Stanley Prentice

It seems ages since the Ramblers last walked together in Colin Glen Forest. Even longer since the Scramblers walked in the Mournes!

I hope all of you are well and surviving isolation, especially those who live alone. If like myself you have started all those little jobs you've been meaning to do for ages, certainly the garden is ready for an "open day" like never before. I think the great weather we have had during the lockdown has helped many of us through this trying time.

Video calls to the family and Zoom for more than one person are now normal practice. If any of you have photos of the things you are doing to get through the COVID-19 epidemic, please send them to Cynthia as she is compiling the Colour supplement, which hopefully will lift everyone's spirits and make them smile.

As there seems to be an "easing" of restrictions happening, we have organised a walk for Monday for four groups of six people, at staggered times. There is hope that it is a start of some normality. In the meantime, stay safe and well.

THEATRE / CONCERT	LET'S GO	CROCHET
<p style="text-align: right;">Jacqui Townsley. Reah Browne</p> <p>Lyric Theatre Online "From New Speak Re-Imagined – a creative response from artists in lockdown – to some of our favourite productions from the archives, we have a little something for everyone to enjoy. So grab a cuppa, put your feet up and tune in to #LyricTheatreOnline!"</p> <p>Grand Opera House During their closure for refurbishment, GOH is collecting memories: "Share your memories - As part of the restoration project we are collecting memories and memorabilia from audiences of all ages. We'd love to hear your stories about favourite performers and performances, or if you have treasured posters, photos or other items relating to the history of the Theatre."</p> <p>You can add your memories on their home page: https://www.goh.co.uk/</p>	<p style="text-align: right;">Gail Pollock</p> <p>As things won't be back to anywhere near normal for the foreseeable future, try a virtual tour. Here's a link to the British Museum – no limits to distance!</p> <p>https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/</p> <hr/> <p style="text-align: center;">GENEALOGY</p> <p style="text-align: right;">Sally Cunningham</p> <p>Some useful sites for your research:</p> <ul style="list-style-type: none"> • http://www.askaboutireland.ie • http://www.genealogy.nationalarchives.ie • http://www.cwgc.org/ information on the burial places of Commonwealth soldiers, sailors and air crew • http://www.belfastcity.gov.uk/burialrecords records from 1869 City cemetery, Roselawn 1954, Dundonald 1905 • www.familysearch.org • http://freepages.genealogy.rootsweb.ancestry.com/~rosdavies/ Co Down research site 	<p style="text-align: right;">Jean Ryan</p> <p>The crochet group is keeping in regular touch through WhatsApp. On Friday mornings, we 'meet' for coffee and lots of chat. During the week, the messages keep coming and consist of news, photos, jokes, tips and inspirational videos and poems. We are finding this contact extremely helpful during lockdown and have rejected the idea of Zoom meetings for the moment.</p> <p>Members of the group have been busy not only making crochet squares for our blanket project, but also making throws, baby hats, cardigans and blankets. Some have been sewing face masks and curtains, doing jigsaw puzzles, baking, gardening, discovering podcasts, taking an interest in wildlife, exercising, doing errands for others and sometimes just relaxing.</p> <p>We've discovered that there are some positives in this strange situation.</p> <div style="text-align: right;">  </div>

BEREAVEMENTS

LU3A Secretary: info@lisburnu3a.org



If you know of a bereavement that should be recognised, please contact our Secretary so we can follow up with condolences.

If we don't know about it, we cannot acknowledge it.

LISBURN CASTLEREAGH CITY COUNCIL

HOW THEY CAN HELP YOU

<https://www.lisburncastlereagh.gov.uk/communityhelp>

LCCC are working across the Lisburn and Castlereagh community to get you the right information and the support you need at this time. Joining with their community partners, business, churches, voluntary organisations and statutory bodies, they have useful pages offering practical help to individuals and families to signpost you to available services across the city.

Food Parcels ● Regional support ● Local Support

Contact LCCC on 028 9244 7713

EVERY DAY FROM 9.00AM - 5.00PM or

EMAIL: community.services@lisburncastlereagh.gov.uk

Lisburn Castlereagh

FREEPHONE HELPLINE

Tel: 0808 802 0020

Text: ACTION to 81025

Email: covid19@adviceni.net

To help those in vulnerable groups to access information, advice and guidance in relation to COVID-19 is open from 9:00am to 5:00pm, seven days a week.



King Lear Prizes

The new national creative arts competition for older people stuck at home because of Coronavirus

[HTTPS://WWW.KINGLEARPRIZES.ORG.UK/](https://www.kinglearprizes.org.uk/)

Many people in the UK are still staying at home due to Coronavirus, and older people have been particularly restricted in what they can do and who they can see.

Our greatest writer, William Shakespeare, was faced with a similar situation, with outbreaks of the plague throughout his career, and in particular in 1605-06, when he wrote his King Lear.

We have launched the King Lear Prizes to encourage amateurs and beginners to have a project to get stuck into, and to create new works of literature, poetry, music, drama and art during the time they are quarantined.

Submission Deadline for all Categories: **Friday 19th June 2020**

Jacqui Townsley

Jacqui's Teasers

Did you find the answers to last month's teasers? Give yourself a pat on the back if you did!

☑ "Sleeper" is sometimes used to describe an item that has been held in storage for a long time, and it can also refer to an undervalued antique or artwork that can slip into an auction unnoticed – so be on the look out for "sleepers" and buy them up for a fraction of their worth!

☑ The Sevres porcelain dish discovered in a junk shop priced at £13 - sold this year at a specialist auction for an astonishing £25,000. That was a good junk shop buy!!

King Lear Prize Categories

Over 70s Short story Prize: £1,000
Up to 10,000 words, In English, Any subject or setting, Submit full text

Over 70s Poetry Prize: £1,000
Up to 40 lines, In English, Any form or subject, Submit full text

Over 70s Solo Musical Composition Prize: £1,000
Up to 4 minutes, For one solo instrument only, Any instrument, Submit manuscript or audio recording.

Over 70s Short Drama Prize: £1,000
Up to 15 minutes in running time, Performed by up to 4 people, In English, Any subject or setting, Submit full script

Over 70s Art Prize: £1,000
Painting, drawing, photography, textiles, crafts, collage, Submit a photograph of your work.

Over 60s Chairman's Prize Prize: £1,000
Any art form, For those who are not eligible for other categories.

Jacqui's Teasers continues

Jacqui Townsley

This month's Teasers

☑ Interest in treen is strong at the moment and it is very collectable – but what is Antique Treen?

☑ An unusual Geometric Buttons plate by art deco pottery designer Clarice Cliff made waves recently when it sold at auction. Estimate £800 - £1,200 – can you guess what it sold for? Answers next month!