

Contacts:**Chairperson: Pauline Prior**chairperson@belfastu3a.org**Business Secretary: June Martin**secretary@belfastu3a.org**Membership Secretary: Moyà Crunden**membership@belfastu3a.org**Treasurer: Andrew Walmsley**treasurer@belfastu3a.org orandrew.walmsley@btinternet.com**Groups Coordinator: Maria Curran**groups@belfastu3a.org**Newsletter Editor: Eric Woods**eric.belfastu3anews@gmail.com**Committee News**

Happy New Year to you and your family. We hope you continue to keep well. The Committee members have been busy during the past two months and we are delighted that many of you were able to join us for our meeting in November with Lady Eames, and for our Mince Pie Event in December with all of our wonderful performers who show-cased some of the many talents represented in our interest groups. We were also pleased to see a good turnout for our Breast Cancer Awareness Session in December and hope even more of you will join us on Tuesday 2nd February for the Bowel Cancer Awareness session.

Committee members have taken part in meetings with five local u3as and with the wider u3a community through the monthly meetings organised by the NI Region of u3as (NIREC). It is clear from these meetings that everyone is struggling with technology, as many meetings have moved online due to Covid-19 restrictions. Our web administrator, Liz Hunter, has worked tirelessly to keep our Website up to date, and we hope you are using it to access information on our u3a and on the amazing activities being offered by the Third Age Trust. As you may have found out, workshops and lectures organised by the Trust book out very quickly, so please check it regularly.

Meetings on Zoom: The meetings will open 10 minutes before the time, but you will not be admitted to the waiting room until the meeting is ready to start. The link will be sent out by email the day before the meeting.

- **Monthly meeting: Thursday 28th January at 11.00 am. Speaker: Patricia Marsh, Title:** The local impact of the Spanish Flu Pandemic 1918.
- **Monthly meeting: Thursday 25th February at 11.00 am. Speaker: Eric Woods, Title:** Sir Samuel Davidson and the Sirocco Works.
- **Meeting for New Members: Tuesday 12th January at 3.00 pm.** An invitation will be sent by email.

Under our Members Tab on the website, you may check your personal data and update it as you wish. We hope to add more possibilities to this Tab in the future.

As we start a new year, we plan to have two important meetings, one for New Members and one for

Convenors. The purpose of these meetings is to allow members to share ideas and to ask questions on current developments within the u3a as a whole, and within Belfast u3a in particular. We hope some of you will be able to join us. The dates are shown below. We would especially like to thank the Convenors who continue to support members of their interest groups in these difficult times.

Bowel Cancer Awareness and Screening Programme

We are pleased to announce that we now have a date for our meeting on Bowel Cancer Awareness.

It is **Tuesday 2nd February at 3pm** via Zoom.

There are some changes to the Screening Programme which are due to be rolled out in 2021. You will be advised of these changes during the meeting.

We had very positive feedback from our meeting on Breast Cancer Awareness in December and we look forward to a really good attendance at our Bowel Cancer event on **2nd February**. The talk will be delivered in a very relaxed and friendly manner by a Facilitator from the Women's Resource and Development Agency allowing time for questions at the end.

I will be writing to you all with further details and a Zoom link nearer the date.

There is no need to register for the meeting. Everyone is welcome.

Maria Curran (Groups Coordinator)

- **Meeting for Convenors: Tuesday 9th February at 3.00 pm.** An invitation will be sent by email.

Exiled from Ireland – Harry Clarke’s Geneva Window – Marie T. Mullan. Congratulations to Marie on the publication of her book. **The Geneva Window**, renowned for its superb artistry and craftsmanship, celebrates the novels, poems and plays of the Irish Literary Revival. It was the work of Harry Clarke, Ireland’s most famous stained-glass artist. Commissioned by the Irish government as a gift to the International Labour Office in Geneva, the window was initially accepted by the Government on its completion in 1930, but rejected a few days later as ‘unrepresentative’ of the Irish people and even labelled ‘indecent’. This had serious emotional and financial consequences for Harry, a situation made worse when he died a few months later.

The window was returned to the Clarke studio, where it remained until 1988 when it was exhibited in London. It was then sold to the Wolfsonian Museum in Miami, Florida, and is now valued at millions of dollars. **Exiled from Ireland** tells the tragic story of this stunning window, examines the eight panels that comprise it and discusses the fifteen literary works by authors such as Yeats, Joyce and O’Casey that inspired each panel.

This is a beautiful 80-page book showing Clarke’s images in full colourful glory and we encourage you to buy it. It will soon be stocked by bookshops in Belfast, Dublin and Cork OR You can order the book NOW online via this link: <https://exiled-from-ireland.myshopify.com/products/exiled-from-ireland-harry-clarke-geneva-window>

TV Licensing update and Scam warning

- * By now all members over 75 have probably received a notification about how to get their valid TV Licence. More on the changes to Over 75s can be found on the website www.tvlicensing.co.uk/age or by phone, calling 08002321.
- * **BEWARE** Scammers may try to trick you into giving personal or bank details. Watch out for letters, emails, texts or phone calls that promise you money or refunds or demand payment from you.
- * Authentic emails only come from donotreply@tvlicensing.co.uk or donotreply@spp.tvlicensing.co.uk
- * And genuine communications will always use your last name and title and never just say Dear Customer.
- * **For help call 0300 303965**

Groups, venues and meeting times	Convenors
<p>All Weather Walking Groups: Amblers – short, flat walks. At full capacity. Ramblers – longer walks. Mourne Walks: Scramblers and Not the Munros</p>	<p>Amblers: Eliz McArdle, Ramblers: B McHugh, Scramblers: R Hunter Not the Munros: J Lemon Judy Prentice</p>
<p>We are convinced of the benefits of walking outdoors, for mental, social and physical health. Because of this, we have kept the group going, always mindful of the Covid restrictions. We usually have Spring and Autumn Walking Breaks, but both of these had to be cancelled this year. As for our usual Walkers’ Christmas Lunch, we compromised with a Christmas themed picnic.</p> <p>So many of the other Belfast u3a group activities have had to close that we are finding more and more people are asking to join the Walking Group. From week to week, we need to respond to the current restrictions and we have been very fortunate to have faithful group members who lead small groups of walkers each week. These have included local Belfast walking tours (led by our own members), sorties to the Bog Meadows and Lagan Meadows. ‘Not the Munros’ have not been in action since September, mainly due to distance of travel and the need to avoid car-sharing. As restrictions allow, we hope to step into the new year with hope and companionship.</p>	
<p>Art Group The group has remained curtailed since November. We intend to recommence our activities as soon as government restrictions permit.</p>	<p>Amy Fletcher, Aileen Wright</p>

Groups, venues and meeting times	Convenors
<p>Art Appreciation Group Sandra continues her weekly email to group members about art programmes and on occasions, some alternative viewing. Due to the current lockdown it will not be possible to arrange any visits to art galleries in the near future.</p>	Sandra Foster Ann Hayes
<p>Archaeology Group The Archaeology Convenors send our best wishes for a Happy and Healthy New Year. We will resume outings/talks when we feel it is safe to do so.</p>	Rosemary Hunter Margery Jennings Breige McCaighy Rosaleen McNaughton
Badminton	Peter Cooke
<p>Bat & Chat Table Tennis Tuesday, 9.30 - 10.30am, Cregagh Methodist Church Hall. Limited numbers, to comply with Covid regulations so people must book in advance with the Convenor, Herbie.</p>	Herbie Ross
<p>Belfast Streets In all 9 regions of the u3a, a total of 533 people have registered to take part. The online forms alone hold records of almost 9,500 premises out of a total of maybe 20,000. An interim report is expected soon.</p>	Sandra Foster
<p>Book Group 1 The group continues to zoom at our usual day and time. It has been a very worthwhile alternative to meeting in person. We plan to have our first meeting of 2021 in early January, when we will discuss <i>Anatomy of a Scandal</i>, by Sarah Vaughan.</p>	Anne McGovern
Book Group 2	Nuala Zahran
Book Group 3	Geraldine Court
<p>Bowling No bowling at the moment. Convenors will keep bowlers informed.</p>	Helen Ferguson Clare Henderson
<p>Bridge Duplicate 1 Greetings to one and all at the start of a brand New Year. I hope you are fit and well and keeping safe. We may not be able to meet together but at least we can play together on-line. Take care till we meet again.</p>	Margery Jennings
Bridge Duplicate 2	Lilian Conn Norma Milligan
<p>Bridge Informal Friday 10.00 am and Monday 2.00 pm, Convenor's Home. Under normal circumstances, new members with some knowledge of bridge and who wish to practise their play in an informal setting are very welcome. At the moment, due to Covid restrictions, no gatherings are possible.</p>	Patricia McNamee
<p>Bridge Lessons Jim continues to provide his lessons on-line via Zoom at 12.00 noon every Tuesday.</p>	Jim McDonnell Brian Moore
Groups, venues and meeting times	Convenors
Brunch	Elizabeth Baillie

Sadly our fortnightly meetings are no more! We are all missing the friendship, chatting and consuming of good food! We will be keeping an eye on developments in the catering industry. We are quite happy to meet and eat 'en plein air' wearing sturdy underwear!	Kate Irvine
Canasta	Shiona Kennedy
Classical Music Appreciation The Classical Music Appreciation Group continues to function with the circulation of biographies of leading composers and musical listening suggestions along with key listening points.	Keith Thompson
Concert and Theatre No events are planned in light of Covid-19.	Maureen Pimley Richard Oldfield
Craft Group We await things calming down before the group reconvenes. Meanwhile, the members have enjoyed a coffee morning and meeting to consider options.	Jill Quinn
Creative Writing The group has suspended meetings for the present, but anyone wishing to join should contact Deirdre or Caroline for further information.	Deirdre Kenny Caroline Magowan
Cycling End of a strange year cycling the roads of Antrim and Down. Hopefully in a few months we will be able to open up the group to those who are happier on the cycle paths.	Jackie Mitchell
Exercises for Body and Brain Sessions are still postponed due to Covid. We will resume as soon as possible. Contact Convenor for further information.	Ursula Smith
Film Group The Group is unable to reopen at the moment. The Convenors will keep the situation under review. Stay safe and see you as soon as we possibly can. Every best wish, Betty and Kate	Betty McCarthy Kate Irvine
Fitness	Andrew Walmsley
French Conversation, Intermediate Group	Mina Kelly Miriam Dudley, mi
French Conversation, Advanced Group	Mina Kelly and Miriam Dudley
Garden Group As we await the GO signal to plan for 2021 we send all our patient members; 'Whatever you would wish for yourselves' this festive season. Keep safe, Rosemary and Roberta.	Roberta Ludlow Rosemary Thomas
Genealogy	Kate Irvine
Glee Club The Convenor regrets that the group is unable to reopen as yet.	Wilma Chrusciak
Golf We hope to meet in February to plan our outings for 2021.	Adrian Ross

Groups, venues and meeting times	Convenors
Irish, Intermediate	Sheila Leggett
Jazz	Caroline Brown Mark Hewitt Email: jazzbtu3a@gmail.com
Let's Go Hello Everyone in "Let's Go" group and Happy New Year to everyone 2021 has arrived - thank goodness - so - new calendar, longer days and daffodils appearing soon. Our plans for "Let's Go" are very much on hold and outings will have to wait. In the meantime we will start to collect group member details for Beacon communication. All Best Wishes from Elizabeth, Kate and Lucy.	Kate Irvine Elizabeth McKeown Lucy McGovern
Literature 1 Despite Covid-19 restrictions the Literature group has continued to meet every Wednesday morning on Zoom. One member leads the group on a chosen book that most of us have read and we discuss various aspects of the work and content, with discussions becoming more lively as members have gained confidence in using this Internet facility. Books have varied from the mostly humorous Antoine Laurain's <i>The President's Hat</i> to extracts from the <i>Iliad</i> (in translation) following our study of Pat Barker's <i>The Silence of the Girls</i> , a re-creation of the <i>Iliad</i> story from the point of view of the enslaved Trojan women. In our last session we were greatly privileged to hear some lines of the <i>Iliad</i> read to us in Ancient Greek by the husband of one of our members. We reconvene on Wednesday 13 th January 2021.	June Martin Nuala Zahran
Literature 2 Still in session, although we are currently meeting only in Zoom. We meet every three or four weeks to discuss classic and modern fiction which we choose in our turn. We would dearly love to have new members to join us. Our next planned meeting is on January 25 th , discussing <i>Go Tell it on the Mountain</i> by James Baldwin.	Michael McIlroy
Military History The group continues to meet on the first and third Mondays of the month, between 10.30 -12.00, at Belvoir. A small fee is collected from each attendee to cover room hire costs.	Gwyn Hughes
Photography	Adrian Ross
Pilates – Monday Pilates is continuing via video link. Deborah is sending a short 5-minute exercise every day. We have been undertaking a 24-day marathon. The classes are very appreciative for this input.	Irene Symington
Pilates – Wednesday Classes have been suspended pending the lifting of restrictions. Contact convenor for advice.	Muriel Patterson
Plato's Parlour	Rosie Dargan

Groups, venues and meeting times	Convenors
Play Reading	Meriel Grant Eleanor Rodham
Poetry Reading The Poetry Reading Group have decided to hold our fortnightly meetings on Zoom for the next number of months. We are keeping to our usual dates and times: 2 nd and 4 th Tuesdays, 2-3pm.	Kristin Neeson, Mavis Turner
Rambling with a Sketch Book	Judith Loder
Scrabble Group Happy New Year. Hopefully it won't be too long before it is safe to meet up again.	Hilary Davidson
Sunday Lunch	Rita Hamilton
Tai Chi	Patricia Graham
The Last Word	Pauline Nixon
Whist	Dympna Hayes
WWW – Weaving Words of Wonder We are sharing our writing and responding with feedback via email and Zoom.	Lena McCann, I
Yoga	Lorraine Walls,