

THE N.I. REGION OF THE U3A



SUMMER SCHOOL 2023: SPEAKER INFORMATION

Guest Speaker: Eddie Lynch

Commissioner for Older People for Northern Ireland

Eddie Lynch is the Commissioner for Older People for Northern Ireland and started his appointment in June 2016. He was re-appointed for a second, four year term in June 2020. Prior to his appointment, Eddie was the Chief Executive Officer of Age Sector Platform. In this role, he was responsible for managing the organisation's staff and supporting the organisation's board, committees and wider membership in its policy development and campaigns work. Eddie joined Age Sector Platform in February 2008 having previously worked at the Consumer Council for five years, where he was Head of Consumer Affairs. Previous to that, Eddie worked as an e-Business Consultant and as an I.T. trainer for a number of years.

Canoeing: John Cunningham East Antrim u3a

John runs the Canoeing Group for EAu3a and ran the canoeing option at the 2019 Summer School. He is a qualified BCU/CANI coach. If you intend taking up the canoeing option at the Summer School wear something that you don't mind getting wet and bring a change of clothing in case you do.

There is an additional charge of £8 for this activity and a maximum of 8 people per session. There are two sessions each day, one in the morning and one in the afternoon.

Estate and Probate Services: Andrew Gordon

Andrew will cover a number of topics of interest to u3a members such as

- How to protect your assets from inheritance Tax and why it is essential that your will was written after 2017 or has been updated post 2017
- Enduring power of Attorney
 - What is it?
 - Why is it important
 - Why everyone should have one
- Nursing Home Fees – how to protect your home and investments for your family

British Heart Foundation (NI) and the RevivR app.

Everyone is aware of CPR and how it can save a person's life but how many of us know how to perform CPR properly. The British Heart Foundation has developed a 'phone app that will take you through the process and train you in its use. This is a fun interactive "training" session and is especially appropriate for people in the u3a demographic range.

Bryan Johnston Belfast u3a : Alan Turing - Variations on an Enigma

Most people are aware of Alan Turing's work in cracking the Enigma Code, but his contribution to civilisation is much more than this. The following statements more accurately describe his stature "Alan Turing changed the world" and "The ideas of Alan Turing will always be with us as are the ideas of Newton and Galileo"

Join Bryan to learn more about this fascinating man.

Arthur Webb Belfast u3a

Maximum 25 people

No previous experience of drama is required to participate in this 90 minute inter-active, creative and enjoyable workshop.

Participants will engage in a range of drama strategies and activities which will include working in pairs, groups and as individuals, to explore improvisation and simple text.

Build your confidence, find your voice and enjoy this fun-centric class.

Robin Masefield Holywood u3a

Robin Masefield is a local historian whose latest book tells the fascinating story of the Irishmen who served as administrators and diplomats in China and Japan in the 19th century. Many came from Ulster. This talk draws on first-hand accounts and focuses on the remarkable women who accompanied them and experienced challenges both new and familiar.

Wine Tasting with David Blair Belfast u3a

The session where detention is a bonus!

In this 90minute period, David will present a range of styles of wine from all over the world. Each will have an interesting aspect relating to its production method or taste components. You will be tasting sparkling wine; red; white and rosé with a little background information about each one. He'll guide you through the process of evaluating a wine to get the most that it has to offer.

There is an Additional charge of £12 for this activity

NI Screen Archive: Lisa Duggan

Many u3a members are familiar with the rich film library of local events and local personalities held in the archive.

Lisa's presentation is called "Days Gone By: Northern Ireland in Film"

It is an exploration of the people and places of Northern Ireland through the film archives.

Northern Ireland's Digital Film Archive offers insight into how we lived, worked and played.

This collection of films spans 120 years of life here. Hear the stories of the people of this place in their own words.

Learn more about the archive and how it can be used by u3as.

Denis Morrison Ballymena u3a: The Panama Canal – A Turbulent History:

Why did the building of the 50-mile Panama Canal take 33 years to complete?

There were immense technical challenges around the project, but the long timescale was as much to do with international wheeling and dealing and the personalities involved. This illustrated talk describes the historical background, the French construction attempt and the

eventual US completion in 1914. Some connections closer to home are explored, as well as the impact on the modern world of the of the challenges faced and overcome.

Professor Mark Bailey

Mark, Emeritus Director of Armagh Observatory gives an enjoyable (and not too technical) talk on the scale of the solar system. The talk ("Using Kinesthetic Learning to Bring Heaven Down to Earth in a Practical Way") will include practical interactive demonstrations using a tape measure, clothes pegs and plastic discs to illustrate the scale of the solar system and create an indoor Human Orrery (a model solar system in which the humans play the role of the planets). His talk is a wonderful example of the u3a motto Learn Laugh Live!

Mark was born in England and educated at Cambridge (BA, 1974), Sussex (MSc, 1975) and Edinburgh (PhD, 1978). His research has touched on many areas of astronomy, but his main work has been on the origin and dynamical evolution of comets and other small bodies of the solar system. With others he added the Human Orrery to the Armagh Observatory grounds. This playful model of the solar system helps to overcome the geocentric illusion and gives visitors a unique insight into planetary motion.

Creative Writing Workshop with Deirdre Cartmill: Maximum 15

Deirdre Cartmill is an award-winning N. Irish poet, writer, screenwriter and playwright. She's published two poetry collections, and her third collection *The Wind Stills to Listen* will be published in June. She's written for TV, stage and radio.

She has over 20years experience as a creative writing facilitator and mentor. She holds an MA with Distinction in Creative Writing from Queen's University. She is a part-time Lecturer in Creative Writing for Ulster University. She's currently Heritage Writer-in-Residence for Belfast Cathedral.

Mary Cromey North Down and Ards u3a : Nature Walk at the Loughshore Park, Lough Neagh

Would you like to find out a little more about the largest freshwater lake in the UK and Ireland - Lough Neagh? Then come and join Mary for a short Nature Walk at the Loughshore Car Park, about 2.5 miles from Greenmount College.

Lough Neagh has been designated a Special Protection Area for Birds, and there are Areas of Special Scientific Interest around the lough. You will discover some interesting facts about the Lough – its formation, its history, what's in it (especially the eels) and around it, and will enjoy some spectacular views and wildlife.

There's a small exhibition centre for you to look around in case you miss anything out. Keep an eye out for kingfishers and otters, and any interesting plants and wildflowers along the Sixmilewater.

There is a coffee shop at the complex and a well laid out level path for walking.

Tom Beggs

Tom will give a presentation on Northern Ireland workhouses, an interesting period in our social history.

Ian Mathieson AYR u3a

We're delighted to welcome a Scottish delegate to the school. Ian will speak on "Storm from a Tea Party: Origins of the American Revolution"

Yvonne Dumas - Convenor of the Holywood u3a Tai Chi group A Tai Chi Qi Gong Session

Yvonne is a retired occupational therapist who learned this form in the 70's from a "Tai Chi Master" in the U.S.A. and has taught Tai Chi Qi Gong, Shibashi Form to university business students, American International Women's clubs, and local community groups in Switzerland, to senior citizens clubs and church groups in the U.S.A. Yvonne has been teaching to u3a groups since 2019.

Shibashi Qigong is an ancient Chinese system of physical exercises and breathing techniques, and is one of the five traditional Tai Chi styles. This class will last approximately 90 minutes and will include a period of meditation followed by warm up exercises and then a period of standing Qigong. It is simple and easy to learn and requires no previous experience or special equipment or clothing but participation is required!

NI War Memorial Museum: Michael Fryer

The NI War Memorial Museum in Belfast's Talbot Street is an engaging and welcoming museum that provides a window on Northern Ireland's key role in the Second World war and the impact of the war on its people. From the Belfast Blitz to the American presence, the Ulster Home Guard and the role of women and industries. Michael Fryer's presentation will paint a picture of what life was like during the war years and maybe trigger some memories for u3a members

Omagh u3a Drama Group

The Drama group of Omagh u3a will perform a staged reading of a short light hearted play "The Winner Takes All" written by a member of the group

Greenmount Walled Garden and Farm visits

Both these visits will be led by a member of the Greenmount staff and provide a fascinating insight into the work of the College

Floristry Workshop

There is an additional charge of £10 for this workshop

This sustainable workshop focusing on local flora is led by Greenmount staff and you will be able to take home your own flower display

Jazz Night : Ivan Black and Caroline Brown(Belfast u3a) will be the entertainment at this years u3a Summer School.

Ivan is an accomplished Swing, Jazz, Blues, Showband & Classical Musician, with an extensive background in entertainment.

Caroline Brown of Belfast u3a is a well-established Musical Theatre performer and professional Swing Jazz singer. Caroline will lead an evening of Swing, Jazz and popular favourites after the Conference Dinner.