

# *Hollywood at Home: Our Hollywood District U3A Magazine,*

## **Issue 1 of 25 March 2020**



### **Welcome by our Chair, Liz Wallace**

Welcome!

I hope you will enjoy this first edition of *Hollywood at Home* Magazine.

The postponement of our Monthly General Meetings & Groups, combined with so many other restrictions, have brought a huge change to all our lives in recent weeks. The committee will review the situation with Public Health Advice in conjunction with National Office on a monthly basis and keep in touch with our members via our website. We feel that it is important that members feel supported at home, and we want to carry on learning, laughing and living with a positive attitude.

A huge 'thank you' to Robin and Rosemary and to all who have worked on and contributed to this magazine. If you have any ideas, either about future content of our magazine or for further developing our U3A, do please get in touch. Take care and keep healthy...

### **Introduction**

This is the first edition of a wee magazine designed to keep members of the Hollywood District U3A in touch, during the Coronavirus or Covid-19 pandemic. It will be available at the U3A website, [www.hollywoodu3a.org](http://www.hollywoodu3a.org) and as an email attachment circulated by some Group convenors.

We have christened it *Hollywood at Home*, as a working title.

Remember, self-isolation should not mean social isolation. Our membership may be amongst the more at risk categories, but equally our lifetime's experience, and our shared enjoyments through the Hollywood U3A provide us with great resilience.

Robin Masefield has taken on putting together this initial edition, with help from his wife Rosemary. Please send any comments and suggestions for future contributions to him at [rmasefield@hotmail.com](mailto:rmasefield@hotmail.com) or on 07966 589091.

We currently do not intend to include here either official, (or indeed unofficial), advice about responding to Covid-19, given the plethora of other sources. But again, if you think that would be useful, please let us know.

But, we are very keen to include **practical information** that will be of use or help to our members, with a particular focus on the facilities in Hollywood. So, on page 3, we have set

out a list of the Hollywood shops which we know have already undertaken to provide deliveries. It is likely that more will be added to the list in the coming weeks.

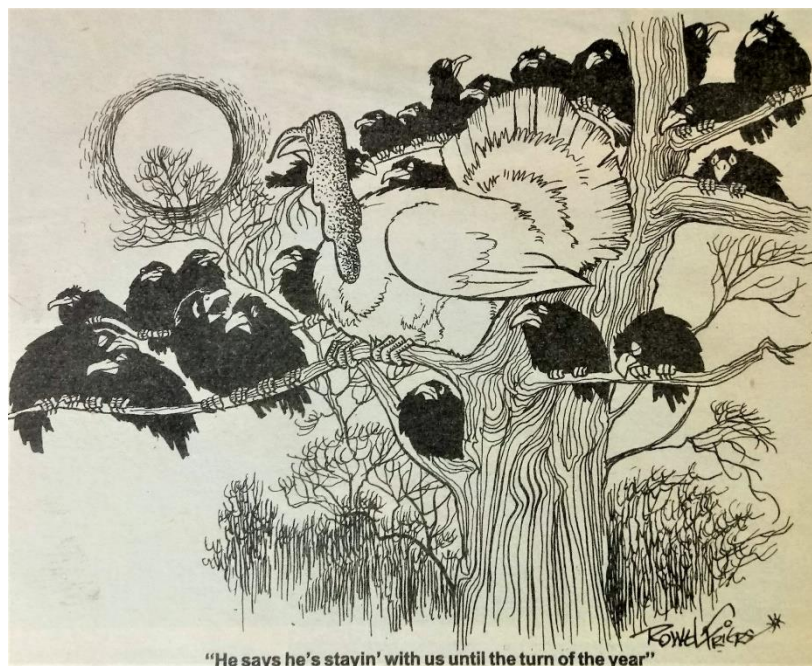
And although church services are now impossible, we know that the many churches and faith groups in Hollywood are each providing care and support for many in our community.

During this period of physical separation, many of us are unable to visit and spend time with our loved ones. Fortunately we live in an age where technology can bring us closer together.

Many of you may already be familiar with tools such as Skype and FaceTime. We have successfully used two new video-conferencing and tele-conferencing tools which can easily be downloaded from the Internet onto one's computer or mobile telephone - Zoom and WebEx. Both have basic, **free** modules which allow a good number of participants to click in via the computer or to ring in on the telephone. Your family can help guide you.

### **Cartoon by Rowel Friers**

Jeremy Friers, Rowel's son, has kindly agreed that we may include one of his father's cartoons in these magazines. Some relate locally to Hollywood, while others were contemporary commentaries on the difficult political and social times we have already lived through.



This one is for all those travellers who ended up in the wrong place when flights stopped!

And if you would like to listen to Rowel Junior's superb piano playing, at a concert in Livorno, here is a link: <https://youtu.be/BEvPEiErmSI>.

### **Delivery services available from local shops and businesses**

Limited shops and other facilities are still open. Some are offering a takeaway service, while some suggest customers order in advance and collect. The position is ever-changing but the list below of those providing a delivery service for Hollywood residents was accurate on the afternoon of 23 March (when I checked!) (If anyone would like to compile a similar list for the benefit of our members in East Belfast/Dundonald, it can be included in the next edition.)

Please note there is inevitably extra demand for deliveries, and you may have difficulty getting through, or some delay.

Butchers etc. – Corries Farmshop (meat and deli, some meals) on 02891 812297, and Orrs (butchers and veg) on 9042 2288;

Restaurants – Alexanders on 9042 3891; will deliver hot meals up to 5 miles ready to eat and some frozen/to be cooked; open noon to 10pm;

Bakery – Knotts of Newtownards (not the Hollywood branch) on 9131 0330; will deliver to Hollywood, menu online; may not take cash payments;

McKees – wide range of farm produce, on 9182 1304. Website is [www.mckeesproduce.com](http://www.mckeesproduce.com)

We are all very grateful to our three splendid pharmacies in Hollywood – Boots, Burns and Sweeneys – whose staff are working extremely hard, responding to the additional pressures.

Several of the Hollywood churches are also making special arrangements during this period; a limited local food bank is being run through Hollywood Baptist Church. Donations of food and articles in demand (not just toilet rolls!) are likely to be much appreciated.

### **A Gardening Suggestion - have you a friend who can dig for victory?**

We are just entering the right time of year for sowing and planting vegetables and flowers. Those of us who have gardens will no doubt be spending more time in them. Wherever you can, please maximise what you are growing this year. Without being alarmist, every additional vegetable that we can grow, means that less has to be supplied to the shops (often brought in from overseas), and is likely to mean fewer empty shelves in those sections of our supermarkets in the coming months.

But, please think if you can do more. Perhaps you can pot up surplus seeds or plants and make them available for others' benefit. There may be imaginative ways you can do this without contravening the Government's injunctions of 23 March on staying at home and getting out for just one walk per day.

### **Local History**

We start our local history section this edition with this short poem by Con Auld:

*'There's a little town called Hollywood in the north of County Down,  
A place of charm and great antiquity;  
It lies sequestered by the shore of lovely Belfast Lough  
And the hills of Antrim you can plainly see.*

*Then high above the town the **Holy Wood** looks down  
On scenes of quiet beauty and repose;  
And the sun sinks in the west behind those Antrim Hills  
With a glory 'ere the evening shadows close.'*

Eric Woods had been going to give the History Group a talk on 1 April about 'Sir Samuel C Davidson and his amazing Sirocco Works'. We very much hope this will go ahead later this year, but in the meantime here is a taster.



Eric is writing a book telling the story of the life and work of one of the greatest inventors Belfast ever produced. Having travelled to India as a 17-year old in 1863 to grow tea, Davidson proceeded to industrialise every aspect of tea production, except for actually picking the ‘two leaves and a bud’. He then came home, started a factory, and proceeded to become the world leader, not just in the manufacture of tea processing equipment, but of all manner of fans, and heating, ventilation and air-conditioning equipment, which found their way into mines, power stations, ships (including the Titanic and its sister ships), the London underground railway and hospitals, (including one in the RVH which is still working 120 years later), and much more. Someone once described the hot air blowing through one of his fans as being, ‘like the hot Sirocco wind that blows out of the

Sahara desert’, giving Sir Samuel the ideal name for his factory and its products. Eric will use a wide range of photographic and published and unpublished material to describe and explain the growth and then the changes that took place as the company adjusted to global demand and needs. The latter included takeovers first by Abercom, a South African company, and then Howden, its Scottish competitor, with the result that today, even though there is no evidence left of Davidson and Co in Belfast, the successors to the original products are still being successfully marketed around the world.

Sir Samuel Davidson KBE, died in 1921, so the upcoming centenary of his death provides a good opportunity to revisit his phenomenal life. It is also likely that there will be renewed interest in the subject, given that the plans for development of the Works site there have finally been given the ‘go-ahead’. And only a couple of weeks ago a “blue plaque” honouring Sir Samuel was unveiled at a prominent site in Rosemary Street Belfast.

### **What is Mindfulness Meditation? (by Fiona Montgomery)**

Did you ever arrive somewhere in your car, or on foot and find yourself unable to remember any details of the journey? Lost in thought, not noticing any sights or sounds, possibly projecting yourself into the future with planning or going back to the past and remembering.

We may spend much of our lives on automatic pilot being pulled by the activity of our minds without realising it. On automatic pilot we are more likely to have “our buttons pressed”. You may be noticing this a lot now in yourself and the people around you with all the worry and uncertainty currently present.



When practicing mindfulness meditation, we practice sitting still and quietly noticing where our attention is, then deliberately and repeatedly changing the focus of our attention. We bring our attention back from thoughts to an “anchor” that is present right now for example, the breath moving in and out of our bodies, the sensations within our bodies as we move, or sounds we can hear coming and going. We practice this formally as meditation. The ability to refocus our

attention then seeps into our everyday life, giving us the choice to come back from thinking when we notice it preventing us from experiencing what is actually happening right now – a lovely cup of tea, a friendly smile, a warm conversation etc.

If you are interested in finding out more please email me on [fjmontgomery@btinternet.com](mailto:fjmontgomery@btinternet.com). A good book to start with is “*Mindfulness – A practical guide to finding peace in a frantic World*” by Mark Williams and Danny Penman. Here is a link for how mindfulness meditation can shape your brain. <https://www.youtube.com/watch?v=aNCB1MZDgQA>. There is a free app called insight timer which has lots of guided meditations if that is something you would like to investigate.

### **This Edition’s Quiz**

Many thanks to Norma Cooper who has contributed what she tells us is the ‘ditloid’ below:

12 S of the Z (as in 12 signs of the Zodiac, I hope!)  
10 F in a H H  
52 C in a P [ex J]  
90D in a RA  
1H on a U  
7W of the W  
13S on the AF  
32DF at which WF  
66B of the B  
3 BM [SHTR]  
6B to an O in C  
5L from A are V  
3600 S in an H  
13 UFS  
15P in a RT

The answers will appear in a future edition.

### **The Value of a Smile**

Many thanks to Joy Montgomery who contributed this lovely poem which she came across at the Ards Friary near Creeslough in County Donegal.

*‘It costs nothing but creates much,  
It enriches those who receive without  
impoverishing those who give.  
None are so well off that they can get along without it,  
and none so poor but are richer for its benefits.  
It creates happiness and the home, fosters goodwill  
in business, and is the countersign of friends.  
It is rest to the weary, daylight to the discouraged,  
sunshine to the sad, and nature’s best remedy for trouble.*

*Yet it cannot be bought, begged, borrowed,  
or stolen, for it is something that is no earthly good to anybody  
until it is given away.*

*To smile then is to look at others with the eyes of Christ.*

*To know how to love them and smile at them,  
through our tears if need be,  
is to breathe in advance the atmosphere of heaven.*

### **Living History in Unprecedented Times**

In our family, Rosemary had already organised the Masfields into recording our experiences of self-isolation in an online family journal, as something to look back on in the years to come. I expect that some of you may well be doing the same yourselves.

Nationally the U3A, through the medium of its newsletter, to which any members can subscribe, is now suggesting that U3A members help craft a shared learning project on similar lines. Members may wish to write something each day for example, or once a week or simply when something of note happens. If you want take part in that, you can contact the central organisers at [diary@u3a.org.uk](mailto:diary@u3a.org.uk)

The national newsletter does have some further ideas for contacts and resources. It can be accessed at [www.u3a.org.uk](http://www.u3a.org.uk)

### **And - some humour - in Conclusion:**

*Question:* What do you call a Welsh singer who never gets lost?

*Answer:* Tom Tom Jones.

Here is a belated bouquet for those who missed out on Mothering Sunday!

