

The PAL Gazette

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Edition No. 40 : August 2023



August Already

by Anne Coulter

It is August already. We have done with July.

We are having April showers and wonder why.

On the continent is a heat wave which won't go away,

While our farmers must cope with loads of wet hay.

This time last year was the covid scare, There were people wearing masks everywhere.

However we can cope, we know what to do.

There is a cure and it's nothing new.

We sit ourselves down with a nice mug of tea,

And no longer feel we are "all at sea".

Can You Read This Paper Clearly?

If you need a magnifying glass phone or text Eamon on 07710 993 036.

We will send you one through the post for FREE.



CELEBRATING YOUR CREATIVE WRITING

Every month we receive stories, poems, pieces of writing and thoughts from readers. This month The PAL Gazette celebrates your creativity through publishing a selection of terrific work we have received. If you dabble in writing we encourage you to send it in; we love to read it.

If you would like to join in with a writing group, get in touch. Engage with Age supports a few groups of creative writers and everyone is welcome to join.

For now, we hope you enjoy these!

Ode to the Fountain

by Olivia Higgins

Lazy, hazy summer days

When all the children go out to play.

Two up, two down, there's not much room,

Here's your lunch and away you run.

Skates at the ready, competitors skating

Around to Dunville Street

Where courage knows no bounds.

Ready, steady, and with one great woosh

They charge to see who comes first.

Gathered together where shall we go?

To the swings or the Witch's Hat?

Too hot for that.

Skates off! Who cares who won?

Our dip in the ocean has just begun.

Water tumbling down at speed

Our clothes are soaked, we take no heed.

Far away in the land of Rome

The Trevi Fountain stands alone.

But our little Fountain in Dunville Park

Is our special haven, our home from home.



Changing Batteries

by Godfrey Brok Gadd

When a flashlight grows dim or stops working, you don't throw it away, you change the batteries.

When a person messes up and finds themselves in a dark place, do you cast them aside?

Of course not, you help them change their batteries!!!

Some need AA... Attention and Affection;

Some need AAA... Attention, Affection and Acceptance;

Some need C... Compassion;

Some need D... Direction.

And if they still don't seem to shine...

Simply sit with them quietly and share your light.

Getting On

by Diane Weiner from the Words Alive group

Questions to my older Self.

I've always been a catastrophe, Can old age make things worse?

Is there any way I can stop tumbling over myself?

There have been consequences.

Why have I developed such a sweet tooth?

Why do I blush when I get a compliment? Surely that's for teenagers!

Why do I cry so often?

Does sentimentality increase with old age?

Why have my feet and my ears got so big? Thankfully the length of my nose reached its peak a long time ago.

Why do I still want to do the naughty things in life?

Don't know, but I'm glad I do.

As an old friend once said, *Old age is not for Sissies!*

Quick-fire Phone Competition!

The 3rd person to call Lois on 07595 261253 will receive a £10 Tesco voucher.

Calls will be taken 10am-6pm, Monday-Friday.

Competition closes 17th August 2023.

Winner announced in next edition.

Winner of the July Edition (Edition 39) was Jane Margaret Reid.



PAL Gazette News

GET INVOLVED! Would you like to join the team that helps put the Gazette together? You can help by writing articles, collecting recipes, searching for competitions, even helping with the mail out.

Call Lois on 07595 261253 if you would like to join the PAL Gazette team.

In the meantime, keep sending in your stories! We love your recipes, special stories, and poems.

Call Lois on 07595 261253. Or if you use email, send them to info@engagewithage.org.uk



HERE TO HELP

To reach the Engage with Age team see numbers below.

We are always happy to receive your phone calls so our mobile numbers are:

- John McCandless 07729 526576**
- Eileen McQuillan 07423 702721**
- David Jamison 07436 174793**

Eamon Quinn 07710 993036
Anna Albrzykowska 07425 627531

Our telephones are available during office hours and weekdays.

If you phone and we can't answer, please leave a message and we will return your call.

Send your letters to:

The PAL Gazette, Engage with Age, East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4FP.

Or you can email: info@engagewithage.org.uk



Anne's Crafty Corner Marbled Mugs

Learn how to make these lovely, marbled mugs with nail polish. It's easy and you can have gorgeous gifts in minutes. These nail polish mugs cost LESS than a one pound each if you use old mugs and nail polish that you have in the house!

What you need:

- Mugs
- Nail Polish (stay away from quick dry!)
- Toothpicks
- Waterproof container (this will get ruined so make sure it's old or disposable).

To make:

- **Step One:** Fill your container halfway with hot water. The hotter the better! Once the nail polish touches the water it is going to want to set and heat will slow the process.
- **Step Two:** With the nail polish bottle very close to the surface of the water, pour a drop or two of polish into the water. Keeping the bottle close to the water's surface with help the polish stay on top of the water so it doesn't sink. If you hold the bottle higher the drops will come down with more speed and sink. It's science, or something!
- **Step Three:** Quickly use your toothpick to swirl the polish around in the water.
- **Step Four:** Dip your mug in the water! The process is soooo fast once the polish touches the water so you'll want to move quickly.
- **Step Five:** Place your DIY mug on a paper towel to dry, top down.
- **Step Six (optional):** Use nail polish remover to take the excess polish off the bottom of the mug. Let dry overnight before using.

This is your completed mug – why not make a matching set.

Please note: These are not dishwasher safe, but are handwash safe, and still look beautiful. Each one is a unique gift!



The Questionnaire

Name: Terry Busteed

Position: Secretary, the CRAG Group (Cregagh Retired Active Gentlemen), Vice Chair Likely Lads and Crafty Ladies, Secretary Cregagh Wandsworth Ormeau British Legion Branch.

How do you enjoy spending your free time?

I do quite a lot of volunteering, so my spare time is spent helping run the groups I'm connected to. As Secretary of a number of groups my main task is to make sure everyone knows about up and coming activities. I spend lots of time on email and also sending information by text message. If you are organised with your communications then that's half the battle to running enjoyable activities. My wife and I also attend the Decorum Group in Bangor which supports former service men and women. They have a wide range of activities such as social events, storytelling groups and more. I really enjoy spending time with my wife, Caroline. She's great at making sure I stay on top of things.

Why are these activities important to you?

They are important to me because I get a good feeling when the events go well. If the activities are well organised then everyone has a bit of crack and enjoys themselves and

that's very important to me, I get a kick out of it. The CRAG Group recently went to Newcastle on a bus run and everyone had a great time. That's what life is all about.

What is the best thing about living here?

I'm a Belfast boy through and through. I've lived in east Belfast all my life and I love the communities we have here. Also, I'm really close to town and if I want to get into town it's not that far away. We're well catered for with lovely places to visit over here.

Other Pastimes?

I love travelling about Northern Ireland. I have the seniors Travel Pass and it means I can go to Dublin, Londonderry, Enniskillen and further afield for no cost. I've even travelled to Rathlin Island on my Travel Pass. The Travel Pass is so important for us. It helps those on limited budgets get about and that is really good for our mental health. When we're doing a trip for the CRAG Group, if we all have our Travel Passes we can just hop on to the bus and it costs us next to nothing.

Favourite Food?

Steak and chips are hard to go past!

Favourite Film/ TV Show

I love "Braveheart" (the story of William Wallis), "Robert The Bruce", and "The Kingdom of Heaven" with Liam Neeson and Orlando Bloom. Great films.



Tell us something about you that not many people know:

I used to play Wargames and had about 500 metal figures based on the Marquis of Montrose who was a Scottish man who came to the fore in the English Civil War. The figures are all about an inch tall and are painted up dressed in the garb of the day. Seeing all 500 in formation is an impressive sight.

What advice would you give to younger people?

Enjoy travel and get a bit of adventure. Whenever I was in my early 20s I was a bit lost, and I worked alongside a chap who was in clerical work and was in the TA, so in 1977 I joined up. I had a great time in the TA and it helped provide me with direction and also fun.

The CRAG Group and the Likely Lads and Crafty Ladies are welcoming new members. If you are interested in joining or finding out more, please contact Terry Busteed on 07747 443176.

Old Age - No Age: Why 60 is the new 40.

A survey has shown that today's seniors say they feel younger than ever – thanks to their hobbies such as puzzle-solving, computer games and ummmmm... kitesurfing?

The survey, of 500 people over the age of 60, finds that most feel at least 15 years younger than their actual age. In short, older people are feeling younger for longer and longer, surely that must be reason to celebrate. The research provided by Treasure Trails finds that 46% of people surveyed feel fitter than their parents did at the same age. In fact, 22% of people claim to feel 20 years younger than they actually are. So, grab your dancing shoes as 60 is definitely the new 40 and old age is now fended off until 76.

Here's the science bit ... the average life expectancy was 77 in 2000 and in 2023 it is now 82. For the mathematicians in you, I know that

isn't 20 years. But the message is about how old you feel, not how old you are or how long you're going to live,

So why are people feeling like this? Here's some handy hints for you:

- 35% of people claimed that activities such as puzzles helped them feel younger. Not the jigsaw type, although these are still cool, no, look up code-breaking or mystery-solving games.
- 20% mentioned playing with their grandchildren helped and get your trainers out, because for half of those, playing means playing sport.
- 11% enjoy gaming, no not crown green bowls, we mean computer gaming on consoles, phones and tablets.
- ...and if you're really brave 1% of people claimed to be adrenaline junkies and do things like mountain biking, skydiving and kitesurfing.

Before you grab your mountain bike or PlayStation controller, just remember – do what's good for you and what you can manage and enjoy. Having fun is the key part of this concept.

Stuck for ideas – why not look at the Engage with Age Facebook page, weekly activities planner. There are many free activities listed that you could try such as a work out for your brain with Cryptic Corner or relaxation for your body and mind with a bit of Tai Chi.



WHAT'S ON

ONLINE EVENTS

WALKS

There will be walks in South and East Belfast. If you are interested in taking part contact David Jamison for more details via phone on **07436 174793** or via email on palproject@engagewithage.org.uk

KIT GROUP

Every Thursday 2pm - The Keeping In Touch Group (KIT Group)
Dee Street Community Centre, 12-16 Dee Street, Belfast BT4 1FT.

T'AI CHI

Every Friday 11am at Dee Street Centre, 12-16 Dee Street, Belfast BT4 1FT.

DANCE GROUP

Every Friday at 2pm. Contact David for details on this fun dance group.

DEMENTIA FRIENDLY COFFEE MORNING

11am on 7th and 21st August, Café Refresh, Skainos Centre. For people living with dementia and their carers. Please contact David for details.

In all instances, please call/ email David to let us know you're coming. Call David on 07436 174793 or email palproject@engagewithage.org.uk

South Belfast Lifestyle Forum

Next meeting is the AGM, 10.45am on 12th September.

Chocolate Bingo

7.30pm Wednesday 9th and Thursday 24th August 2023.
For zoom link email eamon.quinn@engagewithage.org.uk

The Pub Quiz Without a Pub

Via Zoom, 7.00pm Wednesday 16th August 2023.
For zoom link email eamon.quinn@engagewithage.org.uk

Free IT Assistance

If you are over the age of 60, live in Belfast, and have a computer, laptop, tablet or smart phone, you are eligible.

The training is provided by Ignite IT and can help you with your email, getting online, online safety etc.

To avail of this, **call Eamon on 07710 993036.**

YOUR WRITE!

The PAL Gazette is surrounded by people writing stories, poems and recollections. Engage with Age supports a number of creative writing initiatives, one of which is the Words Alive group.

Words Alive meets most weeks and its members share their writing. Every month, members of the group also visit supported housing and nursing home facilities and undertake readings for their residents. The group has published two volumes of writing and produced an exhibition of reminiscences. If you are interested in joining up with a writing group, **please contact Engage with Age on 028 9073 5696 or email info@engagewithage.org.uk**

And here is a selection of work, some of which is from the Words Alive group.

A Different Era

by Sue McCrory

It was a Wednesday in the middle of winter. I was lying on the delivery table in the Jubilee Hospital. The time was 9am and I had just given birth to a baby boy, my son. The midwife took the baby to get him cleaned up and then I held him for the first time – the most wonderful feeling in the world! I felt so relieved after all the hard work. All was well.

I asked the staff, "Do any of you smoke?" One nurse nodded and I asked her for a cigarette and a light.

Still on the delivery table, I smoked the whole cigarette. I felt great. I stubbed the tip out and skipped off the table to go for a shower.

Can you imagine that happening today?



Anyone for Tennis?

by Anne Coulter

Here sit I alone and blue,
Thinking of things I'm unable to do.
I don't have a car. I'm not near shops.
My road is totally lacking bus stops.
I have a strong urge to go back to bed,
But all these glum thoughts will remain in my head.
I turn on TV and what do I see?
It's tennis from Wimbledon. That pleases me.
I hope no one calls. I'm alone but not blue.
Bring on Novak Djokovic. I'm ready for you!

Have Your Say with the Greater Belfast Seniors Forum

The Cost of Living



It's very hard to keep track of the cost of living these days. Government and workers across the land appear at odds over pay agreements, interest rates are going up though may also be going down, and inflation appears to be slowing down after a period of great increase, though how long that lasts is anyone's guess.

One matter that is unavoidable is that many aspects of our day to day life are getting more expensive. Food prices are up by 7% on average over the last year, with some items becoming increasingly costly.

We have been reasonably lucky with the summer weather, with high temperatures and generally no need to put home heating on. But now is the time to be thinking about how we will cope when temperatures drop, and thermostats click back on as we make our way into the colder months.

One very productive thing that readers can do to cope with increased heating bills is to contact the National Energy Action charity (NEA). NEA helps members of the public spend their money better, ensure their homes are warmer, and also has services to help if anyone is having difficulty paying fuel bills. Now is the time to act so that we are ready when the colder weather begins.

Visit the NEA website on <https://www.nea.org.uk/get-help/> or call their office on **028 9023 9909**.

60+ SMARTPASS REVIEW

The closing date is approaching for the Department of Infrastructure 60+ SmartPass review. This is a hugely important consultation that may change access to free public transport in Northern Ireland for eligible people aged 60-64.

There is an online survey. The link is here: <https://consultations2.nidirect.gov.uk/dfi-1/consultation-on-free-and-discounted-fares-on-publi/>

You can email: niconcessioneryfaresconsultation@infrastructure-ni.gov.uk

Telephone: **028 9054 2977**

If you would like a copy of the link to the consultation emailed to you, email info@engagewithage.org.uk

If you would like a paper copy of the survey posted to you, please call Engage with Age on **028 9073 5696**.

The deadline to contribute is 24th August 2023.

HEALTHY DIETS



Do you get enough fruits and veggies?



Eat at least 400 grams of vegetables and fruits per day for better health

WORD SEARCH

C	D	D	E	R	B	W	Q	D	E	S	D	S	N
C	A	R	R	O	T	S	S	U	G	C	L	K	A
Q	D	F	B	R	T	H	K	L	A	B	O	A	I
A	D	V	K	O	P	P	W	X	M	D	S	P	L
S	W	Q	A	M	M	B	Z	X	E	F	Y	U	V
L	I	U	Y	T	T	C	N	Y	S	A	S	Z	A
F	G	H	J	J	Q	R	A	E	Z	E	T	Z	R
R	F	V	B	U	Q	J	J	K	S	D	W	L	N
G	T	R	R	C	W	L	I	S	E	L	A	E	I
M	A	R	B	L	E	D	N	Q	M	S	B	S	S
S	F	C	T	Y	U	H	G	B	Y	T	R	F	H
P	I	U	Y	S	I	X	T	Y	C	M	E	X	J
K	U	Y	F	V	X	S	R	F	Y	W	S	T	R
F	O	R	T	Y	H	E	R	M	U	G	Y	H	T

Enter our Word Search competition for a chance to win a £10 Tesco voucher.

Find the following 9 words hidden in the word square above:

- CARROT • CAKE • MARBLED • NAIL VARNISH • MUG
- GAMES • FORTY • PUZZLES • SIXTY

To enter, phone Lois Kennedy on **07595 261 253 on weekdays, 10am-6pm**. Please note due to the popularity of competitions all correct entries are placed in a draw and the winner chosen at random.

The winner will be announced in the next edition of The PAL Gazette.

Entries for this edition's quiz need to be in by 17th August 2023.

The winner of July's Edition (Edition 39) was Wilma Dempsey.

Are you Drinking Enough Water?

Aim for:

- 6-8 mugs or glasses per day or more if you are physically active or during warm weather.
- Pale straw colour urine

Our Dietitian says...

"Water is a great choice but other drinks like milk, tea and coffee count towards our fluid intake too."



HSC Health and Social Care

Public Health Dietitians Group

HSC Public Health Agency Project supported by the PHA

Night Blessing

Submitted by Audrey Lynas

May you take your time when you need to, and may you be fearless in making a decision to slow down when it is required. Remember that 'slow and steady wins the race' is not only a motto, it can also be a key that unlocks the freedom of being able to gain perspective.

OLD JOKES HOME!

Submitted by our Anonymous Phone Caller who loves a joke.



Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera. ARFARFARF!!!! You are killing me!!!

Tea Time Quiz

Answer each of these five questions correctly for your chance to win a £10 Tesco voucher.

1. Who invented the prism?
2. Which river flows through Glasgow?
3. Which is the only bascule bridge in London, whose road can be raised from either side to allow ships to pass through?
4. Which Animal on The Earth Is The Largest Living Animal On The Land?
5. Which Planet Is Closest To The Sun?

To enter, phone **Lois Kennedy on 07595 261253 on weekdays, 10am-6pm**. Please note due to the popularity of competitions all correct entries are placed in a draw and the winner chosen at random.

Entries for this edition's quiz need to be in by 17th August 2023. Winner of July's Edition (Edition 39) is Margaret McDougal.

For all the quiz lovers Pub Quiz without a Pub - 7pm, Wednesday 16th August 2023.

For zoom link email Eamon.quinn@engagewithage.org.uk

The answers to May's quiz were:

1. Elephant
2. Brazil
3. Jerusalem
4. Motor Racing
5. Wolf.

Recipe Strawberry Shortbread Frozen Yoghurt

by Kerry Hannah

1. In a bowl, mash the strawberries with a fork to make a puree.
2. Whip the double cream to a soft peak.
3. In a large bowl combine the condensed milk, Greek yoghurt, then fold in the whipped cream.
4. In a 2 litre plastic container with a lid, spoon in half the condensed milk mixture, spoon in half the strawberry puree and mix a little to create a ripple effect. Sprinkle over half the roughly crushed shortbread biscuits. Then spoon in the remaining condensed milk mixture, spoon over the remaining strawberry puree, stir a little, then cover with the remaining crushed shortbread biscuits.
5. Put on the lid of the container. Freeze for at least four hours, no churning required. Take out 20 minutes before serving. Garnish with a fresh strawberry. Can be frozen for up to one month. Serves six people. Eat in moderation!!!



actionfraud.police.uk/reportthephish

Received a suspicious text message?



Suspicious text messages should be forwarded to 7726. This enables your provider to investigate the origin of the text and take action, if found to be malicious.

ActionFraud Cyber Aware

Engage with Age thanks its supporters and funders:

HSC Public Health Agency

HSC Belfast Health and Social Care Trust



Belfast City Council

COMIC RELIEF

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