



## Front Page Poems 'May'

by Anne Coulter

On the first day of May what you must do

Is wash your face in the morning dew.

Folklore says you'll have blemish free skin,

The perfect way for the month to begin.

On the 6th of May the Coronation takes place

And we'll have new stamps with a manly face.

There will be bluebells blooming in shady places

And little lambs enjoying races.

We will contemplate sea with miles of sand

Or even mountains in a distant land.

We can enjoy summer as we like best.

I'll put up my feet and have a good rest.

# CORONATION MEMORIES

There have been lots of momentous events over the last couple of years and May this year sees another one: the coronation of King Charles III. This prompted us to ask for your memories of the coronation of Queen Elizabeth II in 1953. What a treasure trove of memories you have!

### Dancing at Pickie Park

Anne was a teenager in 1953 and remembers the excitement and the buzz. "My school, Bangor Collegiate, had been practicing dancing for the day of the coronation. I remember we wore round, gingham patterned dresses in blues, greens and yellows. The school was just up the hill from Pickie Park in Bangor, so on the coronation day we danced in Pickie Park for the public. It was an open-air party. Pickie Park is a natural amphitheatre, and the public sat on the grass slopes with picnics and watched the entertainment. It was a great day of fun and celebration."

### Singing for the Queen

Ivan was a member of the choir at St. Anne's Cathedral. In advance of the coronation, talent scouts visited choirs across England, Wales, Scotland and Northern Ireland to recruit choristers to sing in the choir at Westminster Abbey for the coronation. Three choristers from St. Anne's Cathedral Choir were chosen to travel to London to participate in the ceremony. Ivan says: "The choristers had to learn the hymns being sung, including "Zadok the Priest" by Handel. The whole choir learned this and the other hymns. It was quite an honour to have three people picked from our choir. I



watched the ceremony on television on the day in the home of my GP on a small television. My wife's uncle was a DIY enthusiast and he made his own TV which he watched the event on. I hear many people made their own TVs specially for the occasion."

### The Big Event on the Small Screen

Mary said: "My brother in law had a radio and television shop on the Ravenhill Road in Belfast. Because the television signal was so poor in Belfast he used to take us in a van up to Scrabo Hill or Cave Hill. He would have a TV with two big batteries in the back and he'd open the back doors of the van, put the telly on, and we'd sit on the grass and watch it. We had a telly at home and on the day of the coronation children kept knocking our front door, asking if their mummy was

in, and that's how they would get in. The television signal for the coronation came to Northern Ireland from the Kirk O'Shotts transmission station in Scotland as there was no station in Northern Ireland. A full house in our home crouched round and watched the great event on a small grey screen." Mary was also another "coronation dancer". During the day of the coronation, her dance group entertained patients in Whiteabbey Hospital, and then enjoyed a street party. Later that night Mary's brother in law entertained crowds near his shop. Mary says: "His radio and television shop had an upstairs with a balcony facing on to the street. He went on to the balcony, took out his radios and tuned them to music. People gathered on the street below and danced the night away."

## 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.



## Quick-fire Phone Competition!

The 5th person to call Lois on 07595 261253 will receive a £10 Tesco voucher. Calls will be taken 10am-6pm, Monday-Friday. Competition closes 20th May 2023.

Winner announced in next edition.

Winner of the April Edition (Edition 36) was Jean Nesbitt.



## 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](mailto: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**
- Cathy Chambers 07468 695593**
- Sarah Gordon 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](mailto:info@engagewithage.org.uk)



## Crafty Corner

### Make your own Glass Decoupage Vase

#### What You Need:

- Empty glass bottle/container that has the following: good vase-like shape, a smooth glass surface (no bumps), a removable label. A jam jar would be good, or why not try a clear glass bottle.
- Coloured tissue paper (2-5 different tissue paper colours)
- PVA glue
- Paper towel
- Scissors

#### To Make:

- Clean your vase container and peel off the outside label.
- Select several tissue paper colours to design a pattern for your vase. Two to four colours work best. Rip or cut uniform tissue paper squares to decorate your vase. Squares should be roughly a centimetre square in size for easy designing.
- Starting from the bottom of your vase up, glue tissue squares onto the surface, pressing slightly on each square so that the entire tissue paper piece is stuck to the glass. Dab any excess glue with a paper towel.
- Create a pattern using the colours you selected. Repeat the pattern until you reach the top of your vase and all the glass is covered by tissue paper pieces.
- Set aside to dry and then fill with flowers and enjoy.



## WORDS ALIVE

### “Bluebells” by Myra Gibson

They sit in a vase, not caring  
What we think of them.  
True blue and smelly.  
Each petal tells its  
Own story, each green  
leaf different from the rest.  
Why have they been plucked?  
Who took them from the woods?  
Who brought beauty to this room?



# The Questionnaire



**Name:** Victor Mawhinney

**Position:** Resident Musician, Chocolate Bingo

#### How do you enjoy spending your free time?

Making music videos on Youtube. I started doing this when Covid started in 2020. I had been gigging all my life but with lockdown I couldn't get out. I already had a Youtube channel for years but that was only for watching content on Youtube. I started posting videos in March 2020. I only had about 40 followers when I started and I thought that was impressive. I now have over 1,000 followers to my Youtube channel

which you find on Youtube under the name @swain99

#### Why are these activities important to you?

Music has always been very important to me, but these videos are also a way of leaving a record for the family and my grandchildren. Anyone can look at these and I think it's nice for people to be able to see you doing something you really enjoy. In my life I played in showbands in the 1960s and across Northern Ireland and England. I've loved my time playing music.

#### What is the best thing about living here?

Believe it or not, I've been to Canada and to Australia, all over the world, but I'm always happy to get home. Northern Ireland is home for me and I've always felt good living here.

#### Other Pastimes?

I go clay pigeon shooting, but I don't cook the clay pigeons after I shoot

them! My friends and I meet every week and enjoy this time outside.

#### Favourite Food?

I eat everything! If it's on the plate I eat it. I enjoy food, particularly a good Ulster fry, curry, and champ and sausages with plenty of butter. I don't know how to cook so I never criticise the chef!

#### Favourite Film/ TV Show

I've been watching "Blue Lights". It's fabulous show. It's so true to life over here and I thoroughly enjoy it. We've also been watching "Happy Valley". They are all brilliant actors. These can all be seen now on the BBC's iPlayer.

#### Tell us something about you that not many people know:

I played on the same bill as Tom Jones. It was in the Flamingo Dance Hall in Ballymena. It was a huge gig and there were hundreds of people there to see Tom. It was a fantastic experience.

#### What advice would you give to younger people?

Don't believe every word that every person tells you. Find out for yourself.

# Be Safe and Secure

Over the past few months there has been a rise in crime. The Police Service of Northern Ireland has increased patrols, but has urged the public to think about their own security in the home and whilst out and about. Since COVID and Lockdown it is generally thought that we have become more lax in keeping our home and valuables safe. The PSNI has some tips on how to stay safe and secure:

#### Around the House

- Check all doors and windows for any weaknesses.
- Fit mortise locks to all front and back doors and locks to all downstairs windows or windows which are easy to reach.
- Keep your house and car keys safe and away from doors and windows.
- Ensure your burglar alarm is installed properly and works. If you don't have a burglar alarm consider installing one.
- When you are away from home, use timer switches to turn on some lights when it goes dark.
- Before you go out, go into each room in the house and make sure all the windows are tightly shut and locked. A burglar may be less likely to enter your home if a window needs to be smashed. Check all doors leading into your home are secure and locked.

#### Protect Your Keys

- Always keep your keys safe.
- Never give keys to workers or tradespeople in your home.
- Change your locks if you think

other people might have copies.

#### Bogus Callers

Most callers to the home are genuine, however, there are instances when a caller may not be. Bogus Callers and Rogue Traders can be persuasive and will target vulnerable members of society. Bogus Callers may pretend to be from utility suppliers and other reputable organisations, in order to gain access to a property. Once access has been gained they will steal money and other valuables. Rogue Traders will try and talk householders into paying for the services they are offering. They will often be unqualified to carry out these services and will either do a poor job or may take the payment and not do the job at all.

Callers should always be asked for proof of identity. Genuine callers will be only too happy to provide this information and to wait outside the property until it is verified. No caller should be given access to the property until the householder is sure they are genuine.

The PSNI advises that you follow this procedure when answering the door:



- Before answering the front door, make sure the back door is locked.
- If there is a door chain, remember to use it before opening the door.
- Ask the caller for their identification and check it carefully.
- Ask them to wait outside and close the door - genuine callers will not mind.
- Ring Quick Check on the police non-emergency telephone number 101. The call will be answered personally and promptly by a trained operator. They will check with the company that the person at the door is genuine. If they are not or they think that there is something suspicious, the operator will be able to send the police directly to you.
- Do not let anyone into the property until you are satisfied as to who they are.

#### When out and about

- Carry your bag close to you and ensure the clasp is facing inwards.
- If you can, carry your things in a small bag across your body, underneath your outer coat.
- Spread your valuables around. For example, carry your house keys in your pocket, your phone in your bag and your money in your jacket.
- Keep your mobile phone, laptop, watches, jewellery and other valuables out of sight.

There is certainly nothing to worry about. This is an important reminder of what we were all doing before Covid-19. Remember, 70% of crimes are opportunistic and by following the above we can prevent these.

# WHAT'S ON

## 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.  
Every Wednesday 2pm - New Keeping In Touch Group (KIT Group)  
Morton Community Centre, South Belfast, 10 Lorne Street, Belfast BT9 7DU.

## T'AI CHI

Every Friday 11am at Inverary Community Centre, Inverary Avenue, Belfast BT4 1RN.

## DANCE GROUP

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

## DEMENTIA FRIENDLY COFFEE MORNING

15th May 2023 at 11am, 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 10.45am on Tuesday 9th May. Contact Cathy for further information **cathy.chambers@engagewithage.org.uk**

## Healthy Cooking and Nutrition with Kerry

You asked for more healthy cooking and nutrition workshops with our favourite cook, Kerry, and we listened. During Healthy Eating Week in June we will be hosting cooking sessions on 'Zoom'. Please register your interest in the programme by emailing **cathy.chambers@engagewithage.org.uk** or calling **028 9073 5676/ 07468 695593**

## South City Seniors Programme

St. Simon's Community Hub, 8 Nubia Street, Belfast BT12 6JZ.

10.30am – 12noon, Mondays from the Monday 24th April – Monday 6th June 2023. To join in contact Leanne on **028 9013 6393** or email: **leanne.andrews@south-city.co.uk**

# ONLINE EVENTS

## Chocolate Bingo

7.30pm Thursday 11th May (Eurovision special) and 7.30pm Thursday 25th May 2023. For zoom link email **eamon.quinn@engagewithage.org.uk**

## The Pub Quiz Without a Pub

Via Zoom, 7.00pm Thursday 18th May 2023. For zoom link email **eamon.quinn@engagewithage.org.uk**

## Free IT Training

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**.

Have Your Say with the Greater Belfast Seniors Forum

You Can Also Have Your Say



## The Greater Belfast Seniors Forum (G6) is busy planning its activities for the year.

The group will be addressing the following issues that affect older people across Belfast: the cost of living

crisis; transport; mental health; access to health services. Throughout the year the G6 will be meeting with public representatives to highlight the needs of older people.

We are seeking views of older people on transport

provision. To have your say, please complete this simple survey below, cut it out and send it to the address shown.

Please send your completed survey to us by 31st May 2023.



## Transport Survey



**How often do you use buses?** Please circle.

Weekly Monthly Rarely Never

**What is the most important issue for you regarding bus transport?**

Please write in the box below.

.....

.....

.....

**How often do you use the Glider service?** Please circle.

Weekly Monthly Rarely Never

**What is the most important issue for you regarding the Glider service?**

Please write in the box below.

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.....

.....

**How often do you use the train service?** Please circle.

Weekly Monthly Rarely Never

**What is the most important issue for you regarding train services?**

Please write in the box below.

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**How often do you use taxis?** Please circle.

Weekly Monthly Rarely Never

**What is the most important issue for you regarding transport by taxi?**

Please write in the box below.

.....

.....

.....

**What is your postcode?**

This helps us understand your replies.

**Please give your name and telephone number if you are happy for a follow-up interview over the telephone.**

Please post your completed form to:

**G6, C/o Engage with Age,  
East Belfast Network Centre,  
55 Templemore Avenue,  
Belfast NT4 5FP.**





# WORD SEARCH

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

**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:

• **KING** • **CORONATION** • **QUICHE** • **VASE** • **FLOWERS**  
 • **DECOUPAGE** • **NEIGHBOURS** • **SECURE** • **HOUSE**

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 20th May 2023.**

**The winner of April's Edition (Edition 36) was Harry Kitson.**

# Tea Time Quiz

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

- 1. How many of Henry VIII's wives were called Catherine?**
- 2. What is the smallest planet in our solar system?**
- 3. What was the old name for a Snickers bar before it changed in 1990?**
- 4. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?**
- 5. How many times has England won the men's football World Cup?**

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 20th May 2023.**

Winner of April's Edition (Edition 36) is Dolly Misra.

For all the quiz lovers Pub Quiz without a Pub - 7pm, Thursday 18th May 2023.

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

**The answers to March's quiz were:**

1. Palm Sunday 2. True 3. Lily 4. Germany 5. Switzerland.

## Recipe Coronation Quiche

This is the official recipe which is also being used for the Big Coronation Lunch. It is ideal eaten hot or cold.

### Ingredients

- 1 round of ready-made Short Crust Pastry
- 125ml Milk
- 175ml Double Cream
- 2 medium Eggs
- 1 tablespoon chopped fresh Tarragon
- Salt and Pepper
- 100g grated Cheddar Cheese
- 180g cooked Spinach, lightly chopped
- 60g cooked Broad Beans or Soya Beans

### Method

1. Pre-heat your oven to 190°C.
2. If using frozen pastry, defrost. Roll out pastry into a greased round flan tin, approximately 20cm wide.
3. Line the pastry with parchment/grease proof paper, weigh down with uncooked rice or baking beans and "blind bake" for 15 minutes.

4. Reduce the oven temperature to 160°C.

5. In a bowl, beat together the milk, cream and eggs, with the herbs and seasoning.

6. Scatter ½ of the cheese into the blind-baked pastry base, top with the spinach and beans, then pour over the liquid.

7. Sprinkle over the remaining cheese and then bake for 20-25 minutes until and set and golden.



Received a request for money in a message?

Call the original number you have saved for that person - even if it is a close relative.

psni.police.uk

we care  
we listen  
we act



Police Service  
of Northern Ireland

When stroke strikes, act F.A.S.T.

HSC Public Health Agency DoH

**Face**

Has their face fallen on one side? Can they smile?

**Arms**

Can they raise both arms and keep them there?

**Speech**

Is their speech slurred?

**Time**

To call 999 if you see any single one of these signs

**I'm not feeling ok**

Talking really helps

Lifeline **0808 808 8000**

Textphone 18001 0808 808 8000

HSC Public Health Agency

DoH www.health-ni.gov.uk

**Night Blessing** Submitted by Audrey Lynas

May you be able to wonder. As you face your circumstances, no matter how cold or hard they may be, may you be able to trace the hand of grace amidst it all. Don't rush through your days, walk through them slowly and intentionally with attentiveness in your soul.

**OLD JOKE HOME!**

Submitted by our Anonymous Phone Caller who loves a joke.



What do you call a fake noodle? An impasta!

Engage with Age thanks its supporters and funders:



Belfast  
City Council

