



# Lymm and Thelwall u3a Newsletter



May 2023

Registered Charity Number 1182457

Dear All,

It was lovely to hear about the last Members' Meeting. It sounded a very entertaining morning with Pete Turner showing a number of Magic tricks in his talk, 'Through the eyes of the entertainer'. Rumour has it that he pulled a red handkerchief out of one of our member's wallet! I was sorry to have missed it but was basking in sunshine on the North Yorkshire coast with twenty other members from the walking groups. There are more details later in the newsletter but by Thursday morning I had some sore feet (and knees) walking the last of some thirty miles covered in four days. The elite walkers managed 44 miles!!!

**Please** do try to make our next meeting, which is the A.G.M. The business section of the meeting will be carried out as swiftly as possible and then we will learn about how to make our homes more efficient by returning speaker Mark Thompson who gave us a very interesting talk about electric cars in July last year.

Sue M

## Members' Meetings - Christine Ballance

On behalf of all of us we would like to thank Christine for the wonderful job she is doing putting together the superb programme of speakers that she gives us. I know she tells me that she likes to try and get a good variety of subjects and that sometimes it is nerve-racking if the speaker is late!

*Our Members' Meetings are held at Thelwall Parish Hall on the **third Thursday** of the month.*

*Visitors are welcome to attend two meetings before joining.*

The next meeting will be on **Thursday 18<sup>th</sup> May** from 10.00 a.m. for a 10.30 a.m. start. Refreshments will be served from 10.00 a.m. Do come along early for a drink and chat.

**Thursday 18<sup>th</sup> May**                      **A.G.M. and Mark Thompson**    **Energy efficient homes**

**Thursday 15<sup>th</sup> June**                      **Kevin & Joy Siddall**    **A Musical Meander Around Britain**

Highly recommended by Sandbach u3a and Oldham u3a, this "Show-Talk" will be a musical tour of the British Isles, with stops at towns & cities to share stories, facts and songs from a variety of musical genres.

**Thursday 20<sup>th</sup> July**                      **Josephine Gosling**    **Travel talk**    **"Strolls Past Structures"** An illustrated talk with a digital photograph show, looking at the various structures passed on walks in Britain and Europe. For example: How was a real tiny man served in a pie? What are the seven wonders of the waterways? Where is the Druid's Temple? And many more.



## Important Notice about recycling Medicine Blister Packs

### Please don't bring Medical Blister Packs to the Members' Meetings!

Superdrug, where we were taking the medicine blister packs, have told us they are no longer accepting big bags of blister packs and will only take packs from individuals. So, we won't be collecting at the members' meetings for the near future but instead ask you to take them back to your own pharmacy. Many pharmacists will accept small quantities.

We will **continue** to collect contact lenses and their blister packs, toothpaste tubes, spectacles (don't require glasses cases) and stamps.





A reminder to all members attending the

## *Red White and Blue Coronation Party*

*The party starts on Thursday 4<sup>th</sup> May, 1.00 p.m.  
Lymm Village Hall*

### **Last Call for Sailors**      **Tuesday 20<sup>th</sup> June.**

Our City Centre Cruise with Lunch on the waterways of Manchester and Salford is almost full.

There are only a few places still available!! If you wish to join the voyage *please contact*

Lynn Bryant at [lynnbryantu3a@outlook.com](mailto:lynnbryantu3a@outlook.com)

The Cost is £24.99 and includes a 3 course lunch.

At the time of going to press we have 46 sailors. Please make payments A.S.A.P.!!

A date for your diary.



### **All Things Creative Exhibition**

**Friday 23<sup>rd</sup> June      St Mary's Church Hall      10.00 a.m.**

Our Interest Groups are once again taking part in Lymm Festival. It is a super way of showing great things that our creative groups produce and also what other groups have to offer all our members. It is a lovely u3a event. Refreshments will be available. Please try and support this event.

## Spotlight on Whitby Wanderers by David Mitchell

Our group gather in Goathland, home of 'Heartbeat', on a beautiful Monday afternoon for a three mile triangular route including Mallyan Spout waterfall and the course of the original Whitby to Pickering railway line. As we drive off the North York Moors we have panoramic views of the town and area that will be our home for the next four days. Our hotel is a former coaching stop, the Angel, on the front near the railway station. It was once the principal inn of old Whitby.



On the Tuesday we take the bus to Staithes ahead of a walk down the coast back to Whitby. It is always a pleasure to visit this historic village tucked into the rocks and we linger and look round before heading out up the steep path past the house where Captain Cook served his apprenticeship. The sun has emerged, lambs play in the fields, and the mood in the camp is happy.

Lunch at Runswick Bay provides welcome sustenance ahead of the notoriously challenging climb off the beach up towards Kettleness. Jim and David S separate from the peloton here, taking in a more circuitous Whitby from Sandsend but four hardy souls, David S, Marcia, Peter and Pete press on and make Whitby, just in time to

shower before an evening meal at the renowned Magpie Cafe by the harbour.

On Wednesday it's all aboard the white knuckle ride through the lanes of the Esk Valley to Egton Bridge. Our driver patiently edges past a medical van in the narrow streets of Grosmont, earning a round of applause in the process. It is another beautiful day and we enjoy ideal walking conditions along the Esk Valley Way back to Whitby. Several members relive their childhoods on a rope swing before the serious walking begins. The river is nearly always in view, getting ever wider. A steam train passes us at Sleights Station. There is much concern about a seemingly lost lamb above the village. As we reach the crest of the hill Whitby Abbey comes into view. On to Ruswarp and back to Whitby along a narrow cinder path which gives wonderful sight of the Larpool Viaduct on the edge of town. We have covered nine or ten miles depending on which tracker you use.



It's Thursday and we meet at the top of the famous 199 steps, the very steps that Dracula ran up in the shape of a black dog. For once I count them accurately. Looking across the town from the top never ceases to amaze me, particularly in such beautiful weather conditions. We join the Cleveland Way heading for Robin Hood's Bay, six and a half miles away. The lovely weather continues but there is a nip in the air as we walk along cliffs famous for jet and fossils. A flight of Tornados clears land, heading for the continent. My app shows them coming from RAF Waddington.



It is an invigorating walk with some sneaky dips and rises in the land and around the final headland the destination takes its time to appear. We arrive in the village around lunchtime. Most get back on the bus but the intrepid Marcia, Pete and David S insist on walking back along the disused railway line, covering fifteen miles in all.

We meet up at Cosa Nostra Italian restaurant in the town for an evening meal to bring the trip to a memorable conclusion. Recommended by Judith and John, it is a five star experience, much to their relief!

## News from our Interest Groups - Muriel Howarth and Sue Mitchell

We were discussing at our latest Committee Meeting about the fact that without our wonderful Group Leaders we would not have a u3a, so once again on behalf of all of us we would like to once again thank the Group Leaders for all their dedication and efforts. You are appreciated by all of us.

If you have any ideas for new groups please discuss it with us at [groups@lymmthelwall.org.uk](mailto:groups@lymmthelwall.org.uk)

### Sketching In By Ray Banton

Carers at The Old Rectory Care Home in Grappenhall had recently contacted L&T u3a via our website explaining that they hold a weekly Art & Crafts session on a Wednesday afternoon and several of their residents had asked if they could do some drawing as a change from their more usual activities, and whoever monitors our website has passed the enquiry on to me as Leader of the Sketching Out Interest Group.

As a result I contacted Sue the Senior Carer at The Old Rectory and I suggested that if the Carers could set up a number of Still Life displays I would be happy to visit the "Old Rectory" Care home, which I did and I was pleased to see that three groups of four or five residents were sitting patiently around circular tables eagerly awaiting my arrival and already equipped with several sheets of A4 paper and a vast range of coloured

pencils. In the centre of each table was either a wooden vase of multi or a basket of flowers. We were only allocated one hour, starting at 2 care home was such that tea and biscuits arrive promptly at 3.00 p.m. and that is followed at 3.15 p.m. with time for a nap.

So with fourteen interested residents to enthuse I explained that the main elements of a still life composition are captured in the first five to six minutes and I set about making a quick sketch of the composition on each table so that the 4 or 5 Residents could either make their own sketch or colour in the one I had made for them.

Many of the residents in the care home are in various stages of dementia, but it was amazing how this basic skill of making marks on their paper came flooding back to them and one lady even

remarked that "her sketch was better than mine 😊" which was met with much hilarity by the watching carers. Needless to say

3.00 p.m. was soon upon us and true to form the tea trolleys came

in precisely on time, so it was time to stop, but my eager group of sketchers with their newly found talent were determined to carry on sketching leaving their tea to go cold and our session finally concluded at 3.45 p.m. I quickly cleared up and left them to it, but not before giving those who asked some homework to proceed with before my next visit on Wednesday 10th May.



### Group Gossip

If Group Leaders would like information adding to the next newsletter please send a few words or pictures direct to me, Sue Mitchell, at [newsletter@lymmthelwallu3a.org.uk](mailto:newsletter@lymmthelwallu3a.org.uk) by Thursday 25<sup>th</sup> May.

#### Badminton

The Badminton Group is now up and running, every Wednesday morning from 9.00 to 10.00 a.m.

There is a charge of around £3 per player per week, payable monthly in advance, to cover the hire of the Sports Hall to the rear of Grappenhall Community Centre, off Bellhouse Lane, Grappenhall.

Intending Members are very welcome, but need to have played previously and, again, it would be really helpful to know in advance, so that I can advise you about arrangements. Please email Geoff Stocker at: [gsto2512@aol.com](mailto:gsto2512@aol.com)

#### Cinema

Our next outing is to see **MISS SAIGON** (25<sup>th</sup> Anniversary Gala) Theatrical Film Screening at the Altrincham Garrick, Sunday 14<sup>th</sup> May at 7:30 p.m. This gala performance was filmed live at the Prince Edward Theatre in London's West End and includes a specially extended encore reuniting many of the original cast.

I (Lynn) am co-ordinating this visit and have booked seat M25. If you would like to join me book & let me know by emailing [lynnbryantu3a@hotmail.com](mailto:lynnbryantu3a@hotmail.com) and I will meet you in the bar.

Here is a report from Jenn on our last outing to the Curzon during which we had a fabulous virtual presentation of the Vermeer Retrospective from the exhibition team at the Rijksmuseum.

How much we learned and how much we could gaze in awe at the window Vermeer gave us into the Netherlands in the seventeenth century.

Vermeer was all about light, he was able to meld light with colour in a unique way so that colour became light. How many of his paintings gave a convincing illusion of movement, from the milk pouring from the milkmaid's jug, the bloodied sponge of the saint, the water glistening across the water to Delft, the small street scene portraying everyday life.

Vermeer draws us into his world and we must enter. Thanks Kathryn and Lynn for organising. It was a fabulous experience. Cheers! Jenn Stanley

### **Crown Green Bowling**

The Crown Green Bowling Group has resumed on the Green on Mondays at 1.50 p.m. for a 2.00 p.m. sharp start. The fee per session for the new season will be 50p per bowler, to cover the refreshments. Any member interested in joining this Group is welcome to attend, but it would be really helpful to know in advance, so please email Geoff Stocker at: [gsto2512@aol.com](mailto:gsto2512@aol.com)

### **Genealogy**

At our last meeting Tony spoke to us about the use of old maps in our family history research. It was really interesting and well put together. Tony explained how useful old maps are in enabling us to find the old streets that our ancestors once walked on that may have now vanished, and he brought along some maps for us all to look at. The next meeting is on Tuesday 16th May, when Geoff will be giving a presentation on "Keeping Photos and Documents".

### **Sketching Out**

Please make a note in your diary now and hold the date that our next session will be on. It is TUESDAY 30<sup>th</sup> May this time, following the Bank Holiday on the Monday. We will meet at LYMM CROSS (outside Sainsburys) at 10.00 a.m. until c. 12.30 p.m.

### **Walking Groups:-**

#### **4 to 6ers**

Next walk is on Tuesday 2<sup>nd</sup> May to Lyme Park, led by John.

### **Striders**

Halkyn Mountain Walk - Wednesday 12th April. Well we nearly had a full group till members saw the weather forecast and a few pulled out. However an intrepid thirteen set out though one got lost on the way to Halkyn Mountain. It was windy and rainy when we set out but the sun came out - for a while! We had four seasons in one day! We still got some good views, walked along the



ramparts of an Iron Age fort and stood on the edge of a huge quarry where it looked like the trucks that were working were Dinky toys. We ate our butties in a playground at Rhos-y-Cae and, yes, two of our group couldn't resist a go on the see-saw! Our next walk on Wednesday 10<sup>th</sup> May will be up Shutlingsloe, led by one of our members. This walk filled up within a couple of hours of advertising but I am holding a waiting list.

### **Theatre**

If you have booked a ticket for the 'Witness for the Prosecution' by Agatha Christie at the Garrick on Wednesday 24<sup>th</sup> May at 7.30 p.m. we will meet in the bar!

### **Ukulele**

We continue to play our new play list which includes 'Congratulations', 'A Kind of Hush' and 'I'll Never Find Another You'.

On 2nd May, after playing through our song list I suggest from 8.00 p.m. onwards that we have a quick run through of the Performance songs in readiness for our next gig at the Social Event on Thursday 4<sup>th</sup> May.

### **Wellbeing Birdwatching**

We visited two of our core destinations in April, Lymm Dam and Grappenhall. After the first, a number of members enjoyed a delicious lunch in the Methodist Church. On the second day we watched with interest as the herons made their nests high in the trees.

## North West Summer School

15<sup>th</sup> -18<sup>th</sup> August University of Lancaster – Carlisle Site

**Cost full board** £355 including a gala dinner on 17<sup>th</sup> August

**Non residential** £190 including lunch refreshments and Gala dinner

Bookings are now open for this year's three –day North West Region Summer School.it can be attended with full board or as day delegates.

The courses on offer are **Archaeology** – unpicking the layers of the past ; **Art Challenges** ; The changing seasons : **Literature** ; What the 20<sup>th</sup> century did to the novel : **Art** Female Artists ; **Architecture** : From Shelter to the Shard ; 2000 years of architecture : **Knitting** ;Cables Lace ; and **Japanese Encounters**

For more information email Alan Hough on [alanhough1949@gmail.com](mailto:alanhough1949@gmail.com) or go to [u3asites.org.uk/north-west/events](http://u3asites.org.uk/north-west/events)

## u3a – Online Learning Events

### Bletchley Park and the UK World War II Codebreakers

**Tuesday 16<sup>th</sup> May 2.00 p.m. Online**

If you have heard of Bletchley Park and the incredible work done there during World War II, then you will probably be familiar with the work to break the Enigma codes. But the story is much more involved than that feat of amazing intellectual effort. Using a combination of military intelligence, some truly gifted people, advanced mathematics, various machines such as 'The Bombe', plus the worlds' first electronic computer, called Colossus, to break the Enigma, Lorenz and other cipher encoded messages. The work was highly secret but was based on collaborative work with the allied forces and some initial work by a handful of brilliant Polish Mathematicians. The work done, by these largely unsung heroes, shortened World War II by at least two years, saving many tens of thousands of lives. This is their story.



### Philosophy and Sport

Thursday 11<sup>th</sup> May 2.00 p.m. Online

What is the point of playing or engaging in sport? Sport has a lot of ties to our physical, social, and psychological lives. It crosses our everyday experiences whether we participate in it or not. We will raise some of the questions that surround sport, such as what constitutes a sporting environment, what the distinctive value of sport is, and how ethics, aesthetics, and knowledge about ourselves and the world can impact our sporting endeavours. This short talk will introduce you to some philosophical aspects of sport. I hope you will reflect on, and share, your own experiences of sport and its effects on your life.



### How to join these events

These are free online events for members. Press the events link below and then click on Online learning events. You will find a selection of other free events. <https://www.u3a.org.uk/events>

**Our Groups** Please **always** contact the Group leader via the group page on the website. Click the icon to email the Group Leader.

<i>Activity</i>	<i>Regular Meeting Contact</i>	<i>Venue</i>
Art	Friday a.m.	St Mary's Church Hall
Badminton	Wednesday a.m.	Grappenhall Community Centre
Book Club	1 <sup>st</sup> Thursday a.m.	The Spread Eagle, Lymm
Book Club 2	1 <sup>st</sup> Wednesday a.m.	The Little Manor, Thelwall
Crown Green Bowling	Monday p.m.	High Legh Bowling Club
Canoeing Water Safety	Occasional Sessions	
Climate and Environment	1 <sup>st</sup> Thursday p.m.	
Cinema	Occasional Outings	Various
Cycle maintenance	As and when required	
Cycling	2 <sup>nd</sup> Tuesday and 4 <sup>th</sup> Thursday	Various see web site
Flower Arranging	2 <sup>nd</sup> Friday p.m.	St. Mary's Church Hall
French (Advanced)	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday a.m.	The Sanctuary Hub
Genealogy	3 <sup>rd</sup> Tuesday am	Lymm Village Hall
German advanced	Monday	Private home and via zoom
The Lunch Group	3 <sup>rd</sup> Friday	Contact via website
The Lunch Bunch	2 <sup>nd</sup> Monday	Contact via website
Mosaic	Friday a.m.	St. Mary's Church Hall
Music Appreciation	2 <sup>nd</sup> Thursday p.m.	Lymm Youth / Community Centre
Philosophy	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday a.m.	The Spread Eagle, Lymm
Sketching Out	Last Monday of the Month	various
Storytellers	Genealogy	The Spread Eagle
Stitch 'n' Natter	German(Advanced)	The Little Manor, Thelwall
Theatre and Concert	See web site	Various
The Map Lovers	1 <sup>st</sup> and 4 <sup>th</sup> Tuesdays	Various
Ukulele	Tuesday evening	United Reform Church
Walking Strollers	See website	Various
Walking 4-6ers	See Website	Various
Walking Striders	2 <sup>nd</sup> Wednesday	Various
Wellbeing Birdwatching	Friday a.m. fortnightly	Various Locations

### Stamps for R.N.I.B.

A box will be available at Members' Meetings for used stamps. They will help to raise money for the R.N.I.B. Please leave a 1 cm piece of envelope all around the stamp. Thankyou.

For those members who have no online access this letter can be posted to them.

## Contact Us

Lymm and Thelwall u3a web site:

[Lymm & Thelwall u3a: Welcome To Lymm & Thelwall u3a \(u3asites.org.uk\)](http://u3asites.org.uk)

Lymm and Thelwall u3a Facebook page:

[Lymm & Thelwall u3a - Home | Facebook](#)

[enquiries@lymmthelwallu3a.org.uk](mailto:enquiries@lymmthelwallu3a.org.uk)

## Committee Contact Details

<b>Chair</b>	Catherine Bower	<a href="mailto:chair@lymmthelwallu3a.org.uk">chair@lymmthelwallu3a.org.uk</a>
<b>Vice Chair</b>	Janet Mawson	<a href="mailto:vicechair@lymmthelwallu3a.org.uk">vicechair@lymmthelwallu3a.org.uk</a>
<b>Secretary</b>	John Bower	<a href="mailto:secretary@lymmthelwallu3a.org.uk">secretary@lymmthelwallu3a.org.uk</a>
<b>Treasurer</b>	Susan Nixon	<a href="mailto:treasurer@lymmthelwallu3a.org.uk">treasurer@lymmthelwallu3a.org.uk</a>
<b>Membership</b>	Mark O'Dell	<a href="mailto:membership@lymmthelwallu3a.org.uk">membership@lymmthelwallu3a.org.uk</a>
<b>Venues</b>	Marcia Dale	<a href="mailto:venues@lymmthelwallu3a.org.uk">venues@lymmthelwallu3a.org.uk</a>
<b>Group Coordinators</b>	Muriel Howarth And Sue Mitchell	<a href="mailto:groups@lymmthelwallu3a.org.uk">groups@lymmthelwallu3a.org.uk</a>
<b>IT Support</b>	John Bower	<a href="mailto:it@lymmthelwallu3a.org.uk">it@lymmthelwallu3a.org.uk</a>
<b>Social</b>	Susan Mitchell	<a href="mailto:events@lymmthelwallu3a.org.uk">events@lymmthelwallu3a.org.uk</a>

## Non Committee Positions

<b>Speakers</b>	Chris Ballance	<a href="mailto:speakers@lymmthelwallu3a.org.uk">speakers@lymmthelwallu3a.org.uk</a>
<b>Publicity</b>	Sue Clarke	<a href="mailto:publicity@lymmthelwallu3a.org.uk">publicity@lymmthelwallu3a.org.uk</a>
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