

Letter From the Vice Chair

Writing this Newsletter gives me a chance to introduce myself to those of you who don't know me. I was the Chair of Thorley U3A six years ago. Carmen took over from me three years later and the wheel has almost turned full circle with my appointment as Vice Chair. This is a great honour and privilege and I will continue to contribute to this wonderful organisation.

I would like to invite any member to join us at a committee meeting to see how we run things behind the scenes on your behalf. We would also encourage anyone to shadow any of the committee members in the hope that in the future you could take up a position on the committee. In particular, we would love somebody to shadow our Treasurer, Ken Blethyn, as he will be stepping down at the next AGM in a year's time so we will need to appoint a replacement. Please contact any one of us on the committee if you would like to discuss any of these suggestions further.

Over the last ten years or so of my membership I have learnt so many things, like how to play Mah Jong and Rummikub, visited some fantastic places which I might never have discovered and hopefully formed some groups which are now enjoyed by many of you.

Once again many thanks for supporting my election and I promise to do my best for Thorley U3A.

Linda Ketteridge
Vice Chair.



Monthly Meetings

Our Meeters and Greeters

The meeting starts at 2 pm in the Charis Centre with a welcome to the AGM from the Chair. The talk from our speaker will follow.

Remember – We have step free access by the emergency doors where meeters and greeters will take you into the hall. There is also a hearing loop system. To make best use of it, you should sit in the far right-hand corner of the hall, as seen from the stage.



Monday 5th February

The Wildlife of India - Graham and Mary Brace

A look at the whole range of wildlife to be seen in India, including tigers, sloth bears, wild dogs and leopards, plus a variety of birdlife. All slides used have been taken by the speakers during their trips to the sub-continent.

Monday 4th March

54 Maritime Heroes in 45 Minutes - Cathy Shelbourne



Take your pick! To accompany my talks on maritime heroes, I have created a pack of Monumental Maritime Heroes playing cards, featuring maritime heroes, explorers and navigators, pirates and privateers, and ships – and the monuments to them. I invite you to pick cards from the pack, and in response, I will talk about the fascinating stories behind the characters and their monuments.

Don't forget to visit our Website

Our website is another must read if you want to find out what is going on. You will find all the details of our meetings, groups and events, as well as essential forms and records.

Thorley u3a website – use this link

<https://u3asites.org.uk/thorley/welcome>





Suggestion Box

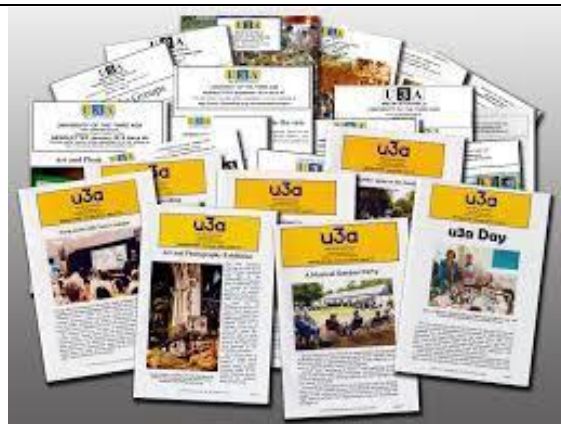
Our u3a continues to develop with another successful year in 2023. There have been new groups set up over the last couple of years. We have seen holidays booked to Europe, and in this country, with places filled up quickly. We have also seen regular theatre trips and visits to interesting places. And, there have been different groups set up to provide exercise and activities to test out those new knees and hip replacements.

This is a credit to the enthusiasm of our members and the Committee who promote all these things. All these activities are the result of an idea, or a moment of inspiration.

We would like to know what else we can do to help our u3a thrive and develop in the future.

At monthly meetings in the future we will have a Suggestion Box in the foyer for you to contribute ideas. These could be new groups, activities, visits, topics for our monthly speaker, and so on.

You can always send your suggestions to me at - comms.thorley@gmail.com



This is now published 4 times each year. As you know, it contains reports and photos of the holidays, trips and events which we all enjoy.

Ian Hudson is the Editor who compiles this. The deadlines for articles/reports and photos during the rest of the year are – irhudson@gmail.com

Last day – of March
Last day of June
Last day of September

The move towards a paperless society



We are all aware of the need to use less paper, a long running campaign. The TAT (Third Age Trust) magazine is sent to every member four times each year. Do we all read it ? Do some of us want it? Are some of us happy to read it on line and save paper ? If you are happy to do this, please contact me, and month by month, we can reduce the number of members who have it sent to you by post.

Future Events

New - Monday 18th March 2024 - 'The Flicks'

A coach trip to London, with a Blue Badge Guided tour in the coach of film sites & a visit to the small, quirky, Cinema Museum - Cost £45

British cinema was born in London in 1896 when the first moving pictures were shown in Regents Street. By 1914, with 500 cinemas in the capital, the flicks were replacing Music Hall and Variety as the night out of choice for millions of Londoners.

We tell the story of film, from the advent of the silver screen to the blockbusters filmed on location in London today. From the coach you'll see famous film locations, we explain about how filming in London works.

Where do you start when you want to close Trafalgar Square for Wonder Woman or Westminster Bridge for James Bond? What is being filmed here right now? Where do movie stars stay? How can you become a movie extra or have your house star in the next Hollywood block buster?

After lunch, we will visit the quirkily wonderful Cinema Museum in the old workhouse where a young Charlie Chaplin stayed. The day includes morning coffee and a cup of tea before you go home. Lunch at your own expense.



To book a place, please contact:

Organiser: Liz Happer email: elizabethhapper09@gmail.com Mob: 07947 590432

Payment by BACS is preferred:

Account name: Thorley U3A Account No: 67274947 Sort code: 08-92-99

JUST ANNOUNCED FROM BISHOPS STORTFORD U3A



Vintage Essex - Thursday 4th April

Coach to Lodges base at High Easter stopping at Finchingfield for optional refreshments. Then to their base at High Easter for a ploughman's lunch, tea/coffee and cake. Plus slide show, talk and short film and finally a look round their museum. But the highlight must be rides on 2 vintage coaches, which have featured in film and tv. The trip would also appeal to those with limited mobility, and is not weather dependent. Pick ups Thorley Sainsburys 10.am, Causeway front of Markwell Studio 10.15am
Cost £43. Please contact me directly for more details and availability.

Cheques made payable to Bishops Stortford u3a or by BACS on arrangement.

PLEASE NOTE THAT PAYMENTS MUST GO TO BISHOPS STORTFORD U3A

Organiser Carole Scott, carole.scott9@gmail.com or phone 01279 505214.

Carole Scott - Trips Coordinator BS u3a

Group News



Family History Group

In February and March the Family History group will be looking at their own ancestors and attempting to add local and national historical information to the events which occurred during their lives. We will be revisiting notes from last year's speakers- Kathy Chater- who gave us a very interesting talk on 'Turning Your Tree into a Tale'. We will view video clips to remind ourselves of the wealth of sources available on the internet and in local studies libraries, and then spend time either individually or in groups to add relevant local, national and world events to our ancestors time lines. Non members are welcome to join us at 2 p.m. at The Emmaus centre, Thorley on Friday February 23rd. Cost for non members is £4 to include refreshments. The meeting will be of interest to anyone who enjoys historical research.'

Contact – Sue Swan for more details - sueswan52@btinternet.com

Supper Club 2



Annie Compton recently set up this group. Please note that it will now meet on –

The last Tuesday of each month.

For more details please contact – Annie at – groups.thorleyu3a@gmail.com



Garden Group 1

Thursday February 22nd – Emmaus Centre - 2pm for a 2.15 pm start

The owners of Impington Mill near Cambridge will be talking about their restoration of the mill and garden. Visitors welcome, £4 including refreshments.

Barbara Jacobs

Seated Exercise to Music Group

We are pleased to announce that we are adding a new activity, a Seated Exercise to Music. There will be no leaping around in this class, the exercises will all be done while seated. It is ideal for anyone with mobility or balance problems, so now none of you have an excuse to not include exercise in your life.

The weekly U3A only classes will be run by Debbie Baker, a fully qualified exercise instructor, on Thursday mornings at 10.30 at Havers Community Centre, with a cost of £5.00.

If you like the sound of this way of exercising email Debbie on

debbie.baker@cst.today or call her on 07904198309.



Craft Groups 1 & 2

Crafts that may be undertaken are cross-stitch (pictures/cards), quilling (pictures/cards), tissue paper flower making, marzipan/sugarpaste figures or flowers for decorating cakes, patchwork, pressed flowers etc.

Members can share their skills so that everyone can have a go at different crafts.

Group 1 meets at Anne's home on the fourth Tuesday of the month for 2 hours from 10.00am.

Group 2 meets at Anne's home on the second Monday of the month for 2 hours from 10.00am

There are spaces in both groups so please contact me if you are interested

Contact Anne via email annemwillett@gmail.com on 07904 150595

National u3a activities

Find out what's on offer from the national u3a website - www.u3a.org.uk

Every month there is a programme of free on-line talks and courses.

1. Google or search – www.u3a.org.uk

2. Now click on the **Events** tab

3. A drop down menu will appear. Just click on the one at the top - Online Learning Events and you will see lots of interesting Zoom talks. There are links to Radio podcasts and free Zoom lectures.

Interesting Zoom lectures which are in **February** include –

- ❖ Tuesday 6th – 10am – Flight Inspirations: Apollo 11 and 13
- ❖ Tuesday 6th – 2pm – Retirement Housing
- ❖ Wed 7th – 10am – Mindfulness and Meditation returns
- ❖ Thursday 8th – 11.30am – Introduction to the Air Fryer
- ❖ Wed 14th – 10am – laughter Yoga with Judith returns
- ❖ Wed 14th – 2pm – Safe Bind, Safe Find :Locks and Keys
- ❖ Thursday 15th – 10am – Cryptic Crosswords
- ❖ Friday 23rd – 2pm – David Hockney and the Theatre
- ❖ Tuesday 27th – 9.30 am – Science Network – Pathogenics and Botany

Finally.....something funny to end on.....

Learn

Celebration dates for February

4th – World Cancer Day

6th - Safer Internet Day (We are always being reminded of scammers)

13th – Galentine's Day 9 (I'll let you Google this one)



14th - Valentines Day



20th World Thinking Day



Laugh & Live - My thanks to John Bailey for this.
I'm sure that many of us echo these sentiments.

FUNNY THAT !

My mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting e. Coli

Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We all took PE And risked permanent injury with a pair of Dunlop sandshoes instead of having cross-training athletic shoes with air cushion soles and built in light reflectors that cost as much as a small car. I can't recall any injuries but they must have happened because they tell us how much safer we are now.

We got the cane for doing something wrong at school, they used to call it discipline, yet we all grew up to accept the rules and to honour & respect those older than us.

We had 50 kids in our class and we all learned to read and write, do maths and spell almost all the words needed to write a grammatically correct letter.....,

We all said prayers in school irrespective of our religion, sang the national anthem and no one got upset.

Staying in detention after school caught all sorts of negative attention that we wish we hadn't got.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself.

I just can't recall how bored we were without computers, or Play Station, or Nintendo, or X-box or 270 digital TV cable stations. We just weren't!!

Oh yeah And where was the antibiotics and sterilisation kit when I got that bee sting? I could have been killed!

We played "King of the Hill" on piles of gravel left on vacant building sites and when we got hurt, mum pulled out the 2/6p bottle of iodine, and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that?

FUNNY THAT!

Dave Willett - comms.thorleyu3a@gmail.com