

Letter From the Chair

Here we are once again with another monthly email. I hope you all came through the recent storms unscathed and all of a sudden Spring is upon us. I can't believe how quickly the dark hedgerows have almost overnight turned white with the blackthorn blossom.

The start of the year has been pretty busy what with our monthly meetings and our get togethers. I particularly loved the talk on India. All the groups are now in full swing with lots of interesting events coming up and of course the holidays.

Our membership is increasing all the time so if any of the group leaders have spaces please let the committee know and also if anybody would like to start a new group we can give you help with this.

All the best to you all and I hope to see you soon.
Linda Ketteridge



Monthly Meetings

Our Meeters and Greeters

PLEASE NOTE

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

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 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.

Monday 8th April
Life as a Micro Artist - Graham Short



After leaving school at the age of 15, my first job was emptying the mouse-traps in a factory, for £2 17s 6p a week. Within 8 years I had the most enviable and prestigious client list imaginable which included Buckingham Palace, Harrods, Fortnum & Mason, The House of Commons, 10 Downing Street, Chanel and Yves St Laurent. Graham is best known for having inscribed the entire Lord's Prayer on the head of a pin.

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



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**



Newsletter

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

GROUP LEADERS/ORGANISERS – REMEMBER TO SEND YOUR ARTICLES AND PHOTOS TO IAN BY THE END THIS MONTH.

Finances

Another Mystery Payment!

Thank you to all those who helped us identify the mystery payment last month. We have another one this month. We have received a payment from Joy Lee who is not listed as a u3a member so we have no contact details for Joy. The amount received is unusual so we cannot identify the reason for the payment either. If anyone knows Joy, would you please ask them to contact me or any other committee member - Thank you.

Online Banking Payments.

A reminder that we have two bank accounts so that we can ring-fence all monies collected for groups, outings or events . Please try and use the right account for your online payments. When making an online payment, please use the reference field to describe what your payment is for, eg. group name or event name. Putting your name as the reference is just duplication, as your name, as it appears on your bank account, is always given to us from your bank and does not tell us what the payment is for.

The **co-operative** bank

Account	Account Name	Sort Code	Account Number	Payments
1	Thorley U3A	08-92-99	67274808	Annual membership subs only. (£15.00)
2	Thorley U3A	08-92-99	67274947	All other money - Groups / Trips / Events

Future Events

Holiday to Holland - June 2024

Maggie Bennett is organizing a four a 4 night trip to the Netherlands in June. A deposit of £50.00 to Thorley U3A is payable on booking. Costing £569.00, the holiday will run from June 17th-21st and include four nights' dinner, bed and breakfast, return coach and ferry travel, excursions and a tour escort.

The holiday is centred on the picturesque resort of Valkenburg in the Netherlands – known as Little Switzerland – but will also dip into two neighbouring countries.

Excursions will include Maastricht and the white village of Thorn, Monschau and Aachen in Germany, plus the Belgian city of Liège.

Full details are on our website.

THERE ARE STILL 2 TWIN ROOMS AVAILABLE

Contact: maggie.bennett@hotmail.co.uk



OFFER FROM STANSTED U3A



Stansted u3a have arranged a visit to BRICK LANE MUSIC HALL to see a show and have afternoon tea on:

Friday 31 May 2024 at a cost of £77.50 per person

This includes Coach and afternoon tea, and includes the driver's tip

Show - **From Rock to Pop – a journey of music through the 50's, 60' and 70's**

ITINERARY

The coach will leave Stansted from the bus stop by Tesco's at 12 noon promptly.

Show starts at 2.00pm and ends around 5.00pm.

Afternoon tea will be served during the interval.

Please make cheques payable to 'Stansted Mountfitchet u3a'.

If any Thorley u3a members would like to come on the trip I can be contacted via email sandra.ruff@talktalk.net or by phone 01279 814304.

Sandra Ruff

Groups publicity



Last year, some groups were happy to have a bit more publicity for their groups. This included information about what they do to recruit more members, a change of day and venue, and occasionally a talk or trip that was open to all members.

If any Groups would like more publicity for their group, please let me know. A few words, a photo, clipart, anything you like.

We have had 60+ new members recently and this is an opportunity to get more members for your groups.

Dave Willett

Group News



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

Bridge Group



Please note – This group has now moved from the South Mill Arts Centre to Great Hadham Golf Club.

Seated Exercise to Music Group

There are still places in this class which focuses on gentle exercises to music for anyone with mobility or balance issues.

It's held on Thursday mornings at Havers Community Centre from 10.30 am to 11.30 am. The cost is £5 per session. If you are interested, please contact Debbie Baker.

email Debbie on debbie.baker@cst.today
or call her on - 07904 198309.



Craft Group 1

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.

There are spaces in the group so please contact me if you are interested
Contact Anne via email annemwillett@gmail.com on 07904 150595



French for Beginners/Low intermediaries

Catherine Blundersfield is happy to start another French conversation class at her home. This will be on Mondays from 11.30 am. The cost per session is £7.

If you are interested, please contact Catherine at – catherineblundersfield@btconnect.com
Her phone number is – 01279 651092 or mobile 07904 198309

EDI (Equality, Diversity & Inclusion)

Dear Members

A confession: until recently, I groaned slightly at things with a LGBTQ+ label, which I guess I was pigeon-holing as the minority concern of a few activists. A meeting with members of StortPride and Jax Feeley was highly educational.

Do take this opportunity to “Learn, Laugh, Live” as the u3a has it. Your opinion of the issue may or may not be as changed as mine but I think I can guarantee you will emerge much better informed.

Understanding LGBTQ+

Thursday afternoon, 21st March 2024 - 1:30 for 2 pm

**Bishop's Stortford Methodist Church
34b South Street
CM23 3AZ**

This is a step free venue.

The main speaker will be Jax Feeley and questions will be welcomed.

£4, including coffee and biscuits. Payment by bank transfer:

Account Name: Thorley U3A

Account Type: Business

Sort Code: 08 92 99

Account Number: 67274947

Reference CC LGBTQ+

(If you do not use e-banking, you can ask your bank - or reimburse a friend - to do it on your behalf.)

Tom McNeeney (EDI Co-ordinator)



History Group

The History Group is currently without a leader. The group is a well established group of about 60 members. Over the last few years there has been a monthly meeting with an interesting talk. Often in the summer, there has been a coach trip to London to see a couple of interesting institutions. The group has had to change venue recently, and most members would now like to meet during the daytime. If you would like to ‘step up’ and lead the group, please contact Dave Willett for more details.

Stansted u3a seminar - see attached document.

The Arab Israeli Question – A History of Conflict with David Morson
Saturday 16th March 9.30 am – St. Theresa's Church Hall Stansted



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 March include –

Tuesday 5th – 10am – Aviation talk on Concorde

Thursday 7th – 3.30 pm - AI

Monday 11th – 10 am - Women in World faiths

Wednesday 13th – 10 am – Laughter Yoga with Judith

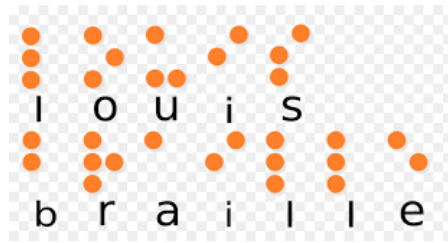
Thursday 21st – 10 am – Mindfulness & Meditation

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

Learn

Celebration dates March

1st – International Self Care Day
4th – World Braille Day
16th – International Nothing Day



26th – National Fun at Work Day



27th – National Chocolate Cake Day



Laugh

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Live

- 🎨 When it comes to staying young, a mind-lift beats a face-lift any day.
- 🎨 Grow old along with me! The best is yet to be." ~Robert Browning
- 🎨 "Aging is not lost youth but a new stage of opportunity and strength"

Dave Willett - comms.thorleyu3a@gmail.com