

Dear All

You will soon receive notification from Allen letting you know how to pay your Membership Fee for the year from 1st April 2025 to 31st March 2026 . If you are making your payment via the u3a Beacon Site please check that your personal details are up to date and also that you have provided emergency contact details which we hope we will never need to use!

You will have also received notification about our A.G.M. which is held at our Members' Meeting in May. We will be voting in the new Committee and would love to have some new members join us. If you would like to discuss coming on board you are welcome to contact me. It is a great way to get to know everyone!!! Sue

Members' Meetings – Christine Ballance

Important Notice April's Members' Meeting will be held at Grappenhall Community Centre, Bellhouse Lane, Grappenhall WA4 2SG

*Our Members' Meetings are normally held in 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 20th March at 10.00 a.m. for a 10.30 a.m. start. Do come along early for a drink and a chat.*

Refreshments will be served from 10.00 a.m. until 10.15 a.m.

Thursday 20th March

Julia Young

Secrets of Bees

The humorous side of bees & bee keeping. Julia's talk will take you on a whirlwind tour of the life and times of a honeybee and a hobby beekeeper. There will be Strictly Come Dancing-like tales of communication in the beehive and Game of Thrones-like tales of regicide, sex and violence!

Thursday 17th April

Tony Crotty

Music C16 to C21

Tony is a specialist in music, ranging from the 16th century to the present day. He plays classical guitar and lute. During his talk, he will also play different tunes from through the ages.

The Venue for this meeting is Grappenhall Community Centre

Thursday 15th May

Pete Turner

Sleight of Mind

Our mind is a mysterious world. It's education, knowledge, emotions and the character we are today. Pete Turner has been studying the mind for many years and he knows how to trick it with some amazing mind games. This unique lecture demonstrates six amazing experiments that will trick your mind in a fun but harmless way. There is no lecture like it!

Dates for your Diary Here are some dates for your Diary. Please note them down.

Further details for the Social's will be available nearer the event's date!

Thursday 20 th March	Members' Meeting	Thelwall Parish Hall
Tuesday 25 th March	Social	Lymm Village Hall
Thursday 17 th April	Members' Meeting	Grappenhall Community Centre
Thursday 15 th May	Members' Meeting	Thelwall Parish Hall
Tuesday 20 th May	Kent Holiday	
Thursday 24 th July	Summer Social	Lymm Village Hall
Friday 17 th October	The Clink	
Monday 15 th December	Christmas Lunch	Lymm Golf Club

Tales from a Toastmaster By Sue Clarke

A capacity number attended the meeting, held in Grappenhall Community Centre, our temporary venue during half term. We welcomed Malcolm Kindon who entertained and educated us with his experiences in 'Tales from a Toast Master'. A toast can be a tribute, a proposal of health or something to mark success. Glasses are raised and people drink together. Malcolm gave us some background regarding toastmasters then concentrated on their role in weddings. illustrated by some of his personal anecdotes. Cutting an impressive figure in his black tailcoat uniform he greeted us with 'Hello All' demonstrating his awareness of current etiquette as a traditional 'Hello Ladies and Gentlemen' might need some inclusion for those still making up their minds.



The Toastmaster's job is essentially event management, keeping things in order on the day by observing a correct sequence of events, pecking orders and timings. Malcolm explained that additional skills need applying as appropriate. Diplomacy and communication are essential but can be challenged by wedding planners, as illustrated with a famous footballer's wedding. Crowd control is occasionally necessary especially due to the evils of drink, particularly when alcohol hits empty stomachs. Malcolm keeps sober by following the example of the Navy, using water rather than wine in his glass for toasts. Finally, there is a need to be a constant risk assessor, from trip hazards of trailing dresses to saving elderly people from either being stranded or falling off platforms.

Appearance and correct uniform are vitally important. Partway through Malcolm changed into his red evening tails jacket, albeit called pink after the name of the makers. This was apparently introduced after a toastmaster's wife suggested black jackets made them look like waiters. Jackets should be always worn with open-back dress shirts and bow ties, double stripe trousers, black patent shoes and white gloves. Lady Toastmasters have the option of wearing a skirt. Supporting items include the mace and all-important gavel with sounding block for drawing people's attention. Malcolm also carries, *just in case*, a cake knife.

His experiences with wedding traditions of other cultures were fascinating. Respect for customs of individual religions have to be observed. In Jewish weddings Malcolm's black jacket makes it difficult to distinguish him from the guests but he appreciates wearing a kippah as it hides his bald patch! The scale of Asian weddings was pointed out. A guest list less than 1000 is considered small, events can be over several days, there might be multiple costume changes and frequent frustrations running on Asian time – a poor perception of GMT.

Tim Old gave the vote of thanks and the talk created interest and questions.



Social

Any new ideas for events or if you would like to organise an outing please contact us.

Lymm Village Hall
Tuesday 25th March
The Social starts at
1.00 p.m.

Quiz
Buffet Lunch
Entertainment Fun

Mad March Social Event



If you would like to join us there are a few available places left.

Email Sue at [Sue Mitchell](mailto:Sue.Mitchell)

Please make sure you pay by March 1st and send Sue your dietary requirements

Thinking about holidays?

Why not join us on our first Lymm Thelwall Coach tour to Kent?

Tuesday 20th May to Friday 24th May?

We will be visiting Hever Castle, Penshurst Place and the Historic Royal Dockyard at Chatham with a tour of the area where Call the Midwife is filmed. £639 per person (based on 20 passengers)

£587 per person (based on 25 passengers) £130 single supplement,

Price includes: 3 nights dinner, bed & breakfast at Holiday Inn, Ashford North Hote

Entrance to Penshurst Place and Hever Castle, Entrance to Chatham Historic Dockyard, and a guided 'Call the Midwife' tour and sandwich buffet lunch.

For more information contact Linda . If you would like to book ring Clare on [0161 928 3242](tel:01619283242). She will take your deposit over the phone. Email: sales@greatdays.co.uk .

Groups' Coordinator Muriel at groups@lymmthelwallu3a.org.uk

If you have any suggestions for a group, please let me know and don't forget we provide help and advice in setting up and running groups! Muriel.

Groups' Gossip

Art and Mosaic

For Christmas I bought this beautiful hare's statue for the garden made from recycled cans and metals in Africa. Not quite sure of the actual country as the label is currently hiding from me. We used it as a model for our theme of animals and thought it would be great for the March



newsletter. We hope you enjoy the approaching spring and experience seeing live hares yourself. Friday mornings 10.00 a.m. to 12.00 noon at St Mary's Church Hall, Lymm. We are always ready to welcome new members in art or mosaic.



Badminton

Two Badminton Groups are now in action every Wednesday morning between 9.00 a.m. and 11.00 a.m. at Grappenhall Community Centre, Bellhouse Lane Grappenhall. Whilst the 9 am Group is full, there are vacancies for the second session each week, starting at 10 am, at which new faces will be very welcome, so please email Geoff Stocker at: gsto2512@aol.com if you want to join this session, noting that you do need to have played Badminton previously."

Book Club 1

Here are some of the Thursday reading group enjoying what must be the latest Christmas lunch ever. We decided that December was too busy and meeting up on a grey February day was a good decision, even if it wasn't very Christmassy! The group continues to thrive and we read books suggested by the members. Our classic this year was Mary Barton by Elizabeth Gaskell, and others we have read include The Island of Missing Trees, This Is Life and Nutshell. We always have a robust and lively discussion and often agree to disagree about our opinions.



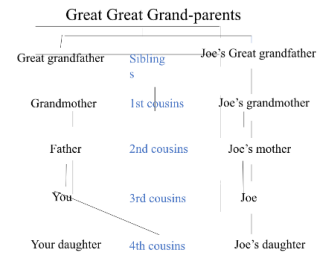
Bowling

The 2025 U3A Outdoor Crown Green Bowling season will start on Monday 31st March at High Legh Village Hall Although not a U3A activity, for those interested, indoor bowling sessions will continue at High Legh Bowling Club in High Legh Village Hall on Monday and Wednesday afternoons from 1.30 p.m. to 3.45 p.m. until the green re-opens. Winter Membership & Session fees are modest.

Genealogy

On Tuesday 18th February, the U3A Genealogy Group met at the Sanctuary Hub. Our meeting included a great talk from Elaine entitled 'Cousins and Removals'. First, she carefully explained with the help of diagrams on the screen about uncles, aunts, great uncles, great aunts, first, second and third cousins, etc. A great effort on a subject that took some understanding. Then she dealt with the even more complicated subject of removals, for example, who is a first cousin once removed? To

help us get our heads around this topic, Elaine pointed out a method to help us name these types of relationships. As you can see on the attached photo, we learnt about relationships ranging from first cousins twice removed to third cousins once



What is the relationship to you of everyone in the right-hand tree?
Relationship between generation levels is given in blue

removed by which time my brain was beginning to hurt.

The presentation led to a lively discussion, which included half and step siblings, double cousins, heredity diseases like haemophilia and much more. Thank you, and well done, to Elaine for a great talk and stimulating a most interesting debate.

Theatre

The Theatre Group is back in Altrincham to watch 'The Curious Incident of the Dog in the Night-Time'. We are warned beforehand that there could be 'sensory intensity' and they're not wrong. It is a tough watch at times but there is humour, brilliant staging and a tour de force by the central actor, playing an autistic fifteen year old and on stage throughout. He's obviously come a long way since Emmerdale nine years ago. Some Members also went to see Oppenheimer. It had mixed reviews.

Games Group

A smaller than usual group of gamers met on the first Tuesday of February. Several tense games of Mexican Train (similar to dominoes) were played with accompanying cups of tea and coffee. **The next games group** will take place in Lymm's Village Hall on **Tuesday 4th March, 1.00 to 3.00 p.m.** A good selection of card & board games are available but feel free to bring your personal favourites with you. Cost is £2 per session or £20 for the year (no meetings January & August).



Poetry

Welsh poet RS Thomas was Keith's chosen subject for this month's presentation. Members then read out their own poems having been given a choice of subject this time - 'Heartbreak' or 'Things I'd tell my younger self'.

Sketching Out

Members enjoyed sketching St. Matthew's Church in Stretton this month before retiring to the nearby Cat and Lion pub to admire the results. The next meeting, on Monday, 31st March, is at Denzell House and Gardens, Altrincham. Meet at 10.15 a.m.



Ukulele

Our group continues to grow and we have enjoyed welcoming our new members. We are now practicing our Performance Repertoire in preparation at Lymm Gardening Club dinner at Lymm Village Hall and we have been invited to play at Brookfield Care Home.

Walking Groups

Striders

Well, it didn't rain but it was a bit grey and murky or



'dreich' as our Scottish Strider described it!!

13 of us walked the 10 mile circular walk on the Longendale Trail past 4 reservoirs with views up to the Pennine Moors. A good time was had by all! The March Walk will be the Reddish Vale and Tameside Trail- the walk that had to be cancelled due to ice in January. Another 10 miler with a couple of uphill pulls but mainly flat.

Friday Ramble

We headed north into Lancashire for a walk led by Duncan. Darwen's Jubilee Tower is a familiar feature on the county's skyline. It's breezy but sunny as we climb up to the tower which is reminiscent of a rocket from a distance. Dating from 1898 it celebrates Queen Victoria's Diamond



Jubilee and we are able to climb to the top and survey the land in all directions. On a good day you can see Blackpool Tower and the Isle of Man. Today was good but not that good.

4-6 ers

Angela sorted us out with a superb walk around Salford and Chorlton water parks. and she even managed to sort the weather apart from the rain in the last 5 minutes. The 5 miles ended with a trip over some stepping stones which we all negotiated successfully without anyone ending in the River Mersey. The walk was followed by a delicious lunch in the Boathouse Restaurant.



Wellbeing Birdwatching

Two meetings this month. Marbury Park was chilly but worth a visit as we saw a few species at close quarters, including four types of tit, nuthatch, jay, woodpecker, dunnock and robin. We were pleased to get warm over lunch in the Weaver Vale Garden Centre. The second outing should have been to Dunham Massey but the inclement weather meant that the grounds were shut so we came back to Lymm Dam where a number of birds performed on

the water, such as cormorants, goosanders and grebes.



Jigsaws

Members are welcome to borrow the jigsaws on display at monthly meetings. Any further donations of 500 or 1000-piece puzzles will be gratefully received.

North West Region u3a Summer School 2025

12th August 2025 to 15th August 2025

North West Region of u3as invite applications for the [Summer School 2025](#)

Click the link to see the courses on offer.

Venue: [Manchester Metropolitan University](#)

Cost: Full Board=£430 Non-residential=£215

Committee Contact Details

Chair	Susan Mitchell	chair@lymmthelwallu3a.org.uk
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Committee Member	Barbara Price	

Non-Committee:

Speakers	Christine Ballance	speakers@lymmthelwallu3a.org.uk
Newsletter	Sue Mitchell	newsletter@lymmthelwallu3a.org.uk

u3a – Online Learning Events

As well as joining our groups you can subscribe to Interest Groups Online (formerly called Trust u3a). Interest Groups Online is a platform for collaborative learning. It is an online community, bringing people together from across the u3a movement and beyond. There are around 70 different groups that meet online across a wide range of subjects. Groups are interactive and vary depending on the needs of the participants. Find out more on our [Interest Groups Online page](#).

Growing Up Human: The Evolution of Childhood

Thursday 6th March 10.00 a.m. – 12 midday

Dr Brenna Hassett is a Lecturer in Forensic Osteology and Archaeology at the University of Central Lancashire, and Scientific Associate at the Natural History Museum London. She researches health and growth in the past through the evidence from skeletons and teeth and is the author of the Times Top 10 Science Book of 2016 'Built on Bones: 15,000 years of Urban Life and Death'. Her most recent book 'Growing Up Human: the evolution of childhood' looks at the fascinating ways our species has diverged from our nearest relatives to create our unique human life course, with one of the longest childhoods on the planet.

Brenna is a biological anthropologist and archaeologist. Her research focuses on childhood, health, and growth in the past. Active research areas include dental anthropological approaches to understanding early development, health and growth in the transition to sedentary and agricultural living. She is a Fellow of the Society of Antiquaries and is also 1/4 of Team Trowel Blazers, a project advocating for equality and the recognition of women's contributions to the digging sciences. This event has been arranged by Maggy, the Subject Adviser for archaeology. To find out more about archaeology at the u3a visit the [Archaeology Subject Adviser page](#).

The Use of Artificial Intelligence in Healthcare

Wednesday 12th March 10.30 a.m. – 11.30 a.m.

Artificial intelligence (AI) will revolutionize healthcare in the next 0–10 years. This includes enhanced diagnosis, personalized treatment, health screening & monitoring, neurological health, new drug discovery & medical administration. This talk provides an overview of these developments and challenges.

Ian Hawker

Dr Ian Hawker is a retired engineer who worked for BT Research near Ipswich. He has taken a special interest in Artificial Intelligence and its growing use throughout the market sectors.



How to join these events

These online events are free for members.
Use this link below to discover the online learning events www.u3a.org.uk/events

National u3a News

If you would like to sign up for the National Newsletter or the North West Region Newsletter please use the links below

u3a National newsletter

<https://www.u3a.org.uk/news/newsletter>

North West Region Newsletter

<https://u3asites.org.uk/north-west/page/25318>

Contact Us

Lymm and Thelwall u3a web site:

<https://lymm-thelwall.u3asite.uk/>

Lymm and Thelwall u3a Facebook page:

<https://www.facebook.com/LymmThelwallu3ae>

enquiries@lymmthelwallu3a.org.uk

Our Groups If you would like to join any of our groups, groups@lymmthelwallu3a.org.uk always contact the Group leader via the group page on the website. Click the icon to email the Group Leader. They will reply to you!!

Activity	Regular Meeting Day	Venue
Art	Friday a.m.	St Mary's Church Hall
Badminton	Wednesday a.m.	Grappenhall Community Centre
Book Club	1 st Thursday a.m.	The Spread Eagle, Lymm
Book Club 2	1 st Wednesday a.m.	The Little Manor, Thelwall
Current Affairs	2 nd Thursday	Lymm Village Hall Annexe
Crown Green Bowling	Monday p.m.	High Legh Bowling Club
Cinema	Occasional Outings	Various
Cycle maintenance	As and when required	
Cycling	2 nd Tuesday and 4 th Thursday	Various, see web site
Flower Arranging	2 nd Friday p.m.	St. Mary's Church Hall
French (Advanced)	2 nd and 4 th Thursday a.m.	The Sanctuary Hub Lymm
French Conversation Advanced	1 st Monday p.m.	The Spread Eagle Lymm
Games Group	1 st Tuesday p.m.	Lymm Village Hall
Genealogy	3 rd Tuesday a.m.	Sanctuary Hub Lymm
German	1 st Monday a.m.	The Spread Eagle, Lymm
The Lunch Group	3 rd Friday	Contact via website
Mosaic	Friday a.m.	St. Mary's Church Hall
Music Appreciation	2 nd Thursday p.m.	Lymm Youth / Community Centre
Philosophy	2 nd and 4 th Tuesday a.m.	The Spread Eagle, Lymm
Poetry	4 th Thursday	Sanctuary Hub Lymm
Sketching Out	Last Monday of the Month	Various
Stitch 'n' Natter	Wednesday a.m.	The Little Manor, Thelwall
Theatre and Concert	See web site	Various
Ukulele 4 Fun	Tuesday evening	United Reform Church
Walking Strollers	See website	Various
Walking 4-6ers	See Website	Various
Walking Friday Rambles	2 nd Friday	Various
Walking Striders	2 nd Wednesday	Various
Wellbeing Birdwatching	1 st and 3 rd Friday	Various Locations
Writing Group	1 st Friday	The Spread Eagle



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