



THE UNIVERSITY OF THE THIRD AGE

Newsletter

August 2016

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Welcome From the Chair

Hello everyone and welcome to August's Newsletter.

Last month, I wrote about the difficulties of explaining to someone, what U3A is, its ethos and how it operates. I promised an excellent video would be added to the

Homepage of our website, which will explain it all far better than I could.

Well, it's there now and I strongly recommend you to take a look.

It shows the U3A in a wider, multicultural perspective and makes you really appreciate what a wonderful organisation we are all a part of. If you have friends who might be interested in joining U3A, show it to them too.

While you're on the web site, take a look round. It's being subtly updated and improved to make it easier to use and to

find information. We welcome your comments and suggestions on how we could improve it further. We also welcome photos from your groups to add to the gallery, so, if you have any pictures of group activities or outings, please send them to our webmaster Neil Busby. You'll find his email address on the website.

I look forward to meeting many of you at the Summer Social on the 19th at the Sailing Club.

Enjoy your Newsletter.

Frank Boydell, Chairman - 01832 735797

July Branch Meeting Kim Durden spoke about eyes and optometry. First of all, she explained a little of her background and then the typical working day of an optometrist.

It was amazing to hear about the range of eyesight issues that may be met in a day. I was particularly intrigued by the idea of a baby's eyesight being tested and glasses being worn before a child could even speak.

As a result of the talk I think I will also be a little more proactive when I next visit



the optician. Instead of 'I think I need new glasses', it will be 'I need new glasses that allow me to ...'. I think we were all both amused and intrigued by the man who just wanted reading glasses but did not explain that he wanted to read the newspaper hands free. He put it on the floor in front of him to read.

The question and answer session was also interesting with questions about lasers, cataracts, varifocals, bifocals and contact lenses being fielded and answered.

Our thanks go to Kim for giving of her time to give us such an informative and entertaining talk.



Sheila Underwood.

Forthcoming Events

Branch meetings start at 10.30am on the third Friday of each month at the Thrapston Plaza unless stated otherwise. Doors open at 10.00am when tea/coffee and biscuits are served.

- 19 August **Summer Buffet** - Please **remember** to bring your ticket- to exchange for food.
- 8 September **Elton Hall and Gardens** – Meet at Co-op car park by 10.30 a.m. for car share. If you are going straight there, please confirm with me and be in Walled Garden car park at 10.45 to meet guide and rest of group.
Brenda 730225
- 16 Sept. **Branch Meeting - Life in the Music** by **Andy Smith**. 'Sing a Century' - Singing and playing at least one song from each decade for the last 100 years. Accompanying himself on guitar, ukulele and mandolin - he'll take you on a journey through the last century with lots of songs you'll know - and a few surprises!
- 12 October **Branch Meeting - Thrapston Miscellany** by **Eric Franklin** (see page 3)
- 18 November **Branch Meeting - Badgers** by **Brian Sanders** will elaborate on the life style of the Badger including information on its habitat, food and how it catches its food. There will be content on threats to the badger including culling and historical information relating to the badger population in North Northamptonshire. After the talk there is a Q&A session appertaining to Badgers both locally and nationally.
- 16 December **Branch Meeting - Christmas Event**. More details later.
- 2017**
- 20 January **Branch Meeting - My favourite Things** by **Will Osbourne**
- 17 February **Branch Meeting - Life with my Father** by **Gail Stuart**
- 17 March **Branch Meeting - MBE, Investiture at Buckingham Palace** by **Guinette Davies**
- 21 April **Branch Meeting - Kicks & Frills, the Story of the Can-Can** by **David Price**
- For **Theatre Trips** you may add your name to the lists at the Branch Meetings. Pauline Dennison Tel: 01832 732724

Refreshments

Do you enjoy the refreshments at our monthly meeting?

It has been Michelle who has met us at the door and organised the welcome and refreshments to members and their guests. Michelle leaves us at the end of this month. We wish her well in her new venture and I would like to thank her for the contribution she has made to making our U3A welcoming and friendly.

However her absence will leave a gap. Someone is now needed to organise the rota of volunteers for the monthly meetings and **we also need people to make the coffee /tea and wash up.** (We have someone who buys and brings the coffee, biscuits and so on.) It takes three volunteers each month and with 11 meetings this means if we have 33 people we all do it once a year !

If you feel we should continue to enjoy the refreshments and could help please either contact a committee member or email me, Sheila, at vicechairthrapstonu3a@gmail.com or ring Brenda on 01832730225.

A Local Miscellany in Word and Pictures

Thrapston U3A, 21 October 2016 Introduced by John Dawkins and Eric Franklin

Thrapston Heritage are pleased to introduce a morning of views, tales, a poem, stories from the past and a sound recording from 1959 of old Thrapston. Much of this presentation is of previously unseen material and will be presented by John Dawkins and Eric Franklin, with technical support from Neil Busby. The morning is designed to inform and entertain. It will include:

- Bridge Street Station whilst in operation and its demolition with pictures from the 1930s to 1965;
- a children's rhyme from Ringstead and an excerpt from Wally Jacques' memories from before World War 1;
- an excerpt from the recording of the last passenger train to leave Midland Road Station in 1959;
- a few Where Are Theys of places in town you have passed, possibly without noticing;
- short items on Thrapston Baptist Church and Oundle Road Cemetery;
- pictures from the past fading in to the current view;
- Edwin Cottingham, an internationally known clockmaker from the area, now virtually forgotten and the Thrapston Church clock he built for the town;
- the beginnings of cycling in Thrapston and the Nene Valley Wheelers;
- railways in town and the demolition of Midland Road railway bridge and a recent view;
- Northamptonshire County Council's 1970 proposed replacement for the Nine Arch Bridge.
- and many other one-off items.

Group News

Photo Group - On 20 July five intrepid photographers went on a butterfly safari to Fermyn Woods in search of the purple emperor butterfly. In spite, of searching high and low, we didn't even a glimpse one. Undaunted, we will try again next year - perhaps this event could become the Annual Butterfly Safari!

However a friendly coffee at Lyveden New Bield made up for the disappointment of not being able to include a Purple Emperor photograph in this update.

As its been summer, we have been out and about taking photographs at all sorts of venues. We've been to Thrapston lake - the photo of the heron was much admired by everyone.



On a visit to Wadenhoe, we captured the contrasting architecture of the the old and the new in the village.

This was particularly striking at the church. On the same visit, one of our members captured the amazing photo of the Red Kite. Additionally, we have had two trips to Oundle; one was to take pictures of the town and one to take pictures of St Peter's Church in support of the construction of a new website for the church ... and on the way back, we went to Barnwell. By the time you read this, we will have had a joint meeting with the Cake and Bake group to take some photographs of canapés and picnic

food; More to come next month.

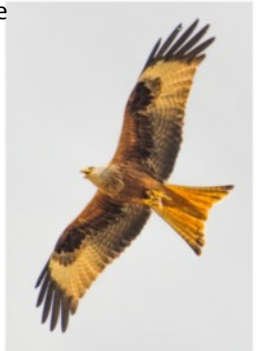
Our next meeting will be on Monday 5 September at the Bowls Club from 10 am to 12 noon. The topic will explore Editing Photographs and we will be reviewing members' photographs from the photoshoots. There is a contribution of £3 for the hire of the room. If you would like more information, do ring Ann Carter, Photo Group Leader on 0754 277 5603. More information about the Autumn programme will be in the next newsletter. Ann Carter

Thrapston Art Group - Thrapston Art Group welcomes its new member Maureen Lewis. Summer has come at last and those who wanted to moved into the garden to paint. Cold drinks and strawberries were the order of the day. Mandy Dawkins - Group leader

Thrapston Cycling Group - Got a bike? Well blow the dust of it and see if your legs still work because at 10 am on the second and fourth Monday of every month the cycling group meets outside the Woolpack at Islip.

Now don't be put off by the term Cycling Group because our efforts resemble more The Last of the Summer Wine than the frantic activities of Mr Bradley Wiggins, so a lack of ability is more likely to be in line with what actually happens rather than proficiency. As for Lycra? Well this is rarer than pearls of wisdom from our chairman.

We have been enjoying some cracking weather this summer and the cycling routes have always included a stop for coffee and cake or some such treat on the way round. Indeed you may have a favourite route to ride and don't worry about speed because if the rest of us can't keep up with you we'll try to save enough breath to let you know.



Our take on the bicycle is all about socialising rather than an endurance test and we hope you can join us for the next ride out.

Woodland Wellbeing - For a blissful relaxing and informative morning try a few hours in a Sudborough wood courtesy of Outdoor Tribe. This new and interesting venture will surely become a resounding hit with anyone who enjoys communing with nature. From weeding saplings to counting trees, to hacking brambles (very satisfying). The possibilities are endless. I can guarantee you will come away feeling inspired. Jane Stokes



Above - The Woodland Wellbeing Group after conducting a census of oak, field maple and ash trees in Oxlip Wood.



Right - The Photo Group searching hard for purple emperors.

Thrapston and District U3A Committee

Chair: Frank Boydell

Treasurer: Tricia James

Groups Co-ordinator: Marion Healey

Publicity: Ann Carter

Vice-Chair: Sheila Underwood

Secretary: Guinette Davis

Membership: Madeline Fisher

Speaker Seeker: Paul Ollett

This newsletter is published on behalf of the committee of the Thrapston and District U3A. The opinions expressed are not necessarily those of the Editor, or of the committee of the Thrapston and District U3A or of the U3A Trust.

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