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CHAIR'S WELCOME

Well, the English summer has definitely arrived. Hot weather, wet weather and lots in between.

We are hoping for warm and dry on the day of our Summer Social this month. Please remember that there will not be a meeting at the Plaza and that the Social is a ticket and member only event. Tickets are not available on the day, as we have to know numbers in order to organise the catering. Please also note that **the doors open at 11.45 am** with food being served from 12.30.

Our next Plaza meeting will be on 20th September, when we will be hearing about "Charles Dickens, Author and Conjuror" and we look forward to seeing you there.



Sheila

THRAPSTON & DISTRICT U3A - SUMMER EVENT

Friday 16th August 2019 Venue: **Thrapston Sailing Club**

The gates to the Sailing Club open at 11.45am and your food will be served from 12.30. To delight you, in addition to your buffet lunch, boat trips (£1.00 per person) have been arranged and we have some puzzles and music to keep you entertained.

All that remains for us to arrange is fine weather!
 (Please note that ticket sales are now closed)

FOTHERINGHAY AND THE HOUSE-OF YORK.

A talk given by Mike Ingram. Medieval Historian



Mike brought history alive with his talk based on the village of Fotheringhay. He said it represented a 'bubble' of English history as there were so many connections to nobility, Royalty, and battles.

He began by giving an account of the various Earls that took over the Fotheringhay Estate including the first Earl of Northampton. Using a family tree of Earls that followed, he showed us the links with William the Conqueror and the King of Scotland, whose son ruled over Fotheringhay and other North-

amptonshire Estates. He added that Northamptonshire had had very close connections to Scotland for many years, way before Corby!



He then talked of how the village swapped jurisdictions for over 50 years back and forth as a result of battles with the Scots, English nobles and Royalty. We heard of Faulke de Breaute, the Sheriff of Northampton who enabled King John to seize back control of Fotheringhay and the castle. In recognition of his efforts, King John gave him a

piece of land on which he built a house known as Faulke's Hall in London, later called Foxhall, which subsequently became Vauxhall. This became the location of the first Vauxhall motors business. The Sheriff's emblem appears on all their vehicles and Mike went on to say that if you drive a Vauxhall you're driving a piece of Northamptonshire history.

Some other well-known names that were connected to the Fotheringhay Estate included Robert The Bruce, the Duke of York, and King Richard III. Fotheringhay castle became the home of the Balliol family who then established Balliol College in Oxford. Later there was a battle and the Earl of Pembroke took control of the castle and established the Pembroke College of Cambridge.



He illustrated his talk with overhead slides, including artists' impressions of how Fotheringhay castle was, in comparison to how the site is now, and explained that one could still just make out where the moat was after heavy rain.



Mike then spoke of the history and architecture of Fotheringhay Church including a story regarding its series of gargoyles, one is which is of William Horwood, a Mason who built the church in 1434, and also one of Blaster, his dog! Edward, the second Duke of York and also Richard, the third Duke, and his son Edmund, Earl of Rutland were all buried at Fotheringhay Church.



Towards the end of his presentation, he spoke of the beheading of Mary Queen of Scots at the castle. She was accused of being a traitor, and serves to illustrate the history of conflict between Scotland and England.

Mike delivered his talk with humour and enthusiasm, carrying us along on a magical journey, and reminded us all of just how important Fotheringhay is in our nation's history.

Terry Robinson - Speaker Seeker

Calendar of Events 2019

16th August	Summer Event - see below
3rd September	Peterborough - Local History Walk - see page 4
11th September	Grease - see page 6
19th September	Sandringham - see page 6
20th September	Charles Dickens—Author & Conjuror - by Ian Keable
10th October	Calendar Girls - see page 6
8th November	Greyhound Racing - see page 5

Monthly Plaza Meetings

When?	3rd Friday of each month
Where?	The Plaza in Thrapston <i>BUT not this month—see below</i>
When?	from 10.30 to 12

*Please note that doors open at 10.00 a.m.
Visitors are also welcome to join us for a small charge of £2*



Don't forget that this month's meeting is the Summer Event at the Sailing Club

This Month

Friday August 16th

*Summer Event
at the Sailing Club*

(for details, see page 1)

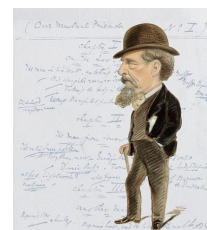


Next Month

Friday September 20th

*Charles Dickens -
Author and Conjuror*

by Ian Keable



News from the Groups

Local History Group

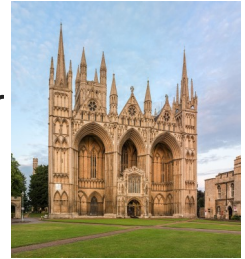
Upcoming Trip to Peterborough.

Tuesday 3rd September

Tour of the cathedral and time for shopping, lunch and the museum. leaving Thrapston Co-op at 10.15 am.

We have secured a cathedral tour for twenty members at a cost of £6 per head, starting at 11.15 and finishing about 12.30.

Car sharing may be available; contact Glyn on 735 797 to sign up, or for further details.



Wellbeing with Nature



There's considerable scientific evidence that nature connection is restorative and spending time in woodlands is especially beneficial for experiencing wellbeing benefits and improving life satisfaction.

We meet in woodland near Sudborough, on a Thursday morning once a fortnight. The objective is one of helping reduce stress and anxiety levels, lowering blood pressure, soothing mental distress, improving energy levels, increasing resilience, speeding recovery from illness and even boosting the immune system.

Based on 5 ways to wellbeing the **Wellbeing With Nature group** focusses on encouraging group members to:

Get physical - Activities encourage mild to moderate exercise

Get Social - The nature of our meetings provides a supportive social experience

Care for the Environment - Group members learn practical skills for promoting woodland wellbeing.

Notice - Activities encourage focus and 'noticing' to promote relaxation of mind and body

Give - Involvement in caring for the woodland environment delivers wellbeing benefits to those involved.

Feedback from current members includes:

"I sleep better at night"

"I leave my problems at the gate"

Contact Susan Collini on 07799 892900 for further details.



Nordic Walking Group

This photo was taken of the Nordic Walking Group, taken towards the end of the walk in April, going from Twywell, through the Hills and Hollows to Cranford, and then back to Twywell for refreshments.

The oak tree sits in the middle of a rape field; just the place for a group snap!

From left to right: Karen, Polly, Freddie, Anne and Rod.



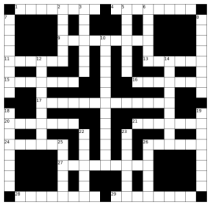
There are two groups of walkers.

The Tuesday afternoon group meets at the football field car park at 2 pm, leaving “when the bell tolls”. This group does local walks of about 2–3 miles, taking roughly just over an hour. If you would like to join them, contact Polly.

The Friday afternoon group travels further – usually around 6 miles and taking 2 - 2½ hours.

You will need Nordic Poles, but the group have spares that you can borrow, if required.

Give them a try as you can use 95% of your muscles when walking with poles! AND you get a talk too. If you would like more information, contact Polly on R. 625 181 or Rod on 732 521



A SHORT COURSE - CRYPTIC CROSSWORDS DEMYSTIFIED

On 4 Wednesdays in July, John McGill very kindly – and so patiently! – guided our U3A’s first group of would-be cruciverbalists through the tricks of the crossword setters’ trade: the first or the last word in a clue give the meaning of the answer; “indicators” tell you what to do, e.g find anagrams, find an answer printed (hidden) in a clue; abbreviations favoured by puzzle setters, and so on. By the final Wednesday, we had made real progress. If you are wondering if this short course is worthwhile, just ask Pat G or your Groups Co-ordinator.

Their verdict: “ **highly recommended!** “

GREYHOUND RACING AT PETERBOROUGH

There are a few places left for Irene’s next trip to Peterborough Greyhound Racing Stadium on **Friday 8th November**.

The cost will be £27, which includes entry, tip for the driver (monetary, not a hot inside tip from a trainer!) and a good, two-course meal in the trackside restaurant. If you wish to place bets on the races, staff will come to your table to serve drinks take your bets – and bring you your winnings!



This is a thoroughly enjoyable and convivial night out. These trips of Irene’s run like a well-oiled machine and come highly recommended.

Please sign up by contacting Irene on 732948 to secure your place.

Payment is due on September 20th at The Plaza.

THEATRE AND OUTINGS.....

Outings



Sandringham House and Gardens + free time in Hunstanton

19th September

£28 per person



This will be the last trip I am organising before retiring. If you are interested in one of the few remaining places please contact me asap.

As there is not a Plaza meeting in August, please ring me to arrange payment if you have not yet paid. If you are booked on this trip and are a member of the RHS, please notify me asap, as this affects the price of your ticket. Also, if you have any mobility issues and will be taking a wheelchair or walker, please notify me when you pay for your ticket.

Thank you.

Jenni phone 358 721

Note from the Editor; If anyone feels they would like to organise any trips in the future please speak to Jenni or to Sheila.

Theatre Trips

We have two wonderful, uplifting, toe-tapping musicals coming up;

GREASE

Wednesday 11th September ,

Leicester Curve Theatre

Price £45pp ,



CALENDAR GIRLS

Thursday 10th October,

Royal & Derngate, Northampton,

price £45pp,

Please be aware that an option for payment online is now available; please ask for details.

Please remember, tickets are non-refundable.

Moira - phone 07960 640 161

JUST ONE MORE THING... on theatre and outing trips we now require an emergency contact number for each theatregoer. This must be someone who is not on the same trip as you and is easily contactable in case of an emergency.

Please contact Moira for further information, ideas for future theatre events or to inform us of your emergency contact number. Tel: 07960 640161

Please remember, tickets are non-refundable.

Stitchers Group Trip to the Festival of Quilts

An early start on the 1st of August saw a group of Stitchers join a few other sewing enthusiasts for a minibus trip to the NEC at Birmingham. Our destination was the annual Festival Of Quilts.



After a much needed coffee to fortify us for the trial ahead (!) we entered the exhibition halls to be overwhelmed by a vast array of stalls and exhibits from all over the world. Quilts from the UK, Australia, USA, Germany, Russia, to name but a few, showed the expertise and dedication of an army of quilters. We were also very impressed by the work of some junior schools and it is good to know that the younger generation is being inspired.

From modern to traditional, group pieces to individual entries, the range was vast. We were in turn overawed, inspired and motivated, just in time to visit the many retail stands. Which of us could live without a rotating cutting mat, or just one more charm pack of William Morris fabric? - and someone just had to keep visiting the Blackwork stall (too much choice)!

A final check of the shopping lists saw us exhausted but happy. Several of the ladies are new to patchwork and quilting and we have just started making sample quilts to learn traditional techniques. The exhibition was definitely inspirational and we even spotted some of our newly acquired skills in the quilts we saw. We also came up with a number of ideas for our next group project -perhaps for the next Arts Festival? Who knows?



This friendly group of stitchers meets twice a month, at the Town Council Offices, on the second Thursday and last Wednesday, from 10 am to 11.30. If you would like to join us, you would be very welcome.

Wendy Davies

Group Leader

R. 623 047

RIVIERA TRAVEL

Are you planning your next holiday or river cruise?

If so, you may want to consider Riviera Travel as they have an affinity partnership with U3A's. They regularly advertise in the Third Age Matters magazine.

Thrapston & District U3A are not endorsing or promoting this company but if you are thinking of using them, and book online, we would like you to consider mentioning our U3A at the time of booking as they will pay 10% of the basic cost of your holiday to us. As you can imagine this would be very advantageous to us.



We understand that the process is not complicated and are aware that many local U3A's have already benefitted from their members holidaying with Riviera Travel.

Contact Sue Campbell for further details on 07753 635666



Thrapston's Mayor is holding a sponsored silence on Saturday September 21st to raise money for the mayor's charity for this year - *Mind* - highlighting the need for mental health support.

Karen will sit in silence from sunrise to sunset (06.46 to 19.04) outside the Library.
If you wish to sponsor this event or participate yourself, call into the Town Council Office
or telephone 734 673



Telephone numbers given in the newsletter are usually preceded by the Thrapston STD code—01832. Any Raunds numbers (indicated by R) need the STD code 01933

Thrapston and District U3A Committee 2019/20

Chair: Sheila Underwood

Vice Chair: Wendy Davies

Treasurer: Sue Campbell

Secretary: Ian Byrnes

Groups Co-ordinator: Roger Davies

Membership: Pauline Dennison

Short Course Co-ordinator: Tricia Eales

Speaker Seeker: Terry Robinson

Newsletter Editor: Wendy Davies

Publicity: Sue Campbell

IT Operations /Website Manager: Neil Busby

Plaza Registration: Tina Jones

A note from the Editor

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.

Please note that items for inclusion in the next newsletter should reach the Editor by the first Friday in the month.

Editor and publisher : Wendy Davies - email: editorthrapstonu3a@gmail.com

Website : www.thrapstonu3a.co.uk where committee contact details may be found along with details of all the groups.

You can also join us on **Facebook** — **Thrapston and District U3A**