



### Contents

	page
Welcome from the Chairman	1
Calendar of Events 2018	2
The Christmas Event report	3 / 4
News from the groups	5
A Plea to Grandparents	7
Report on the Red Cross First Aid Course	7
U3A Committee	8

### Welcome from the Chair



Happy New Year to one and all. I hope you all had a wonderful festive period and have had a good start to the New Year. It all seems to have flown by very quickly.

The December 1960s revival was an excellent morning and it was lovely to see so many join in the spirit of the event. We have shared some of the photographs with you in this newsletter and will hope to have some on show at the beginning of the next meeting in the Plaza.

We are always looking to improve so if you have any constructive feedback we would love to hear from you as we debrief this event and plan the next one, which we hope might be an afternoon tea in the Plaza in March...further details soon.

Please also let us know of any ideas you may have for our U3A in the coming year. It may be a new group or an idea for a visit or something that will improve the way we do things...all reasonable suggestions are welcome.

At this time of year, illness and accidents seem more frequent, so please remember to take care of yourselves and keep an eye out for one another.



**Sheila**

January 2018

2018

2018

2018

2018

2018



## Calendar of Events

2018

- 11 January      **First meeting of Stitches Group** - 10am Thrapston Town Council Offices
- 19 January      **Branch Meeting** - Mr Philip Saxby — Cider Making
- 1 February      **Mama Mia, Milton Keynes** - see page 7
- 16 February     **Branch Meeting** - Andy Smith - John, Paul, George and me
- 18 February     **Snowdrop Stroll** - Deene Park (see page 6)
- 19 April         **An Officer and a Gentleman** - Leicester, Curve Theatre (see page 5)
- 20 Sept         **Warhorse** - Milton Keynes Theatre (see page 5)

### *News from the Committee*

- ◆ Due to careful financial management by the committee, there is a surplus which they wish to pass on to the membership, so for the next financial year (April 1<sup>st</sup> 2018 to March 31<sup>st</sup> 2019) membership subscription will be reduced to £15, from the current £16.50. Dual membership will be reduced to £10.



- ◆ Members will be aware of the recent problems recently encountered at meetings by the Plaza's PA system .

The committee has therefore purchased a new PA system for Thrapston and District U3A. It had its first outing for the Christmas Event and has already proved to be much more reliable.



- ◆ Members who use the induction loop are recommended to sit at the stage end of the seating in the Plaza to ensure they can hear clearly.

## The Christmas Event at the Plaza

130 lucky ticket-holders, some unrecognisable beneath a memorable assortment of hats and wigs, flocked to the Plaza on Friday 15<sup>th</sup> December to find it miraculously transformed for a good morning of fun and entertainment. The tables, bedecked with flower arrangements, Christmas crackers and Quiz sheets, were as attractive as the outfits worn by a good number of beautiful people straight from the 60s.



Makin' Music, under the direction of Neil and Marion, kicked off the entertainment with "Let's Twist Again" and had us tapping our feet and singing along to their wonderful music. These musicians played brilliantly – a tribute to their skill and meticulous preparation.

David, Dennis, Doris and Terry of our Creative Writing group gave us readings of their 60s memories. And how well they write! Their pieces were fascinating, amusing, thought-provoking, nostalgic and so skilfully constructed.



We left Thrapston for Paris and the French Revivers' "saynette". Glyn H, Glyn J, Moira B and Paul played thirsty tourists unable to pay their café bill and Margaret, their shopaholic friend who naughtily allowed her friends to be led away to do the washing up, rather than admit that she still had francs in her purse. The audience, who understood every word(?), marvelled at their linguistic and acting skills!

Sue and her Line-dancers, Jean P, Jean S, Margaret, Sheila H and Sylvia, resplendent in polka-dot outfits, really showed us how to line-dance properly, rocking their way round the Christmas tree to the accompaniment of Makin' Music.

The cake-makers were the winners of the 60s Quiz, with a score of 27/30. If you would like to try the quiz for yourself, look on page 4. (answers are on page 8)

"Absolutely magic!" That was my opinion of the Magic Group's performance. My prize for Highlight of the Show goes to Mandy and Dave, with Mandy's straightman rôle being eclipsed by the comical antics of Dave the blonde bombshell, in their unforgettable Bandana/Banana sketch.



A great deal of preparation and hard graft on the part of the performers and the organisers went into the production of a very entertaining pre-Christmas show. Sincere thanks to all of them.



We hope that you all enjoyed the show.

Roger Davies  
Groups co-ordinator  
(and compere!)





## 60S QUIZ

1. Which long-running UK television programme was first broadcast on 23<sup>rd</sup> November 1963, the day after the assassination of President Kennedy, to fill a gap between "Grandstand" and "Juke Box Jury"?
2. "Raindrops keep falling on my head" was written for which 1969 film?
3. "Collins, Aldrin and \_\_\_\_\_" - Whose is the name missing from this threesome who became world-famous on 20<sup>th</sup> July 1969?
4. Name the British doll created by Pedigree Dolls and Toys as a rival to Barbie?
5. In 1967, which European Song Contest winner for the UK scored twice as many points as the song which came in second place?
6. In which 1964 classic did Roy Orbison growl "Mercy"?
7. Which British film from 1963 won 4 Oscars and was based on a novel first published in 1749?
8. For whom was "The Mighty Quinn" a hit?
9. Which female athlete won a gold medal in the Long Jump at the 1964 Olympic Games?
10. What was the South African Louis Washkansky the first to receive in 1967?

*Answers can be found on page 8*

## News from the Groups

### TAI CHI

We have a new group session starting on Thursdays, from 3.30pm - 4.30pm.  
Doors open at 3.15 pm, at the St. John Ambulance Hall, Bull Ring, Thrapston  
We meet every Thursday for a stress free hour of gentle exercises to relaxing music.  
The benefits of Tai Chi can include improvement of general health, co-ordination, balance, flexibility, self-awareness and concentration.

If you are interested just come along and join us!

Linda Vickerman

Tai Chi Group Leader



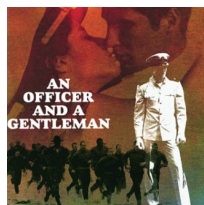
### *Theatre and Outings Group*

#### Dates for your 2018 diaries

We now have two more exciting theatre trips booked for the coming year.



#### Thursday 19<sup>th</sup> April, 2:15pm



Matinee performance of **An Officer and a Gentleman** at the Curve Theatre, Leicester  
Tickets are £20 each, excluding coach travel (approximate full price: £28)

#### Thursday 20<sup>th</sup> September, 2:30pm



Matinee performance of **Warhorse** at Milton Keynes theatre.  
Tickets are £47 each, excluding coach travel (approximate full price: £55)  
Please come and sign up at our next Branch Meeting in January to be sure of a seat for one or both of these amazing shows.

#### Thursday 1<sup>st</sup> February, 2:30pm

#### **Mamma Mia** at **Royal and Derngate Theatre, Northampton**

To all those who have booked to see the above show, we will be handing out street maps of the centre near the theatre, together with a list of coffee bars and restaurants, at our Branch meeting in January, to help you plan your day in advance.

We are always interested in your ideas and feedback. Please keep them coming!

[moira.newton@icloud.com](mailto:moira.newton@icloud.com)

[jennihall207@gmail.com](mailto:jennihall207@gmail.com)

# Places2Go

Here are just some of the events planned for 2018. Full details and exact dates to follow shortly.

Date	Event	Approx. cost
Sunday February 18 th	<b>Snowdrop Stroll at Deene Park</b> <i>12 noon Thrapston Co-op car park</i>	£5 pp
Friday	<b>Six Pack Plus Deal at Peterborough G reyhounds</b>	£28 pp
Friday	<b>A Day in Ely—cathedral, waterfront, shops</b>	Free
Friday May	<b>Kirby Hall—guided tour of hall + gardens</b> <i>Cheques to English Heritage</i>	Concessions £9.30
Sunday June	<b>Fort Henry and tour of Grainstore Brewery</b>	t.b.a.
Friday June	<b>Punting on the Cam, Cambridge</b> <i>Chauffeured punts</i>	t.b.a.
Fri/Sat July	<b>Kinema in the woods</b> <i>Afternoon matinee performance</i>	t.b.a.
July	<b>Petanque</b>	t.b.a.
Saturday August	<b>Seaside day</b> <i>Including a visit to the Donkey Sanctuary</i>	free
Friday August	<b>The Grain Barge</b> <i>A lunchtime feast</i>	t.b.a.
September	<b>BBQ at Maddies</b> <i>Bring your own food for Maddie to cook</i>	£2

This is an OPEN GROUP & all members of Thrapston & District U3A are welcome.

## Places2Go - Six Pack Plus Deal

The evening is all-inclusive with reserved seating and the cost is £28 per person.

Included in the cost :



Return travel from Thrapston Co-op Car Park, leaving at 6 p.m.

Admission to the Stadium

Basket meal from the Fast-Food Diner, served from 6.45 p.m.

- Scampi / chips; Chicken / chips; Burger / chips.

2 pints of beer or 2 spirits or 2 glasses of wine or 2 soft drinks

£2 lucky dip jackpot bet

Racing programme.

This is a very exciting way of seeing the racing. Put on your own bets, have your photo taken with your winning dog, wander at will..... And we can have our **Places2Go** name announced!

As this is a **one-off**, please let Maddie know if you are interested, so that a booking can be made.

Contact Maddie at 01832-734510 or [maddie.places2go@gmail.com](mailto:maddie.places2go@gmail.com)

## A Plea to Grandparents

A television company called Shiver Productions are developing a new television programme for a major broadcaster. They are looking for vibrant, fun and outgoing grandparents who have **3 or more adult (18+) grandchildren**.

Many grandparents reportedly only see their grandchildren on average twice a year, so it's not surprising the two generations often know little about each other's lives. In the programme, grandparents will spend one-on-one time with their multiple grandchildren in an attempt to get to know them better and see if they can offer any help.

The programme will allow grandparents to share their knowledge, advice and practical help while learning more about the lives, hopes and aspirations of their grandchildren.

Filming for the programme will take place sometime this year, and initially they are only hoping to speak to people over the phone. If you are selected to be on the programme the Production team will arrange all the logistics!

You may have seen this plea already through the National USA website, but if not, then further details can be found on the poster at the next Branch Meeting.

If you have any questions, please call 0207 157 4588 or email [shivercasting@shiver.tv](mailto:shivercasting@shiver.tv)

## Red Cross every day first aid course



This course is offered by the Red Cross and last year some of us took up the offer to complete the 4 hour course. Isabel was the course leader and talked to us about a whole range of situations including choking, bleeding, heart attacks, strokes and shock. She answered all of our questions and updated us on the latest techniques being used. It was very much a "do something rather than nothing" approach. A kind word cannot be undervalued and we can all only do our best.

We had the chance to practise CPR and try out a defibrillator. Do you know where to find the public defibrillator in Thrapston and Raunds? Would you know what to do when you found it? Those of us who spent time with Isabel now have a better idea and feel more confident about helping someone should the need arise.



We also learnt that you can refresh your skills by downloading the Red Cross's First Aid app. It is free and has step by step advice and useful videos. ( find it at [RedCross.org.uk/app](http://RedCross.org.uk/app)).

We all enjoyed our time on this course and our thanks go to the Red Cross, especially Isabel, who made it so enjoyable and informative. Isabel has offered to come again this year if there is anyone else who would like to take the course.

If you are interested please let me know and if we get a group of between 10 and 15 interested I will try to organise it.

**Sheila**

## ***Answers to the 60s Quiz***

1. Doctor Who
2. Butch Cassidy and the Sundance Kid
3. (Neil) Armstrong
4. Sindy
5. Sandie Shaw (Puppet on a string)
6. Oh, Pretty Woman
7. Tom Jones
8. Manfred Mann
9. Mary Rand
10. A heart transplant

## ***Thrapston and District U3A Committee***

**Chair:** Sheila Underwood

**Vice Chair:** Viv Tunstall

**Treasurer:** Tricia James

**Secretary:** Pauline Johnson

**Groups Co-ordinator:** Roger Davies

**Membership:** Pauline Dennison

**Publicity:** Glynis Hill

**Speaker Seeker:** Paul Ollett

**Newsletter Editor:** Wendy Davies

**Equipment Manager:** Ian Byrnes

**New Members Rep:** Brenda Berry

**IT Operations Manager:** Neil Busby

## **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](mailto:editorthrapstonu3a@gmail.com)

Website : [www.thrapstonu3a.co.uk](http://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

