



THE UNIVERSITY OF THE THIRD AGE

Newsletter  
March 2015

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### From the Chairman

Elections to the Committee  
Just to remind you that a number of positions on the committee will become vacant in May and nominations will need to be received before the end of April. If you are interested in joining the committee and would like to know more, feel free to contact me or any other member of the current committee.

As you know, U3A is run for its members by its members, so please do give some thought as to whether you would be willing to help by joining the committee. If you would like to know more about how it works please get in touch at the next meeting or by phone with the Secretary, Michelle Owen (01832 736902) or the Vice Chairman, Glyn Hill (01832 735797).

### February Branch Meeting

The February branch meeting was well attended and a number of people enjoyed a talk by **Susan Copperwheat**, who spoke about churches in our area, entitled Spires Saints and Martyrs. The editor apologises for not being present and unable to give a first hand report.

### Dementia Research

UCL is conducting a research project looking at the ability of people with dementia to participate in cognitive behavioural therapy. In order to do this they need to recruit a healthy control group of people aged 65 and above with no major health issues to be able to compare performance. Participation will involve completing some questionnaires and an interview and will take place between 1 and 1.5 hours in total. The project is based at 1-19 Torrington Place, London WC1E 7HB and you will receive travel expenses and £10 in shopping vouchers. If you are interested and would like further information, contact Els Chadwick email [eleanor.chadwick.14@ucl.ac.uk](mailto:eleanor.chadwick.14@ucl.ac.uk) or telephone 07823808683

## 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.

- 20 March Branch meeting - **Adrian Perkins, The Ghost Detective**. Stories of the paranormal with explanations, by a mystery writer and a psychological back up.
- 6 April Deadline for copy to the Editor for inclusion in the April newsletter.
- 17 April Branch meeting - **Charles Bezzina, In Search of Ice Made in Heaven**. A journey into the Arctic, with film and stories of the lives of the Inuit tribes.
- 15 July **Jesus Christ Superstar**. I have booked a full size coach for this popular show and there are just a few seats remaining. The price, which includes theatre ticket, coach fare and driver's tip, will be £35 and should be paid when booking to secure your seat. Bookings can be taken at the monthly meeting or by contacting me on 01832 732724 or email [dennison987@gmail.com](mailto:dennison987@gmail.com) Pauline
- 2 December The **matinee Christmas spectacular at Thursford** has been confirmed. Approximate price for the show including coach fare and drivers tip is £46.50. All monies must be paid no later than the July U3A branch meeting, by cheque payable to Thrapston and District U3A, or by cash to Iris or Pauline.  
Pauline has negotiated with the Brewers Fayre at Kings Lynn and we are booking a stop there for an evening meal which will be optional and will be paid for individually on the day. Watch this space for further updates.

If you are interested in any **Theatre Trips** you may add your name to the lists at the branch Meetings. Pauline Dennison Tel: 01832 723724

The U3A holds several national events which may be of interest to you. Please check the U3A website ([www.u3a.org.uk](http://www.u3a.org.uk)) at the events and competitions page of the Members' Area Homepage.

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### Quotes from Phyllis Diller

I realized on our first wedding anniversary that our marriage was in trouble. Fang (her husband) gave me luggage. It was packed. From *Like a Lampshade in a Whorehouse*

I admit I have a tremendous sex drive. My boyfriend lives forty miles away. From *The Mammoth Book of Comic Quotes*

I want my children to have all the things I couldn't afford. Then I want to move in with them. From *The Snark Handbook: Parenting Edition*

My mother-in-law had a pain beneath her left breast. Turned out to be a trick knee, and the reason women don't play football is because eleven of them would never wear the same outfit in public. From *Women Know Everything!*

I once wore a peekaboo blouse. People would peek and then they'd boo.

## Membership of Groups

Group Leaders should ensure that all members of the Group are members of Thrapston and District U3A. This is an insurance requirement. The simplest formal way of doing this is to send a list of your members to the Membership Secretary, whose e-mail and postal address are given at the end. The requirement can be relaxed if a non-member who is eligible to join asks permission **to attend no more than two meetings of the group** to find out what goes on and whether he or she wants to join.

Group Leaders should keep, with individual's permission, a record of group members, with a note of members' addresses, telephone numbers, email addresses and membership numbers as shown on membership cards.

Group leaders are advised that they should see proof of membership of any new member attending their group, and note their details on the attendance register and their own record of group members. A record of attendance at all meetings should be kept, which should include membership numbers as shown on membership cards. Soon after the beginning of each membership year, it is important that new membership cards are seen by the group leader, and membership numbers noted

## Mystery Photograph

Can you identify the photograph on the right, taken in the Thrapston area? Let the editor have your answers by letter, email or telephone. There is no prize, only the fun of observation and local knowledge. The photo has kindly been supplied by Eric Franklin. The picture in last month's newsletter was of a grotesque on the Old Rectory at the junction of Oundle Road and High Street.



Grotesque on the Old Rectory, High Street/ Huntingdon Road

## Group Co-ordinators Report

At a recent committee meeting it was decided that the mileage allowance should be reduced from 40p to 25p and so we recommend that groups also use this when calculating the mileage paid to a member using their car for group outings. The group leader's handbook now states: 'If car-sharing takes place for visits, a mileage fee of **25p** per mile should be calculated and the total divided by the number of persons in the car (including the driver). The driver will then receive the full amount'.

The **Books** group will be re-launched in April with Celia Busby as the new group leader and we already have a number of members signed up. The list will be available at the March meeting and then an initial meeting will be organised.

The **Bowls** group restarts in April. This is at Islip Bowls Club on Tuesday evening. The leader is Pete Hales [petehales35@hotmail.com](mailto:petehales35@hotmail.com), 01832733452 or sign up.

I am delighted to tell you that we have new group;

**Cake and Bake** led by Viv Tunstall. The group will meet on the second Friday afternoon in each month. Telephone Viv 732791 to register your interest or sign up at the meeting.

**Line Dancing** will now be running **twice** a month on Tuesday afternoons with Sue Pringle as its leader in the St John's Ambulance Hall in the Bullring. £1.50. Please ring Sue for confirmation of the dates on 01832 733476.

**Country Dancing** - I have a special birthday on 29 April from 2 to 4pm. It happens to fall on our Wednesday afternoon session at St James with live music. All are welcome . Please bring nibbles to share. Regards George Hearnden.

**Lunch Group** - Our meal on Wednesday 18 March will be at the Lamb in Harrowden, sat. nav. Ref. NN9 5BH. Time is 12.15 pm. for 12.30 pm.

**Lace making** has a new venue, St Johns Hall and meets on the 4th Tuesday of each month 2.00-4.00. Margaret is also happy for other needlecraft or fabric and or thread activities not covered by any other group to share their space and social company. Please contact her on [bland.margaret100@gmail.com](mailto:bland.margaret100@gmail.com)

**Local History Walks** (formerly known as Town and Village Walks) restart in April. We've renamed it to better reflect their nature. They will still be about one mile and one hour long on varied days and in a variety of local towns and villages. We will continue to limit the numbers to 20. We normally make a donation of £2 to the charitable organisation selected by the walk leader.

Our first is in Thrapston on Saturday 25 April 1.30-3 and will be led by Neil Busby. The meeting place is at the junction of Huntington and Market Road. Please ring Brenda to reserve your place 730225.

Our walk in May will be in Kimbolton on Thursday 14<sup>th</sup> and in June and July in Finedon and Geddington – details to follow.

**Military History:** On Monday 9 March, John Greig gave a very interesting and well-received talk about the Royal Navy in the early 1800s. John illustrated his talk with examples of some of the weapons used at that time.

On Monday 13 April Terry Needham will talk about the Sudan Campaign of 1883/98 (much talked about by the immortal Corporal Jones of Dad's Army). The group is now up to full strength. If you have an interest in military history and would like to join this friendly, interesting and lively group, please contact Gerry Martin on telephone 01832 731174 or email [gerrymartin1@waitrose.com](mailto:gerrymartin1@waitrose.com)

**Photography Group** - On Monday 2 March, the Photography Group set off on another field trip, this time to Podington Garden Centre. Some of us tried to capture photographs to fulfil a number of treasure hunt style clues such as spring ladies, a prickly character and a water creature, while others spent their morning following their own interests or developing their own chosen skills.



We are a diverse group that ranges from keen beginner through skilled or semi-skilled technicians to artistic gurus, but we all enjoy sharing our knowledge and discoveries. There is always room for more members! We have included a small selection of the photos taken on Monday: we will share all of the photos at our next meeting, discussing ways of improving the results, before having a session on camera and printer settings led by two of the group members. We normally meet on the first Monday of the month from 10.30 to 12 at Thrapston Bowls Club, Market Road, but because of the way that bank holidays fall in April and May we are holding our next meeting on Monday 13 April.

**Science and Technology** - I will have an Expressions of Interest list for this proposed new group; So if you are interested please sign up at the next meeting or ring me on 01832 735797. Volunteers for group leadership are especially welcome. It's probably a group that would benefit from having two co-leaders from different interest areas.

**Current Group Vacancies** For new members or those established members who are looking to take on something new, we have spaces within groups including:

- Antiques and Collectibles
- Books
- Country Dancing
- Cycling
- French Revivers
- Cycling
- Latin
- Line Dancing
- Live Music
- Lunches
- Magic
- Papercraft
- Photography
- Sewing
- Ten Pin Bowling
- Walks 2
- Weekend Lunches
- Whist and Board Games

Contact details are on the website or email me on <glynishillo6@aol.com>  
Ideas for new groups are welcome. Please contact me for an expressions of interest list to be available at the February Branch meeting.

Glyn Hill, Group Co-ordinator







### The Photography Group

Some of the many photographs taken at Podington Garden Centre - see report on page 5 - by members of the group. There is a small selection of more photographs on pages 5, 6, and 7.



### Walking in Northamptonshire

Walking in Northamptonshire is a web site which lists dozens of walks which can be downloaded and printed free of charge.

The link to the site is

[www.walkinginnorthants.co.uk](http://www.walkinginnorthants.co.uk) .

John Harris

[www.walkinginnorthants.co.uk](http://www.walkinginnorthants.co.uk);

[www.walkinginengland.co.uk](http://www.walkinginengland.co.uk)

01920 822887

### Thrapston and District U3A Committee

Chair:	Glyn James	Vice-Chair:	Glyn Hill
Treasurer:	Tricia James	Secretary:	Michelle Owen
Group Co-ordinator:	Glyn Hill	Membership:	Maddie Godden
Publicity:	Rachel Thompson	Speaker Seeker:	Richard Swindall
Website:	Neil Busby	Editor:	Parry Jones
Member:	Michelle Collison	Member:	Anne Carter

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

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