



Contents

Welcome from the Chair	1
AGM Notice	2
April Meeting, Paying Your Membership Renewal Online and Forthcoming Events	3
News from The Groups	4
U3A Committee	8

Welcome From The Chair

On the 20 May, we hold our AGM and vote in our committee for the next two years. Thankfully, the majority are standing again and we have volunteers to replace those stepping down. Once the new committee is formed we can get on with planning our objectives

for the year ahead. This is also an opportunity to put your ideas forward to the committee. What do you like, or not like, about our U3A? What changes and improvements would you like to see implemented? How can we make it better, more accessible, more stimulating?

U3A is not about the committee delivering a service on a plate, but is run by its members, for its members. That's everyone; that's you! You are just as important as anyone else and your views are too, so please engage with the new committee and share your ideas.

Equally important, is to share your skills. When I look out on our monthly meeting, I'm looking at around 7000 man years of skills, knowledge and experience. How our children must envy us. Between us, we could probably run the country, let alone a U3A, so let's not waste such a rich bounty. You don't have to join the committee to put ideas forward, or work with us on a project, just speak to, phone or email any of us and see how you can engage in making this the best U3A in the East Midlands.

Enjoy your Newsletter. Frank Boydell

Two children were talking to each other in the school playground. One said, 'I'm really worried. My Dad works twelve hours a day to give me and my family a nice home and plenty of food. My Mum spends the whole day cleaning and cooking for us. I'm worried sick!' The other child say, 'What have you got to worry about? Sounds to me like you've got it made.' The first kid replies, 'But what if they try to escape?'



Notification of Annual General Meeting

The Annual General meeting of Thrapston and District U3A will be held on **Friday 20 May at 10.30**. The Accounts will be available on the website and will be distributed on request at the meeting. **All fully paid up members** are entitled to attend and vote at the meeting.

Election of Executive Committee Officers and Members

A list of members nominated for election will be distributed at the meeting.

1. Secretary
2. Treasurer
3. Committee members – eight in total

NB The Chairman will continue unchanged until he stands down in 2017

Annual General Meeting Agenda

1. Chairman's Welcome and Opening Remarks
2. Apologies for Absence
3. Minutes of AGM 2015
4. Annual reports from the Chair and Group's Leader.
5. To receive and adopt the statement of accounts for May 2015-April 2016
6. To appoint an Independent Examiner of Accounts
7. To elect the Executive Committee and Officers
8. To discuss proposed Motions

Following the AGM there will be a talk by

Roy Smart - The Last Naval Hero, David 1st Earl Beatty

On behalf of the Committee, Guinette Davies, Secretary

15 April 2016

I decided to stop calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

April Meeting



This talk on the **History of Pantomime** by **Delia Thomas** was a superb subject and there were great expectations of a very interesting and enlightening talk. The subject was both interesting and enlightening but the manner in which it was presented was disjointed and the speaker gave the impression that she did not really know her subject. Perhaps it was a bad day, because Delia does know her stuff and there were occasional flashes of an ability to present her subject in a way to grip her audience. Sadly, this was not sustained.

Paying your Membership Renewal On-line

The fee for FULL Membership remains at £16-50p. If you are currently a full member of another U3A then you can apply for **dual** membership which costs £12-50p.

The account details that you will need are:

Account name: Thrapston & District U3A, Sort Code: 20-45-77, Account No. 73437361

It is essential that **your reference includes your membership number** and **your surname** so that we can identify who the payment is from.

Please could you email me at treasurerthrapstonu3a@gmail.com (not to the Membership Secretary) when you make the transaction. If your contact details **have changed** please also complete the membership form available on-line or from the Membership Secretary.

Your new membership card will be available at the next Plaza meeting. If you have any queries about this payment process please contact me. Tricia James, Thrapston & District U3A Treasurer - Tel: 01832 733792 or email: Tricia.James@thrapstonu3a.org.uk

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Email: treasurerthrapstonu3a@gmail.com

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 May **Branch AGM - The Last Naval Hero. David 1st Earl Beatty by Roy Smart**

17-June **Branch Meeting - India on a Motorcycle by Paul Ollett**

15 July **Branch Meeting - Eyes and Optometry by Kim Durden**

4 August **Sister Act** - at The Curve, Leicester. A reminder for those of you who have booked for this show, payment is now due. Please either pay at the May meeting or send a cheque for the full amount of £43 to Pauline Dennison, 2 Riverside Way, Islip, NN14 3LF or telephone 01832 732724. Cheques should be made payable to Thrapston and District U3A.

19 August **Barbecue** and Group activities

16 Sept. **Branch Meeting - Life in the Music by Andy Smith**

18 Nov. **Branch Meeting - Badgers by Brian Sanders**

For **Theatre Trips** you may add your name to the lists at the Branch Meetings. Pauline Dennison
Tel: 01832 732724

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

Thursford Christmas Show - I am now collecting the money for the Show at Thursford which is on 14 December and is £35.50 per person plus the coach fare which I will collect at a later date. There are still four places unsold so if anybody would like to join us please let me know as soon as possible. As soon as we have final price from the coach company I will let you all know. I think it will be approximately £11. Thank you. Iris

Thrapston Walk 21 May - Meet outside the Plaza at 1.30pm. The walk will last about one hour and will be led by Neil Busby of the Historical Society. A donation of £2 will be appreciated. There are still a few places available. Phone Glynis on 735797 if you want to be included.

Flag Fen 29 June - The balance for those who have booked this trip is £13 for the coach and should be paid at or before the June meeting. There are a few places available so if you are interested, please phone Glynis on 735747 to book, and pay the cost of £19 on or before the June meeting. The coach will leave from the Thrapston Co-Op at 9.15am.

Summer Event – 19 August - Full details, ticket price and tickets will be available at the June meeting.

Places2Go – a small party did a bluebell stroll at Everdon Stubbs on Sunday 8 May, the weather was glorious and there was a blue carpet for hundreds of yards throughout both of the woods. After this we retired to the garden of The Plough Inn at Everdon and thence a lovely Sunday luncheon. It was a day to remember.



Coming up on Friday 3 June at 4pm is a Car Quiz – oh yes and with prizes! The quiz papers are £1 each and you need at least 2 people in your car. An early evening meal at The Woolpack will follow. Please contact me if you are interested. Also, I am organizing a cruise on the Rutland Belle – probably June or July. Then there is petanque and punting to come - I can't wait .



Those who looked for a Place2Go - and went

Woodland Working Party group

The promotion of wellbeing underpins this U3A group. run by Susan Collini. There's an opportunity for members to join a woodland working party group,

designed to benefit both the wood and the individuals involved. Wellbeing is defined as enjoying a positive physical, social and mental state. We've already proved that involvement in woodland working parties can help improve outlook on life through providing individuals with the opportunity to:

- 1. Get Social** - Involvement in a shared outdoor work-based experience has been proved to increase feelings of happiness and self worth in those involved
- 2. Get Active** - Whether planting saplings, creating butterfly bays or perhaps trimming back brambles, from the perimeter fence provides physical exercise for a range of muscle groups.

- 3. Keep Learning** - Learning about woodland management and then getting involved in practical application is a fulfilling way to broaden and engage the mind.



4. Care for wild places - Creating habitats to attract greater varieties of birds and butterflies is rewarding when new species appear as a result.

5. Notice small things - The opportunity to focus and shut out other concerns in a place where you can tune into the natural world around you provides mental refreshment.

6. Give to others - By helping improve the woodland for the comfort of others who visit. For example, we run Forest School and sessions for families with autistic children. There's opportunity for helping with group visits too, if you're interested

Sessions will run throughout the year, apart from when the birds are actually nesting, when we cease any working in the wood.

The length and frequency of sessions will be discussed at the inaugural meeting (to be announced in the near future) of the group.

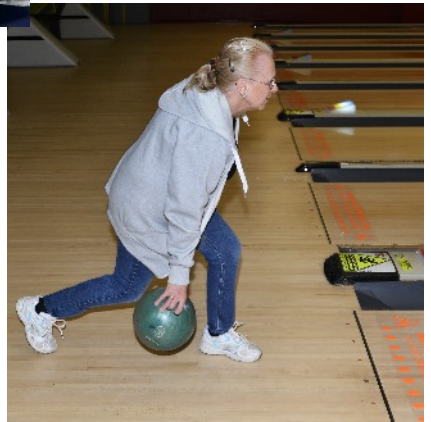
For further information and/or to be added to the group list please contact Marion Healey - Groups Co-ordinator <groupsthrapstonu3a@gmail.com> or phone 01832 720262.

Ten Pin Bowling - The group meets at the Wellingborough Ten Pin Bowling



Arena on the second Friday of each month. Arrive between 10 and 10.30 and usually have a coffee and chat - there's usually about a dozen of us, with many and varied bowling skill levels. The more able sometimes choose to be quietly competitive and the rest concentrate on getting the ball to travel in the right

direction. Whatever your level, we all have a good time, chatting in between bowling – a hot topic with some this week was the TV programme called How to Stay Young, with a number of the group demonstrating some of the contortions that were apparently part of the programme. Coffee/tea is available free of charge while we play and as a relative newcomer to the group it has been good to meet with and learn from new friends - just what the U3A is about.





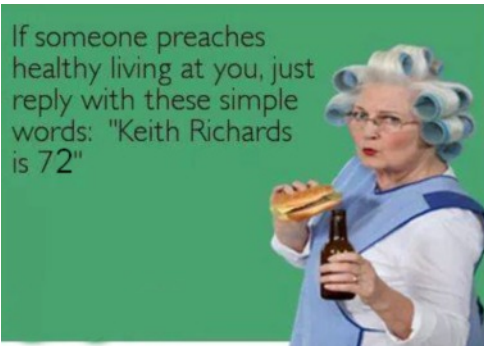
Many thanks to Irene for organising the group - and keeping us in good order. Much appreciated. Neil Underwood - April 2016

Art in Action - For the art lovers amongst you

For the last forty year every July, hundreds of artists, craftsmen, performers and musicians gather together in Waterperry Gardens, Oxfordshire to demonstrate their skills and show their work. The event is spread out over the lush lawns of Waterperry Gardens for four days - Thursday 14 July to Sunday 17 July, 10.00am - 5.30pm each day. There are 400 demonstrators, teachers and exhibitors at the event.

For more information visit the web site www.artinaction.org.uk

Mandy Dawkins - Group Leader of the Thrapston Art Group



**CELEBRATE
HM THE QUEEN'S 90TH BIRTHDAY**

**AT THE
PARTY IN THE PARK**

**11 June 2016
3.00 pm – 10.00 pm**



**Join in the fun
Bring your picnic blanket**

**Local Bands
Food
Bar
Family Games
Children's
Entertainment**

Thrapston and District U3A Committee

Chair: Frank Boydell

Treasurer: Tricia James

Groups Co-ordinator: Marion Healey

Publicity: Ann Carter

Social Media: Rachel Thompson

Website: Neil Busby

Vice-Chair: Michelle Collison

Secretary: Guinette Davis

Membership: Madeline Fisher

Speaker Seeker: Bryan Elliott

Editor: Parry Jones

Member: Vacant

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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