



### Contents

	page
Chairman's message	1
Zoom Presentations	2
Phishing Awareness & U3A Podcast	3
Groups Information & U3A Trust Zoom Tutorials	4
Weird & Crazy & Competition Voting	5
How to carve a Pumpkin	6
The Red Cross Article	7
Your Committee	8



Hello everyone,

I hope you are all managing to stay safe and keep up to date with the ever changing Covid 19 regulations, which seem slowly to be coalescing into “Whatever it is DON'T!”

As the latest regulations will stop our normal meetings at the Plaza in Thrapston resuming before the New Year 2021 (Easter?), we will be resuming our Zoom talks in place of those meetings this month.

Please sign up and join us at least via the ether if not physically. The talks programme that Paul Ollett our Speaker Seeker has put in place looks very impressive.

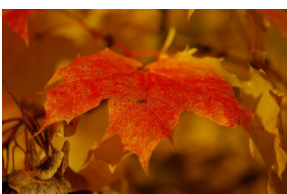
Thank you Paul and to the Committee still working to keep our U3A going, often while responding to “strange” requests from grandchildren.

Elsewhere in the Newsletter you are invited to join the judging of our written word and photographic competitions and be impressed as I was by the skill of our fellow U3A members

Also elsewhere in the Newsletter you'll find some notes on Phishing scams and other issues within the cyber-sphere, as we all increasingly live our lives online being aware of these issues and how to report them becomes for of an essential skill.

Stay safe

Ian Byrnes - Chairman





## Forthcoming Speaker Attractions at Your U3A – Three events not to be missed.

With the very necessary and on-going restrictions imposed because of the pandemic we are now presenting the Speakers who would normally have made personal appearances through the medium of Zoom.

To use this facility you will need to obtain a ticket which requires a visit to the Thrapston U3A website. By following a link to a fairly easy set of instructions you can register for a FREE ticket.

For this you will need an email address and your Thrapston U3A membership number.

The instructions to watch these presentations are shown below .

Don't be frightened off by the use of the technology and never be afraid to ask for help in finding your way through modern electronic routes to information.

---

### **16<sup>th</sup> October 2020 – Speaker Jenny Mallin** **A Grandmother's Legacy – Travels in India**

Jenny is an award winning author with her book on Indian Cookery 'A Grandmother's Legacy' which won a prestigious prize as Best Cook Book in the World 2017. Jenny has travelled extensively in India and it is this that she will talk to us about. There is little doubt that she will also devote some time to talk about Indian cuisine to tantalise our taste buds.

### **20<sup>th</sup> November 2020 – Speaker Jane Barnes** **More Tales from a Dairy Farmers Wife**

This will be the second time that Jane has brought her informative and humorous talk to Thrapston U3A and if the last visit in June 2018 is anything to go by we are in for a real treat. Jane is a strong character with real passion for her life on the farm she shares with her husband at Somerby, near Melton Mowbray. Some details of the activities on this working farm, including educational visits for schools can be seen along with a host of other interesting facets of a the life of a farmer's wife on her Facebook page Farmer Barnes Dairy.

### **18<sup>th</sup> December 2020 – Speaker Dr James Taylor** **A History of the British Postcard**

We've all done it of course when we had our annual holidays just to let the folks back home that we are getting along just fine (usually in spite of the weather)!! Perhaps not so many cards sent these days what with the rise in mobile phone ownership but how and where did it all start? James's enlightening talk on brilliant British humour in the forgotten art of the picture postcard 1840 – 1950 will bring back memories of what may at times have been considered risqué in past times.

## To watch these presentations please see the guidelines below

Go to our website, [www.thrapstonu3a.co.uk](http://www.thrapstonu3a.co.uk), and click the link on the **HOMEPAGE** to order your ticket.

Each member can order one ticket for one device only.

There are 92 tickets available and you will be able to join the meeting from **10.10 am**.

A link for the meeting will be sent by email the evening before the meeting.

Guidance on using zoom can be found on the event page by clicking the ticket link on the website.





## Phishing Awareness

Advice from the Police Cyber Crime Unit that the number of phishing attacks is growing, and has unfortunately become a problem that individuals, businesses and organisations are facing on an increasing basis. The National Cyber Crime Security Centre's Suspicious Email Reporting Service (SERS) received over 1.7 million reports of phishing emails between April and August 2020 with the most commonly faked brands being TV Licensing, HMRC and GOV.UK. The police in conjunction with government, law enforcement and industry partners are delivering an anti-phishing campaign; please help spread the word about phishing and how people can protect themselves from it.

You wouldn't let a thief into your home but what if that thief was masquerading as someone familiar, such as a postman, and tricked you into opening the door? Phishing works in a similar way – criminals use legitimate looking messages and websites to trick people into opening doors to personal data that can be used to commit fraud and cyber crime. Many phishing scams have one thing in common they start with a message out of the blue. Whether it's an email asking you to "verify" account information, or a text message claiming to be from your bank, the goal is always the same – to trick you into revealing personal and financial information. Criminals are experts at creating fake emails/texts that look genuine so some simple advice:

1. No official organisation, including your bank, will ask you to share personal information over email or text. If you need to check it's genuine message call them directly, never use the telephone numbers/emails in the suspicious message, and always visit the official website.
2. If you receive an email you're not sure about, forward it to SERS: [report@phishing.gov.uk](mailto:report@phishing.gov.uk). If it turns out to be malicious your report will help prevent others falling victim to it.
3. If you lose money or provide personal information as a result of a phishing email, notify your bank at once and report it to Action Fraud: [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

For more simple tips on how to protect yourself online visit: [www.actionfraud.police.uk/cybercrime](http://www.actionfraud.police.uk/cybercrime) or [northants.police.uk/advice/fa/fraud/onlinefraud/](http://northants.police.uk/advice/fa/fraud/onlinefraud/)

## Exciting News—U3A Radio Podcast Is Here

The first ever u3a radio officially launched on the 29th September, The national office learning team have been working with member volunteers who are skilled in broadcasting and you can keep listening to u3a radio wherever you are as it is delivered as a recorded podcast.

For the launch a pilot featured a number of interviews and feature from across the movement, all themed around looking forward.

We are very excited about this project which we aim to grow and develop over the coming year. There will be another pilot before Christmas.

Please tell your friends and colleagues to tune in.

If you have an interesting story to tell please get in touch by sending an email to [communications@u3a.org.uk](mailto:communications@u3a.org.uk)

To access the u3a radio copy and paste the <https://youtu.be/9zGNxpUSUAc>



## *Group Meetings Risk Assessments*

If you are still attending a group meeting, a Risk Assessment **must** be undertaken, under the guidelines of Covid Instructions for holding meetings. If you are unsure if an assessment has been carried out please contact your Group Leader

Also if you are meeting **privately** and not as a U3A group, you will **not** be covered by the U3A Insurance, should anything untoward happen.

*Anna Bond*

*Group Co-Ordinator*

## Online Zoom Tutorials

The U3A Trust's recent series of Zoom tutorials was so successful that they are continuing with a new set of dates, They had great feedback from members who have found them a really useful way to connect in these times. There are various different tutorials - from those for members who have never used Zoom before to those who want to use it to run groups and meetings

Zoom for Group Leaders -Monday 12th October 10.30am

Zoom for Hosting Group Meetings -Monday 12th October 10.30am

Zoom for Group Leaders -Monday 12th October 2.30pm

Introduction to Zoom -Tuesday 13th October 2pm

Introduction to Zoom -Tuesday 13th October 2.30pm

Zoom for Hosting Group Meetings -Thursday 15th October 11am

### Introduction to Zoom

The aim of this session is to help you become familiar with the basics of how to use the Zoom platform, what you can do on it, some of the functions (such as splitting into break-out rooms, muting everyone!) and how to be safe. This is aimed at novices to gain confidence in using Zoom.

### Zoom for Group Leaders

The tutorial will be ideal for interest group leaders looking for help to run their groups online using Zoom.

### Zoom for Hosting Group Meetings

The aim will be to cover the basics on organising and inviting members to meetings, meeting protocols, managing your group, and showing slides. This is aimed at anyone who runs their own meetings and would like to do so successfully.

To register for any of these tutorials please visit [www.u3a.org.uk](http://www.u3a.org.uk) and follow the links to the online tutorials.

## *What's the craziest thing you have done during lockdown?*

My last week was spent knitting – not crazy, you're thinking. Well, I've been knitting chicken jumpers. My friends' reaction was – “who for?” – thinking I meant jumpers with chickens on the front.



No, they are *jumpers for chickens!!*

My son and his family have a number of chickens and decided recently to rescue some ex- battery hens. They duly arrived last weekend looking very sorry for themselves, with few feathers and areas of raw skin. Unfortunately, their arrival coincided with the temperature dropping at night and the oldest granddaughter was very concerned for them.

The internet came up trumps with a pattern for little jumpers that fit around their wings and they love them. The good news is that they are beginning to grow new feathers and are looking healthier already.



The photo shows two of the chickens - one in a beige sweater and one in burgundy! I understand that these are this season's fashion statement colours.....

Do let us know what crazy things you have been doing. Email Editor with your photos / projects.

Wendy Davies

## Competition Entries

The committee has decided to ask U3A members to vote for who they think should be the winners of the writing and photographic competitions held earlier this year.

The entries will be posted on the Thrapston U3A website from Sunday, 18th October and the voting period will close at noon on Sunday, 25th October.

Full details of the voting procedure will be given on the website alongside the competition entries.



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



## How to Carve a Pumpkin

Avoid pumpkins with surface rotting or soft spots. But don't be scared if they're dirty, as long as the pumpkins are firm and have solidly attached stems you're good to go.



### Clean and Cut

Don't make the cut yet. Wait to carve your pumpkin until two or three days before Halloween night or your Halloween party. If you can display them whole as pumpkins soften quickly, so once you carve it, you'll only have a few days to enjoy your creation.

When you're ready to carve, rinse off the pumpkin and use a sturdy knife to cut an opening in the top or bottom. Cut a round opening with a triangular notch if you go for the top. "Without a notch, it can be hard to fit the lid back in when you're done," Then, start scraping. Use a large cooking spoon to clean out your pumpkin. This step should take place in the kitchen sink for quick and easy cleanup—no more soggy newspapers! Just remember, don't put the pulp in your garbage disposal.

### Outline Your Design

To freehand a design on your pumpkin, use washable markers to draw the design directly onto the pumpkin. When you're done carving, you'll be able to easily wash off the remaining marks with a damp cloth. Or use a sharp utensil to poke holes in a piece of paper to outline the shapes. If you don't have a poking tool from a pumpkin carving set, you can use a nail or a thumbtack.



### Get Carving

For a classic Halloween jack-o'-lantern use a long, thin kitchen knife to carefully carve your pumpkin. If you're cutting simple shapes push the pieces out from the inside as pushing them into the pumpkin causes breaks and tears. To make perfectly round shapes, use an apple corer to punch through the pumpkin's rind. Even simple designs can be dazzling with some extra dimension by scaping the surface skin off for a different level of light.

### Why not try these ideas

Carve your families initials into an assortment of pumpkins for a personalised display. Or how about carving your house number into your pumpkin.



Another great idea is to **Make a Pumpkin Fire Pit** as an alternative to a real fire by placing battery powered lights inside several pumpkins. Grab a mug of hot apple cider and gather around the "fire"



**Why not take photos of your pumpkins and enter into our competition for best and original carved pumpkin.**

**Closing date is the 1 November 2020.**

**Please send your entries to [Competitionsthrapstonu3a@gmail.com](mailto:Competitionsthrapstonu3a@gmail.com).**

## Message from the Red Cross Tackling Loneliness Digitally



At the British Red Cross, we are committed to delivering help to those who need it most. Over the last few months, the number of people at risk of feeling lonely or isolated has increased – in some groups at a disproportionate rate – as connections with friends and family may have shifted or changed in light of lockdown.

As part of our response to the Coronavirus crisis, we have partnered with the Department of Digital, Culture, Media and Sport on 'Tackling Loneliness Digitally', an initiative to provide or improve digital connections for those more likely to experience loneliness.

A core element of this programme focuses on creating online resources (Digital Classrooms) to help empower people who may be feeling lonely, and provide them with tools to build confidence, coping skills, and connections. All of our resources are free and can be found at [www.redcross.org.uk/loneliness-resources](http://www.redcross.org.uk/loneliness-resources)

Try out our new resources independently, with friends or family, or in groups  
Share them with individuals or groups who you think may find these useful or interesting.

We are really excited to have this new educational material available and will be continuing to develop these between now and the end of the year.

### Community Education

British Red Cross | Bradbury House, Ohio Avenue, Salford, M50 2GT  
T: 07545926568 | E: [redcrosseducation@redcross.org.uk](mailto:redcrosseducation@redcross.org.uk) | [Facebook](#) | [Twitter](#) | [Youtube](#)

Visit the Redcross website to find out all the facts about the online resources and the classes that are currently being run. Included is a guide which you can download on how to get started on Zoom for a Computer or Laptop which is the platform they use to deliver the sessions.



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 2020/21***

Chair: Ian Byrnes	<a href="mailto:chairmanthrapstonu3a@gmail.com">chairmanthrapstonu3a@gmail.com</a>
Vice Chair: Wendy Davies	<a href="mailto:vicechairthrapstonu3a@gmail.com">vicechairthrapstonu3a@gmail.com</a>
Treasurer: Sue Campbell	<a href="mailto:treasurerthrapstonu3a@gmail.com">treasurerthrapstonu3a@gmail.com</a>
Secretary: Ian Byrnes	<a href="mailto:secretarythrapstonu3a@gmail.com">secretarythrapstonu3a@gmail.com</a>
Groups Co-ordinator: Anna Bond	<a href="mailto:groupsthrapstonu3a@gmail.com">groupsthrapstonu3a@gmail.com</a>
Membership Registrar: Pauline Dennison	<a href="mailto:membershipthrapstonu3a@gmail.com">membershipthrapstonu3a@gmail.com</a>
Speaker Seeker: Paul Ollett	<a href="mailto:speakersthrapstonu3a@gmail.com">speakersthrapstonu3a@gmail.com</a>
Newsletter Editor: Tina Jones	<a href="mailto:editorthrapstonu3a@gmail.com">editorthrapstonu3a@gmail.com</a>
Publicity & Facebook: Roger Davies	<a href="mailto:publicitythrapstonu3a@gmail.com">publicitythrapstonu3a@gmail.com</a>
IT Operations/Website Manager: Neil Busby	<a href="mailto:websitethrapstonu3a@gmail.com">websitethrapstonu3a@gmail.com</a>
Plaza Welcome Manager: Vacant	<a href="mailto:welcomethrapstonu3a@gmail.com">welcomethrapstonu3a@gmail.com</a>

### ***Off Committee Roles 2020/2021***

<i>Access Advisor: Glyn Hill</i>	<a href="mailto:accessthrapstonu3a@gmail.com">accessthrapstonu3a@gmail.com</a>
<i>Social Committee Liaison: Sheila Underwood</i>	
<i>Zoom "Plaza" Meeting Host: Neil Mathieson</i>	

## **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 : Tina Jones - email: [editorthrapstonu3a@gmail.com](mailto:editorthrapstonu3a@gmail.com)

Website : [www.thrapstonu3a.co.uk](http://www.thrapstonu3a.co.uk) where details of the committee and their roles can be found along with details of all the groups.

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



*Thrapston & District U3A is a registered charity number 1179593*