

What's On

Saturday 13 April	The Complete Works of Shakespeare, The Castle, Wellingborough
*10 May	Deadline for U3a Photography competition 'What makes Britain great?'
Friday 10 May	Group Leader's meeting and lunch
Friday 17 May	Annual General Meeting
*Wednesday 22 May	'Enrich your future—staying sharp' Royal Society
Wednesday 19 June	Ironbridge Visit
Wednesday 26 June	CATS at Milton Keynes
Friday 16 August	Social Event
*13-16 September	Third Age Trust's National Conference, Nottingham
*Sunday 15 September	National U3A AGM at the East Midlands Conference Centre

*details on U3A website

Regional Network Summer Event

On Friday 19th July there will be a Network summer event for all regional members at Boughton House. It will be in the afternoon, with a tour of the house and afternoon tea costing £14.50. If the weather is good the tea will be in the Long Colonnade which is open on one side with a gorgeous view of the parkland. The colonnade features in the film of Les Miserables. Members will be able to go out into the garden.

Please sign up at the April and May meetings, so we have an idea of how many will attend from Thrapston and District; details of payment will be available from the Regional group later



From the Chair

Celebrating our Groups and meetings The April meeting is our tenth in a remarkable year which has seen our U3A blossom into a nearly 180 strong membership with over 25 groups. I am busy writing my Chairman's report for next month's AGM and it has given me an opportunity to reflect on how much I personally have enjoyed my participation. I've attended lunches, visited Oxford, learned to play Bridge (well sort of, it's on on-going project!). I've 'Tai Chied', discussed the English language, stumbled through numbers in French; recited Poetry, watched a play in Milton Keynes, led a Discussion group and finally listened to a series of remarkable speakers. I've had a ball and it's all down to the wonderful group of members who have committed time and effort to lead groups and to our Speaker Seeker Richard who seems to have a golden touch in finding the right people. Our groups are still growing and we have a new member who has offered to set up a Bowls group—perfect timing for the Spring season. Now where do I buy bowling shoes?...

A reminder that nomination forms for committee memberships need to be in by 30 April. The AGM agenda will be sent out after this date.

With best wishes, Glyn Hill glynishill06@aol.com

Newsletter April 2013

- ♣ The AGM
- ♣ Membership meetings
- ♣ The Groups
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Membership Meeting

Friday 19 April
10.30-12.00
The Plaza, Cosy Nook,
Thrapston

Speaker:

Lt Col Derek Kimberley
'Pageantry of Ceremonial Music'

The Steering Committee

Chairman	Glyn Hill	01832 735797	glynishill06@aol.com
Vice Chairman	Veronica Norwood	01832 731960	vdbbaker@talktalk.net
Secretary	Liz Treacy	01832 733264	liz.treacy@talk21.com
Treasurer	Bryan Elliott	01832 734004	elliottshome@aol.com
Group Co-ordinator	David Read	01832 733407	david.d.read@btinternet.com
Membership Secretary	Jo Hancock	01933 460764	johan17@aol.com
Publicity	Rachel Thompson	01832 734974	rachelk@uwclub.net
Speaker seeker	Richard Swindall	01832 734383	richardaswindall@tiscali.co.uk
Newsletter editor	Glyn Hill	01832 735797	glynishill06@aol.com
Webmaster	Glyn Hill	01832 735797	glynishill06@aol.com

The Constitution A new constitution has been drafted by the Steering Committee and has been posted onto the website. It will be presented to the AGM for approval. Please have a look at it in the next three or four weeks.

Policies and procedures The steering committee have agreed a number of policies relating to groups and member's meetings and these are available on the website in the 'links' section on the right.

<http://u3asites.org.uk/thrapston>

CATS—Milton Keynes Theatre 26 June 2013

The cost of the coach is £10, this will include a tip for the driver. Please pay at the April meeting. **Margaret 735040**

VISIT TO ROCKINGHAM CASTLE

Unfortunately this has had to be cancelled due to lack of response. All monies will be refunded.

Walks and wheels.

Tuesdays or Thursdays walk and/or cycle most weeks. They will recommence in April Please contact Rachel for details : 01832 734974 rachelk@uwclub.net

Walks 2

The March walk took place just after the snow and one hardy soul turned up. We had a very pleasant walk from Brigstock to Stanion via Clay Dick and Geddington Chase and then from Stanion back to Brigstock via a different route. We had to make one or two very minor detours to avoid the worst of the snow/mud but the weather was fine with very little wind. Our next walk starts at the small car park on the left of Duck Street. Walk via hidden pathways through Rushden and Higham Ferrers to Irthlingborough and back to The Railway Inn (Weatherspoons) in Rushden. 7.5miles. Let's hope the weather has improved by then! As usual, if anyone would like a lift then please contact me either by email dennison987@gmail.com or phone 01832 732724.

Weekenders Meal

Weekenders meal this month was at The Courthouse Inn, Thrapston. I have been told their midweek meals are fine but for Sunday lunch there was very limited choice and nothing for veggies. I did not have a dessert but those who did said they were great.

Contact Veronica Norwood 01832 731960 vdbbaker@talktalk.net



Tai Chi is stress-free and relaxing.

We practice relaxing movements to gentle music. Excellent for improving balance, building up muscle strength and co-ordination. It could help those creaky hips and knees and improve your memory. We are all beginners so don't be shy ... give us a try ! The next session will be held on 2.00-3.30 Thursday 11 April in St. James Church Hall.

..... Cost is £2 to pay for hall hire. Contact Linda linan-nvic2000@yahoo.co.uk ...01933 380244



Theatre Trips and Outings

Transport will almost always be provided and will pick up and drop off outside the Co-op in Thrapston. The cost of the coach will include the driver's tip.

Once the theatre and coach companies have been paid, money paid cannot be refunded and members should try to find a replacement. If places are available, members may bring guests at an additional

IRONBRIDGE I have now received information from the visitor centre. There are 10 sites and as visiting all of them would be very difficult in the time we will be there, I propose getting a group ticket (£12 each) for the biggest and most expensive site—BLISTS HILL Victorian town—and then you can choose any sites which interest you most. The prices of other sites are between £2.50 and £7.50 and a list will be available for information at the meeting. As usual the coach cost will depend on numbers. Please pay a deposit of £12 at the April meeting and let me know if you wish to be included in the group ticket for Blists Hill. The balance will be given in the May newsletter and payable at the May meeting. **Brenda 730226**

Membership renewal

A reminder that renewal of your membership (£16 for full members, £12.50 for Associate) must be by 30 April as this allows for the issue of membership cards ready for voting at the AGM. Jo Hancock, our membership secretary, and Bryan Elliott, Treasurer, will again be available to process your renewal forms at the April meeting. You may pay by cash or cheque. Postal renewals can be made by sending to The Membership Secretary, 70 High Street, Stanwick, Northants NN9 6QA

Membership Meetings

- 17 May AGM. Raffle and group information
- 21 June Sue Edwards 'The Story behind the Painting'
- 19 July Dave Mackay History of Stanwick Lakes
- 19 July Network meeting for all regional members at Boughton House
- 16 August Social Event

Please would you ensure that you sign in the Visitors book when attending each Members meeting.

Interest Groups

David Read is the group co-ordinator please contact him for any queries. david.d.read@btinternet.com 01832 733407

Group Leaders meeting and Lunch

David and Glyn have invited group leaders to a brief meeting followed by a buffet lunch to thank you for their hard work and commitment. Friday 10 May 12.00-14.00

Interest Group News

Bowls

A new group that has been proposed by Peter Hales, at the Islip Club. Day to be announced. Please sign up at April or May meeting or ring Peter on 733452.

Book group still reading a variety of books. March we had a selection of the novels of Nevile Shute which were generally very well received, each person read a different title and commented on it. All seemed to notice the style of writing was different to today's authors but recognised that the language and style was that which was in use at the time, i.e. between the two world wars and the early fifties. Only one person hated their book and gave it a zero rating as she thought it the most depressing book she had ever read and hated its style, that was *On the Beach*. Other than that the books were given an average of 8 out of ten for their enjoyment and some readers intended reading more of Shute's work, personally I love them and his complete works including his autobiography. Contact Veronica Norwood 01832 731960 vdbbaker@talktalk.net



Bridge

The Bridge Group are deviating from their normal venue in April and going to the Little Chef on Tuesday April 9th. We are interested to see how this will work, if you are too, then come and join us from 2pm. The

little Chef is on the left as you turn into the Shell Petrol Station on the A14 / A45 roundabout. One of our members has invited us to play at his house on Wednesday 24th April at 2pm. New members of all abilities welcome. Contact Liz Bryan 01832 734221 ebthrap@gmail.com

Military History

Second Tuesday in the month. We met on Tuesday 12th March, topic Jewish involvement in WW2,. We are 8 in number and have a full programme planned including two visits, we could take on 2 more members who would not have given a talk until next season. Please contact gerry-martin1@waitrose.com

Patchwork still going OK with people each doing their own projects. Everyone works at their own pace so items being finished and started at differing times but all agree it is good to be able to discuss different designs, fabrics and colours with each other, and the socialising is fun too.

Play reading The group has reconvened with a new format. New members welcome. Please sign up at the meeting or contact Liz Treacy 01832 733264 liz.treacy@talk21.com

Poetry Group

3rd Tuesday of the month 2pm. To meet and read your favourite poems, classics, less well known or your own compositions, you are also very welcome to come along just to listen. Rachel Thompson 01832 734974 rachelk@uwclub.net



Singing for fun

A potential new group awaiting expressions of interest and a leader. Please sign up at the monthly meeting. Please also let David Read know if you would be willing to lead this group.



South African and Zimbabwe Group

This group is up and running with six members so far, the next meeting is on 20 April at the Bridge Hotel.

With Bill Maycock. If you are interested in joining please contact **Jacqui Brown** on 01832 7332

Gardening 1

First and third Wednesday of month at 3 p.m. One or two vacancies. Rachel Thompson 01832 734974 rachelk@uwclub.net

Gardening 2

The group has already planned their programme for a year and visits have included a visit to Anglesey Abbey; Barnsdale this month, Coton Manor bluebells, next month and Kathy Brown's edible flower garden near Bedford. One or two vacancies. Please contact: Margaret 01832732761 margaret.bland@virginmedia.com

Lacemaking

We have an enthusiastic group who are beginners and we meet on the fourth Tuesday of the month.

As well as Lacemaking we are visiting the Lace and Craft Fair at Peterborough on 12th May and a lacemaking day in Rushden in July. Space for two new members. Margaret Bland 01832 732761 margaret.bland@virginmedia.com

Luncheons

I will hopefully have a list of all the meals booked from June to December 2013, and will put it out on the leader's table at the next meeting, so I can have some idea in advance of who would be attending these. If you have any suggestions for new venues we can try for these lunches, then please let me know as I can then start making enquiries as to prices, menu's etc.. Also your feedback would be useful. Thank you all for your company so far this year. We seem to "gel" very well as a group. Please put your names on the list at the March U3A meeting if you would like to join us. Iris E Squires iesquires66@sky.com 01832 730434 .



Card Making

Second and fourth Thursday – p.m. Irene Gandy 01832 732948. Still going strong.

Classical Music. This new group is planned for the third Wednesday afternoon of each month. Awaiting a membership of at least six before we can start. I'm hoping we will also attend concerts, operas and Parties in the Park etc. Please sign up at the meeting or contact Glyn—glynishill06@aol.com 01832 735797



Computers

First and fourth Fridays (third in February to accommodate the Member's meeting). This group is really going well. The group can accommodate one or two more; please contact Margaret Bland 01832 732761

margaret.bland@virginmedia.com



Creative Writing

The Creative Writing Group meets once a month on a Wednesday morning. Currently, the group is full and we have one person on the waiting list. If anybody thinks creative writing might be for them it may be possible to start a second group. No experience is necessary. All you need is an imagination and sense of humour. These are some of the comments made by current group members:-

'I love hearing other people's stories and I love to write too. It exercises my brain and forces me to get ideas out into the open. Once a month I bring my offering to our group – we have coffee, then take it in turns to read – all on the same subject eg. 'The Accident' , 'The Secret'. You never know what you can write until you try.'

'A creative writing group is an opportunity for more than your long suffering to hear your stories. The group gives you feedback and laughs in the most surprising places! It's not only about literary criticism, but lively social comment and friendly gossip on our lives and sources of inspiration.'

'Apart from being a good social event, listening to the ideas of others is great. It shows the differences that the same story title can produce. There are many real life events and great imaginative pieces. Anyone can do it. It's fun.' Contact Anne Barrowcliffe annbee1@hotmail.co.uk



De-stress and relax

1st Tues month 3pm There are now vacancies. At present we are learning about the properties of aromatherapy oils. I'm a trained holistic therapist, counsellor and hypnotherapist. Please contact Rachel Thompson 01832 734974 rachelk@uwclub.net



Discussion The next group meetings are planned for Tuesday 14 May and 11 June. Topics range from Local Transport to Grandparent roles to The Right to Die. There are places for additional members:, please sign up at the meeting or contact Glyn Hill 01832 735797 glynishill06@aol.com

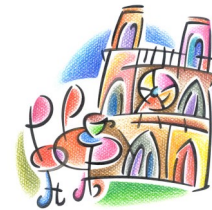


English Language. In our first meeting we enjoyed looking at the oddities of our spelling and pronunciation as well as some of the features that make English less complicated than other languages. We plan to start delving into

history next time as well as keeping an eye on grammar and various oddities of the way we use English at present. There is still room for two or three new members. Contact Glyn James glynjames@btopenworld.com or on 01832 733792

Family History

Members of the Family History Group are working hard on their research and are being very successful. The group will be open for additional members in March and anyone interested should contact Neil Busby, Group Leader. on 01832731047 or u3athrap-stonfh@gmail.com



French Revivers We have made an enthusiastic start in our attempts to talk to each other in French and plan to give our struggles a bit of structure by working from a BBC course book. Other commitments and illness have kept one or two people away

from each of the first two sessions but if everyone turns up it will be pretty cosy so I'm afraid for the time being we will not be able to take any new members. If you would like more detail contact Glyn James glynjames@btopenworld.com or on 01832 733792



Jazz Appreciation

A programme has been agreed and the selection covers a cross section of Jazz genres. The groups attends the monthly Sunday Live Jazz evenings at the Courtyard Hotel in Stanwick, followed by a group meeting the next Wednesday afternoon at 2 p.m.

Vacancies for more members. Please contact Jo Hancock 01933 460764 johan1@aol.com