



Newsletter

April 2016

Contents

Welcome from the Chair	1
AGM Notice	2
March Meeting, Forthcoming Events	3
News from The Groups	4
Be Vigilant - Protect Yourself	7
U3A Committee	8

Welcome From The Chair

Hello and welcome to April's Newsletter. Last month I gave notice of the forthcoming AGM in May. Instructions are included on page 2 for those people who would like to stand as an Officer or Committee Member, or raise a Motion to be discussed and voted on at the

AGM.

Amongst the Officers, the Secretary and Treasurer are due for re-election and the Vice Chairman is standing down. We are very grateful to Michele Collison for her work as Vice Chair, Front-of-House and head of the Social Sub-Committee.

She will be greatly missed. We also have a number of the Committee members due for re-election and we have a vacancy. If you are thinking of standing, please feel free to call me for further information at any time. All the job descriptions can be found on the web site.

Both application forms can be acquired from the Secretary - Guinette Davies - or picked up at our next Monthly meeting on 15 April. I also hope to have them available to download from the Web Site. Please note that forms must be seconded and returned to the Secretary by 5 May.

Thrapston U3A is a wonderful organisation serving our community, but it can't run itself; it needs your help. Officer and Committee posts do require a few hours of your time each month, but nothing too demanding or onerous. We are all volunteers after all. If you can spare a little time to help keep our U3A growing and improving, please consider applying. You will be made most welcome and be well supported.

Finally, just a reminder that there will be a speaker after the AGM to entertain and enlighten us as usual.

Enjoy your Newsletter

Frank Boydell, Chairman - 01832 735797.

Forms will be available at the next meeting or by email as above.



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

March Meeting



Stanwick Bell-Ringers gave an interesting and enjoyable performance of their bell-ringing capabilities at this meeting. The number of members attending was a little reduced, and it is suspected this may have been as a result of a misconception about what the Stanwick Bell-ringers could do. Many of the audience were pleasantly amazed at the quality and breadth of music that was produced. A really worthwhile performance.

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.

- 15 April **Branch Meeting - History of Pantomime** by **Delia Thomas**
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.** This will be an evening performance



starting at 7.30 as Alexandra Burke is not appearing in the matinee performances. Tickets are in the stalls and the price will be £43 to include ticket, coach and driver's tip. Payment on booking or no later than the April meeting. Cheques will not be cashed until we have enough interest to make the trip. Please add your name to the list at the

meeting or contact me on 01832 732724. Pauline

- 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.

News from The Groups

Classical Music

The Classical music group celebrates its third birthday on 16 May and here is a review of the activities. There are twelve members and at present the group is full (It meets in members' homes and it's a matter of chairs!). The programme has ranged from contemporary music; Nick Penny and Carl Jenkins to some of the more traditional composers including Elgar, Bach, Mozart and Haydn.

Generally each member volunteers to run a meeting choosing their favourites and include a bit of research on the composer's biography and life at the time.

More recent themes have been; Spring, Autumn, Romance, and Music from the Movies. DVDs have been borrowed from the U3A resource centre. It's a really lovely two hours of listening, discussing (not necessarily music) and having coffee. The Group is informed of local concerts and has attended lunchtime concerts at The Castle in Wellingborough and at Oundle School. Three members are subscription holders at Derngate and attend classical concerts there four times a year. There will be a list for a second Group with names to be collected at the next Group meeting. The Group-Coordinator, Marion, welcomes more groups and especially leaders. I'm very happy to help the group get started.

Glyn Hill, Group Leader

Cycling Group

The Cycling Group meets on the second and fourth Mondays of each month at 10:00, with easy rides on the second and harder rides on the fourth.

This month's meetings are on Mondays 11th and 25th. The ride on the 11th will start from the Woolpack **at the earlier time of 09:00**. This is a one off early start and will be a short easy ride for those getting back into cycling.

The ride on the 25th, will be more challenging and longer, for those who are more at home in the saddle and needing a workout.

We are lucky to live in a picturesque part of the County, so do come along and enjoy the fresh air and wonderful countryside.

Contact Frank Boydell 01832 735797 for further information.

Live Music Group

The Live Music Group is for any players who want to make music with other people for fun. We are all of moderate standard but learn from each other as we go. An eclectic selection of classic pop, folk, blues and jazz make up our repertoire, with suggestions coming from the group. Current instruments include guitar, mandolin, ukulele, cajon, bass guitar, keyboard and harmonica, with the odd tambourine, kazoo, jug etc, thrown in as appropriate, for good measure.

We meet on the first and third Wednesday mornings of every month at the Baptist church in Thrapston - 10:00 to 12:00. The venue has lots of space, so if you fancy bringing your playing out of the closet, come along and join the fun. Contact Frank Boydell 01832 735797 for further information.

Local History Walks/Visits

Tuesday 19 April - Raunds: A maximum of 20 people for a guided walk of about 1hr 30 mins leaving from Raunds Library. Either make your own way there for a 2 pm start or if you need a lift meet at the Co-op car park in Thrapston to leave at 1.40 pm. Please let me know which of these options you would like when you sign up at the April meeting or telephone me. There will be a charge of £2 per person. Brenda 7302235

Saturday 21 May - The Next Thrapston Walk: A maximum of 20 people to meet at the Plaza at 1.30 pm for a walk of about one hour. Donation of £2 appreciated. Sign up at the April meeting or telephone me. Brenda 730225

Wednesday 29 June - Flag Fen: This is a Bronze Age site with its remaining timber causeway. See how pre-historic people lived (and the ancient breed of Soay sheep!) Plus much more. Cost per person for a guided tour is £6 which will need to be paid when you book. Minimum number is 16 and maximum is 30. When I have the minimum number I will book transport as we need to arrive together. I hope to have some leaflets available at the April meeting: please sign up so I know whether to go ahead, or telephone me.

The tour lasts approximately 90 minutes. There is a cafe serving light refreshments. If there is enough interest, cost of travel will be available (and payable) at the May Meeting - otherwise the £6 will be refunded.

Brenda 730225

Photogroup report

At the March meeting, completed a questionnaire about future activities, the group watched a DVD about taking photographs with compact cameras in a variety of situations. Apart from a problem with the sound, the video was well received and we gained some ideas on how to make the best use of our cameras, particularly with composing pictures. Our next meeting is on the 4 April - the venue has to be confirmed, but the theme will be Black and White Photography. Results of the questionnaire will be emailed to everyone in the group. Ann

Science and Technology Group

At the first meeting in February, member Tricia led with a really fascinating talk on the Smallpox Vaccination. The Group learnt about the political and health issues of the late 19th and early 20th century and followed with a lively

discussion. Last month Frank gave a wonderful PowerPoint and YouTube presentation on Navigation, including celestial navigation and the quest to find longitude. This was followed with practical chart work using a Portland plotter and dividers, and I think I can say the Group would have been safe and not run aground!

The June in-house talks continue with Bees.

The programme for the year includes visits and lectures; in April there will be a U3A Science talk at Birkbeck College, The Search for Life in the Universe, and in June to Cambridge to visit the Whipple Museum of the History of Science, and then on to the University to hear about, Landing on a Comet. On Monday 15 August there will be a group visit to Woolsthorpe Manor in Lincolnshire (Newton's home) and there is room for another five people. It's free to National Trust Members or a group discount cost of £5.95. There is a car share system so a contribution to petrol will be made. Please let me know on 01832 735797 if you'd like to join us if you would like to join this trip.

The Science and Technology group is now full with twelve members.

Glyn Hill, Group Leader

Ukulele Group

We are excited to have been invited to perform at the Party in the Park in honour of HM The Queen's ninetieth birthday. This is an honour, not only for our group, but for the whole of our wonderful U3A. Meanwhile the Group are merrily strumming away every Tuesday morning and having loads of fun. There are places, so if you fancy having a go, come along and try. There is a spare ukulele so you don't even have to buy an instrument at first. Most of the group members (me included) had never played an instrument of any kind before, so you need not be afraid – we don't eat anyone who plays a wrong note - well, at least, not before lunch! If interested contact me for a chat. Marion – 01832 720262 or marion_healey@msn.com

Overheard at the Flying Club

The only time you have too much fuel is when you're on fire. - Unknown

If the wings are travelling faster than the fuselage it has to be a helicopter, and therefore unsafe - Anonymous Fixed Wing Pilot

When one engine fails on a twin-engine airplane, you always have enough power left to get you to the scene of the crash. - Multi-Engine Training Manual

Without ammunition the Air Force is just an expensive flying club - Unknown

Be Vigilant - Protect Yourself

Northamptonshire Police are urging people to take extra care with their home security and reminding them never to open a door to any caller who is not expected. This advice comes following a number of burglaries and robberies at the homes of elderly people across Northamptonshire, where force or distraction techniques have been used to break in and steal property.

More than 50 robberies and distraction burglaries involving victims aged 65 and over have been reported since 1 January this year. While the majority of these have happened in the Northampton area, incidents have also been reported in other parts of the county, including Kettering and Wellingborough.

Public support is really important and we're asking people to help elderly relatives, friends and neighbours. Please help those you care about to check their home is as secure as possible and remind them never open the door to anyone they're not expecting – whoever they say they are. Anyone calling in an official capacity will understand.

Please also report anything suspicious or call us if you have any information about who may be involved in these offences – either call 101 or the **Doorstep crime Action Network hotline 0345 23 07 702.**

Here is some important advice to share with elderly or vulnerable friends, relatives and neighbours:

Make sure you can see who is at the door before you answer it. Where possible fit a spy-hole to identify callers. Alternatively talk to them through an adjacent window.

Do not feel pressured into opening the door. Do not feel you are being rude, genuine callers won't mind. If you are not sure, do not open the door.

Set up passwords with your utility companies - genuine callers will need to recite this password to you.

Don't use telephone numbers on ID cards - if the person isn't genuine the ID and the telephone number won't be either. Obtain telephone numbers direct from the phone directory. Alternatively make a list of your important numbers and keep them near the phone

If someone is knocking on the door saying they are the police, call 101 and check the identity with the police control room. In an emergency call 999.

Look out for those who are vulnerable within your family or neighbourhood

If you have any suspicions or concerns that doorstep rogue traders or distraction burglars are operating in your community or targeting someone you know, please do not hesitate to contact the Northamptonshire Police dedicated doorstep crime hotline: **0345 23 07 702.**

Distraction burglars or ‘bogus callers’ will call at a house with the intention of tricking their way inside to steal money and/or other valuables. They may be smartly dressed and claim to be from the water board, the council, the police, health organisations or charities.

They may say they need to turn off the water because of a leak, use the phone because their car has broken down, or perhaps say they have lost a pet. The caller may be a man, a woman or even a child and they will use any story they can to try and gain access to the property. One thief was a very pregnant woman who claimed she had desperate need of a lavatory. interested contact me for a chat. Marion – 01832 720262 or marion_healey@msn.com

Do not trust anybody you do not know.

Life is like riding a bicycle.

To keep your balance you must keep moving - Albert Einstein

The Newsletter Editor

I am due for re-election or de-selection at the May AGM. While I am happy to continue in this role, having done so since November 2013, I think it is time there was a change. This is partly to avoid the newsletter becoming stale, after all new brooms sweep clean and (mixing metaphors) fresh paint does wonders for old fittings. If you wish to take over as Editor, speak to the Chairman or you may prefer to discuss with me first.

Parry

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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