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Welcome from the Chair

Firstly, an apology. I know I have bombarded you with information and appeals about the Open Day and the forthcoming AGM for the last month or so, but I'm afraid I'm going to do it again. The good news is, this should be the last time; in the Newsletter at least.

Open Day: Planning for the Open Day on the 6 May is well advanced. **However,**

we still need more help with general setting up and especially, with running the refreshments. if we get enough volunteers, nobody should do more than an hour on refreshments, but currently we need several more helpers. Please give an hour of your time to help make our first Open Day a really special event and to celebrate our fifth birthday. Contact Sheila Underwood on 01832 737921, or talk to her at the monthly meeting.

Question: Are you coming? Every group will be displaying and some are even performing on the day. This is your opportunity to find out everything that is going on within Thrapston's U3A and to discover new interests and activities. However, don't come alone. Bring friends who still don't know about us and how U3A could change their lives. If you need more leaflets to hand out to friends, call me, or pick some up at the April meeting

AGM: Our monthly meeting in May will start **at the earlier time of 10:15** with the AGM followed by a speaker. The objectives for the AGM are to elect new members of the committee and to ask you, the members, to approve the adoption of a new constitution.

Committee: The good news is that we have sufficient volunteers to fill the vacant committee places and take our U3A forward. This does not stop anyone else volunteering by the closing date and application forms are attached or can be acquired from the Business Secretary.

Constitution: Why are proposing to change the constitution?

1. After five years, the Constitution needs reviewing to ensure it still meets our needs and reflects best U3A practice.



2. The Third Age Trust now issues a Model Constitution as a template for U3As to follow and we wish to bring ours into line.
3. With the hindsight of five years' experience, we propose to change the terms of service for committee members, in order to:
 - a. Encourage people to join the committee - they can serve as little as one year.
 - b. Encourage regular turnover of committee members in order to: Inject new ideas and enthusiasm in order to keep our U3A fresh and dynamic.
 - c. Build a reserve of experienced, knowledgeable and enthusiastic ex-committee members amongst the general membership, who can be called upon to assist the committee when required.

What are the main changes?

1. Committee members:
 - a. Must be re-elected every year.
 - b. Can only serve for a maximum of three years in any one role.
 - c. Can only serve for a maximum of six years on the committee.
 - d. When the Chairman stands down he/she must leave the committee for at least one year, regardless of term served.

If you are reading this on email, a copy of the proposed constitution can be found at the end. The main changes occur in Clause 7 and these are highlighted in red. Our existing constitution can be downloaded from our website for comparison. If you receive a printed copy of this Newsletter, you can request a printed copy of the new constitution from the Business Secretary, view it on-line or at Thrapston Library.

Town Council Award for Contribution to the Community.

Such has been the positive effects of U3A on Thrapston, the Town Council are to present us with an award for our Contribution to the Community. The award will be made at the Annual Town Meeting in the Plaza in the evening of 18 April. This award recognises the work of everyone who has served as a committee member or a Group Leader or a volunteer over the last five years. It is wonderful that what they have all done has been recognised by others and I thank them all. I hope they will come along on the 18th and join me in receiving this award.

Conclusion: The next month and a half are going to be busy but exciting and we will be able to celebrate our fifth birthday in May knowing our U3A is in great shape for the future and growing every month. We will have a new committee, a new Constitution and our first ever Open Day under our belt.



In addition we will have Thrapston Town Council's award for our contribution to our community. Everyone can take pride in what we have achieved.

Enjoy your Newsletter.

Frank Boydell, Chairman - 01832 735797

chairmanthrapstonu3a@gmail.com

Forthcoming Events

- 21 April **Branch Meeting - Kicks & Frills, the Story of the Can-Can by David Price**
- 19 May **Annual General Meeting, plus Along the Nene by Martin Izzard BEM**
- 16 June **Branch Meeting - School Holiday Fiascoes by Mike Leonard**
- 21 July **Branch Meeting - Amy Johnson by Roy Smart**
- 18 August **U3A Summer Events (details to be advised)**
- 15 Sept. **Branch Meeting - Rockingham Castle - 950 years of history by Patricia Woods**
- 20 October **Branch Meeting - The Plague Doctor by David Bell**
- 17 Nov. **Branch Meeting - Day in the life of TV Licence enforcement officer by Mike Long**
- 15 December **U3A Yuletide Event (details to be advised)**
- 2018**
- 19 January **Branch Meeting - Tales from the Cornerfield Apiary by Freddie Harris**
- 16 February **Branch Meeting - Andy Smith with an as yet unconfirmed talk.**
- 16 March **Branch Meeting - Britain through the seasons by Tom Way.**
- 20 April **Branch Meeting - You cannot be serious - tales from the Centre Court at Wimbledon by Alan Gray MBE**
- 18 May **AGM and Branch Meeting - The Comedy of Victoria Wood by Steve Dimmer.**
- 20 July **Branch Meeting - Genealogy by Nick Barratt.**
- 17 August **U3A Summer Events (details to be advised)**
- 19 October **Branch Meeting - Brief History of Drinking and Inns, Public House and Beer Houses of Thrapston and District by Eric Franklin.**

Quotes from Bertrand Russell (1872 to 1970 winner Nobel Prize 1950)

It has been said that man is a rational animal. All my life I have been searching for evidence which could support this.

My desire and wish is that the things I start with should be so obvious that you wonder why I spend my time stating them. This is what I aim at because the point of philosophy is to start with something so simple as not to seem worth stating, and to end with something so paradoxical that no one will believe it.



Notification of Annual General Meeting of Thrapston and District U3A

This will be held at the Plaza on Friday 19 May 2017 at 10.15a.m.

All fully paid up members are entitled to attend and vote at the meeting.

The Annual Accounts 2016-17 and AGM Minutes for 2016 will be available on the website. They are also available to inspect and read at Thrapston Library - please ask the librarian.

The following officers and committee members are standing down: Chairman, Business Secretary, Publicity Officer, and Newsletter Editor. A list of members nominated for election will be distributed at the meeting.

Members who wish to propose a Motion for discussion should submit their request to the Committee by 6 May using the appropriate form obtainable from Guinette Davies secretarythrapstonu3a@gmail.com or 01832 733436, or it can be downloaded from our website <http://u3asites.org.uk/Thrapston>

Annual General Meeting Agenda

1. Chairman's Welcome and Opening Remarks
2. Apologies for Absence
3. Minutes of AGM 2016
4. Annual reports from the Chair and Group's Leader.
5. To receive and adopt the statement of accounts for May 2016-April 2017
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 **Martin Izzard B.E.M** entitled **Along the Nene.**

On behalf of the U3A Committee
Guinette Davies, Business Secretary
2017

8 April

Guinette Davies MBE

Our speaker for the March 2017 meeting was Guinette Davies MBE who had chosen to speak about her investiture by the Queen at Buckingham Palace with, as she put it her gong.

This prestigious award was made in June 2000 for her services to nursing throughout a busy and constructive career. Guinette had trained as a nurse from the very beginning of her working life against the wishes of her mother who had also been a nurse.



However, it was a calling that brought great satisfaction to her and she found her job as a District Nurse to be very rewarding. It was no doubt with great sadness that she relinquished this role at the age of only 39 due to a back injury which appears to be prevalent within this profession.

Never one to sit around bemoaning her fate she established a chiropody practice which she ran from a clinic constructed at her home. Later, and along with others Guinette formed a group of volunteers within the Royal College of Nursing to offer support to nurses who had back injuries and to help restore their confidence so that the skills they had acquired did not go to waste and they could be re-deployed in less physically demanding jobs within the nursing profession.

She addressed her duties with great enthusiasm and the group expanded to a point where it needed a paid professional to direct its progress so who better to take up the challenge than Guinette?

Her duties took her to foreign lands, including Canada, where she was able to inspire others to follow the examples of colleagues in the UK and as a result it is clearly recognised that so much skill and valuable nurses were not lost to their communities.

The months preceding the actual investiture were shrouded in secrecy and Guinette did not even break the news to her husband Alan until sometime afterwards whilst they were away on holiday. Eventually the Queen's Birthday honours list was published in the Guardian Newspaper and eagle-eyed Thrapston residents had spotted Guinette's inclusion on the list. The news broke locally at the Thrapston Charter Fair.

Guinette showed a DVD of the ceremony which all recipients of the awards can obtain. As you would imagine the proceedings are run with military precision and it is clear that this is a day that she and all her family will cherish. For us in

the audience it was a fascinating insight into what goes on at these occasions and a privilege to hear of her life and career.

Many thanks Guinette for a very interesting presentation.

Walking Group - What a difference a month makes and you may remember that for the last Thursday in February and the walk from Ashton Green we were battered near senseless by hurricane 'Doris'.

Not so for 30 March that dawned bright and sunny, in fact everything that an early spring morning should be.

This time the chosen start point was in Finedon where parking was easily found in the centre of the town with a six mile stroll in prospect for the nine eager walkers plus one small brown and white dog who is also no stranger to such events. Finedon has an industrial past being extensively quarried for iron ore in the middle of the last century with the resultant scars still apparent on the landscape. Did you know that there is a tunnel leading from Irthlingborough where even more of the minerals were extracted from drift mines dug by Welsh miners recruited for the task. Unfortunately the paths closest to the town were marred by dog dirt left by inconsiderate owners, and careful observance was needed to negotiate the route until we had left the town behind us to follow beautiful grassy field paths leading into and out of the Ise Valley.

We crossed the river at the site of the former Finedon Watermill and eventually returned to the town via the now peaceful Pocket Park. Again the evidence of Finedon's industrial past was everywhere to be seen in the Pocket Park which at the time must have rang with the sounds of shunters and ore trucks conveying the minerals to Wellingborough furnaces for smelting. A round trip of just two hours.

There is no better way to enjoy the countryside than on foot and England during the spring is the most beautiful place in the world, but don't just take my word for it. Pull your boots on and come and share it with us on 27 April, contact Pauline Dennison for more details.

Theatre Group - We are keen to gather interest from members about your choice of future theatre bookings.

A date for your diaries - Friday 30 June - a day trip to the Black Country Living Museum. Full details and registration sheet at the next branch meeting. See either Jenni Hall or Moira Newton with your ideas at our next branch meeting on 21st April.

We also thank Pauline Dennison very much as she is stepping down after several years of U3A theatrical organisation.

Enjoy your well-earned rest!

Fork to Fork - We invite you to spend time indulging with like-minded people who bring and enjoy sharing food based around a chosen theme. Recently our food-based ideas have included Someone who has inspired you and Mother's Day.

We meet on the fourth Wednesday of each month at different members' homes. The food is delicious and the themes inspiring.

Come and join in the fun!

Contact: Rachel 01832 734974 email: rachelk@uwclub.net

Local History Walks and Visits - Our walk in May will be on the 23rd in Wadenhoe Village and will be led by Stephen Hall from the Wadenhoe Trust. It will start at 3 p.m. from the Village Hall car park next to the pub. We expect it to end at about 5 and be a maximum of 1.5 miles. A £2 donation will be welcome. Maximum 20, please sign up at the April meeting or contact Glyn on 01832 735797

Future walks and visits for this year are Lyveden New Bield, King's Cliffe, Rockingham Castle and Islip. Look out for details in the newsletters.

Places2Go - did an assizes tour of Northampton County Hall which included judges lodgings, gaol, hangings, council chambers and lots of other parts. It was both fascinating and enthralling, our guide, Roger, had amazing knowledge. We finished with tea, coffee and biscuits before returning home.

A full new list of events with new dates is available by email, post, or at the next Plaza meeting, there are some exciting events coming. We are an **open group** and anyone can come along to any of the events.

maddie.places2go@gmail.com

Ludwig Wittgenstein (1889 to 1951) - If people never did silly things nothing intelligent would ever get done.

Thrapston and District U3A Committee

Chair: Frank Boydell

Vice-Chair: Sheila Underwood

Treasurer: Tricia James

Secretary: Guinette Davies

Groups Co-ordinator: Marion Healey

Membership: Madeline Fisher

Publicity: Ann Carter

Speaker Seeker: Paul Ollett

Newsletter Editor: Parry Jones

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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