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CHAIR'S WELCOME



It is an extraordinary time we are living in at the moment and I hope this Newsletter finds you all safe and well. We have all had to find our own way through this temporary new way of life but I hope you have managed to set up ways to stay in touch with one another and with members of the groups you belong to. If you have not signed up for the National Newsletter, then it is worth considering. Just go to the U3A website and in the Quick links at the bottom of the first page you will see a tab for "Newsletter Sign up".

Lots of our groups have found things to do and ways to keep busy whilst staying in. You can read about some of them in this Newsletter. It would be great to hear from you if you have other suggestions or news which we can include in the next issue.

I am sure you will not be surprised to learn that we have had to postpone our AGM. We will review the situation in May and we are seeking advice as to how we can proceed. We have until August to hold the AGM so there is plenty of time to decide the way forward.

Please make sure you stay safe and well.

Sheila

www.chairmanthrapstonu3a@gmail.com



A message from Tom Way

Many of you will remember Tom Way from his two visits to speak to us at the Plaza. He is a well respected wild life photographer who has enthralled us with his pictures of puffins, lions, tigers and much more.

He has very kindly sent us a message, via Paul, our Speaker Seeker, at this unusual time and attached a link to a video, which he has put together for our amusement.

I hope this email finds you well in these uncertain and challenging times we are now facing.

As past or current speakers secretaries I wanted to reach out to you as I know that all group activities are now postponed until later in the year. There is no choice in this matter and the priority is that we all stay safe, but I like many people are saddened by this as I know how important the groups are for physical and mental well-being with people gathering together, socialising and catching up on the week's or month's events.

In light of this I have produced a short and very informal video that members of your group can sit at home and watch whilst in self isolation and lockdown hopefully just to provide a small amount of entertainment. I have provided the link to the video here below and so if your members would like to watch you can simply forward this link onto them.

<https://youtu.be/UBbHn6lcYjs>

If you have any questions at all please do let me know. My email address is

t.way@hotmail.co.uk

*Kind Regards
Tom*



News Roundup

What's happening around the groups?



“**French Encore** held a brief setting up meeting via Zoom (4 of us logged in) and subsequently we had a meeting lasting over an hour. Again we used Zoom video with password settings and 6 of us participated. We've agreed to meet weekly during the current situation.”



“Ten of us from the **Bridge Group** are playing together online using BridgeBase and it is great. We are using our normal Monday 10-12 (which isn't all U3A members) and then Thursday 2-4.

Also Ed Callaghan is doing a training sessions with some of us on a Wednesday morning”



The **Cake & Bake group**. “We are finding the easiest way to communicate is by keeping our usual once a month Friday afternoon free. We will all send photos with comments on our bakes (the theme for Friday 10th is Easter) and then send comments back to the whole group on each bake between 2-4 which is our usual meeting time. It should be nice to sit with a cup of tea knowing the whole group is doing the same”.



“The **Garden Group** have started an online group and we are sending each other photos of our gardens and what we are doing in them, seeds we are setting and problems we are having. It is working well and means we are in touch with each other”.



Drawing for the terrified are working at home - Mandy says she is available for advice but practice makes perfect. All the group members have the notes she has given them at each session. She has told them there are some really good tutorials on You tube, they just need to key in the drawing topic they are interested in.



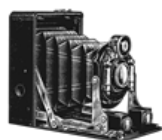
The **Stitchers Group** are busy working on their unfinished projects, including the sample quilts that are keeping several of the group occupied, and they are keeping in touch by email.



The **Ukulele Group** are looking into using Zoom, but because of the delay over internet connections will not be able to play together. “We can still discuss problems, new songs etc. and maybe have individual demonstrations where needed or where members are brave enough. I am sure we will profit from it.”



“The use of Zoom with the **Italian group** will enable us still to hold our conversations in that beautiful language with Marina, as ever, guiding us through our difficulties. The free version of this software restricts a meeting length to 40 minutes so we will have to organise ourselves before we start but, once we get used to it, I am convinced we will all benefit even if it is only by being able to see as well as hear each other. The social aspect of the U3A is, I believe, the thing we miss most”.



The **Photography Group** having been taking pictures and sharing them on Dropbox. (see front page and page 5).

It is good to see Spring arriving as it always does at this time of year and the pictures of local flora and fauna certainly lift the spirits.

A Message for the Tai Chi Group from Linda



Hi fellow Tai Chi Practitioners

Hope you are all well and making the most of home confinement to catch up on all those jobs you keep putting off till tomorrow !

Find time to practise a little Tai Chi each day - just do a few exercises.

REMEMBER..... Be upright .. lift head. relax joints, let the weight sink

Be calm ... breath slowly and deeply

Be mindful ... put aside distracting thoughts

Be comfortable ... Relaxed soft movements

Don't work too hard

Check out on Youtube Tai Chi 10 form (Back view of two in front of lake);

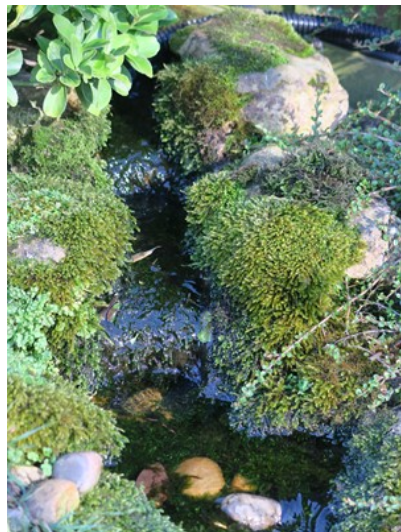
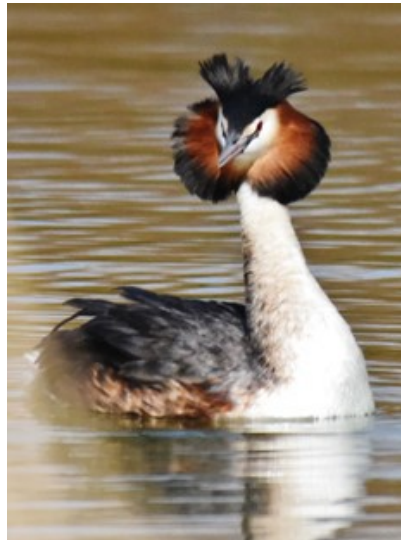
Calentamiento para TaiChi y ChiKung (Warm-up exercises);

Taijiquan 66 forms (blue t-shirt in front of lake)

Join me in a virtual session every Thursday at 2.00 as usual !!!!!

Keep well and safeLinda

Contact me by email if you need more information... linannvic2000@yahoo.co.uk



Literary Quiz

Many thanks to Glyn James for supplying a quiz to keep our brains active and to help pass the time.....



(Don't worry, the answers appear on page 7)

- 1 Whose charge did Tennyson commemorate?
a) Fire Brigade b) Heavy Brigade c) Light Brigade d) Boys' Brigade
- 2 Who was the drunken lawyer in "A tale of Two Cities" who swapped places and went to the guillotine?
a) Dublin Box b) Sidney Carton c) Dover Packet d) Washington Letter
- 3 Who was the hero of a novel by Henry Fielding?
a) Elton John b) Bob Dylan c) Tom Jones d) Englebert Humperdinke
- 4 What turned Browning's thoughts to home when he was abroad?
a) April b) May c) November d) December
- 5 Who satisfied Lady Chatterley?
a) Archer b) Byers c) Deayton d) Mellors
- 6 Who wrote the novel "Brave New World" ?
a) George Orwell b) Aldous Huxley c) William Golding
d) Sir Arthur Conan Doyle
- 7 When was the pilgrimage to Canterbury, described by Chaucer?
a) April b) May c) November d) December
- 8 What occasioned Wordsworth's lines "Earth hath not anything to show more fair" ?
a) Tintern Abbey b) Lake District c) Daffodils d) Westminster Bridge
- 9 Under what name were the books of Marion Evans published?
a) Currer Bell b) George Eliot c) Arnold Bennett d) Agatha Christie
- 10 Which novel's last chapter has the words "Reader, I married him" ?
a) Jane Eyre b) Moll Flanders c) Little Women d) Tess of the D'Urbervilles
- 11 How many deaths are there in the last scene of Hamlet?
a) 2 b) 3 c) 4 d) 5
- 12 Where were the Little Endians at war with the Big Endians?
a) Narnia b) Coral Island c) Transylvania d) Lilliput
- 13 Where did John Betjeman invite "friendly bombs" to fall?
a) Slough b) Leamington c) Stoke-on-Trent d) Bradford
- 14 Who described Samson as "Eyeless in Gaza at the mill with slaves"?
a) John Milton b) William Shakespeare c) Rudyard Kipling d) John Masefield



RESCHEDULED EVENTS



NORTHAMPTONSHIRE NETWORK OF U3AS



an afternoon with ***GERVASE PHINN***

This has now been rescheduled to ***Friday 23rd October***, at the same venue and same time.
The tickets already issued for the event will remain valid.

Those who have booked will be contacted by Steph, by email where possible.
Those who do not have email and have given me a phone number she will phone.
Those who haven't given her their contact details, she will contact through their U3A.
You can contact Steph by email at u3anorthantsnetwork@hotmail.com
or phone 735 440

Theatre and Outings



STOP PRESS!

'BEAUTIFUL THE MUSICAL' IS NOW *POSTPONED*

'Beautiful' was booked for us to see on Wednesday, April 8th at Milton Keynes theatre.
By now, all those signed up for this event would have been contacted either by email or by phone to confirm that, owing to the Coronavirus, ALL theatres are now closed until further notice.
We have, however, just heard from the theatre that the show will be **re-scheduled** 'to the closest equivalent performance'.
It of course is difficult to judge when this will be, because of the current on-going crisis. The theatre will be in contact in due course with further information.
Please do not hesitate to contact me if you have any concerns.
Maira email : theatrethrapstonU3A@gmail.com

Literary Quiz Answers

1. c) The Charge of the Light Brigade 2. b) Sidney Carton 3. c) Tom Jones
4. a) Home thoughts from abroad "Oh to be in England / now that April's there"
5. d) The gamekeeper, Mellors, in Lady Chatterley's Lover by D H Lawrence
6. b) Aldous Huxley 7. a) April. The Prologue to the Canterbury Tales
8. d) Composed upon Westminster Bridge 9. b) George Eliot 10. a) Jane Eyre by Charlotte Bronte & Guildenstern)
11. c) Laertes, The Queen, The King, and Hamlet himself (Hamlet also reports the deaths of Rosencrantz & Guildenstern)
12. d) Lilliput in Jonathan Swift's Gulliver's Travels
13. a) Slough "come friendly bombs and fall on Slough / It isn't fit for humans now"
14. a) John Milton in Samson Agonistes (Aldous Huxley used Eyeless in Gaza as the title for a novel.



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

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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.

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