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From the Photography Group

## Welcome from the Chair

Hello and welcome to this month's Newsletter.

The majority of you will be receiving this by email, a wonderfully quick and easy way to communicate with large numbers of people. For those of you without access to email, volunteers will have happily delivered a hard copy to your door.

At the end of last year I appealed to those of you with email, but who request a hard copy, to spare a thought for the volunteers, especially as the winter weather starts to bite. Unfortunately, only one person cancelled their hard copy, so your Committee have decided that in future, those people with email will not receive an addition paper version. I appreciate that some of you will be disappointed by this decision, but it has been made to keep membership costs down and to exercise a duty-of-care to the volunteers. Spare copies of the Newsletter will be available at the monthly meeting, or you can print out your newsletter from the email. Whatever format you received it in enjoy your newsletter.

Happy New Year,  
Frank Boydell, Chairman

Why be politically correct, when you can be right?

## 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.

- 19 February **Branch Meeting - Mediaeval Medicine** by **Chris Carr**  
16 March **Chicago** - There are two seats available for this show. The price is £43, which includes coach fare, theatre ticket and driver's tip. For details contact Pauline 732724.  
18 March **Branch Meeting - Stanwick Handbell Ringers**  
15 March **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**  
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 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](http://www.u3a.org.uk)) at the events and competitions page of the Members' Area Homepage.

The first **East Midlands summer school**, planned to take place in August this year, has been cancelled because of insufficient take-up.

## January Meeting

The scheduled speaker, Brian Sanders, was unfortunately taken ill and had to postpone his talk on badgers to the November meeting.

Brian, we all wish you well.

Brian's place was taken up at very short notice by Colin Ray, who gave a very interesting talk on Early Talking Machines. Colin demonstrated very early recordings going back almost 150 years and had actual phonograms and

gramophones from his personal collection on display. He played excerpts from early music hall stars'

performances. As well as exhibiting a profound knowledge of early talking machines, Colin also indicated his love of old records, having a collection of some two thousand 78 rpm records.

It was a very interesting and very well-received talk, and Colin will, in April, be reprising this with a talk to the History Group on Music Halls .



## Group News

**Group vacancies - Lacemaking** - currently has vacancies. **Military History** and **Latin** both have limited spaces that will be filled on a first come first served basis.

(is this because I am a member of both – Ed?)

**Creative Writing** - David Read is a member of the Creative Writing Group and you may be interested to know that David has now published a selection of his poetry on a new website at <[poetry4you.co.uk](http://poetry4you.co.uk)>

For those of you on Facebook, he has a new Facebook page called David Read Poetry from which his poetry website can also be accessed.

**Cycling Group** - The next meeting of the Cycling Group will be on 14 March and then on the second and fourth Monday mornings of each month.



**Are you a paid-up member?**

We meet at The Woolpack Inn, Islip at 10am. The final decision on the route is decided on the day, based on weather conditions and the abilities of the cyclists. Sadly, we appear to have lost our lady cyclist in recent months.

U3A is for everyone so how can we make the group more attractive for ladies? Please contact me with your suggestions.

Frank 01832 735797



**Military History** - In January, Tom Beston gave a very illuminating and interesting talk on the Charge of the Light Brigade during the Crimean War, and introduced a number of hitherto unknown (to the Group anyway) facts.

In February, Terry Needham gave the Group a very interesting and informative illustrated talk on the Cu Chi tunnel system used by the Viet Cong yo yhe north-west of Saigon during the Vietnamese war. Terry's descriptions of the claustrophobic atmosphere which must have existed in the low, narrow but very extensive tunnel system brought shivers to the Group's backs, despite the welcome tea, coffee and plentiful biscuits.

At our March meeting Jim Hancock will talk about the 43 Royal Wessex Regiment.

**Tai Chi** - Our group is thriving, we have 20+ attending most weeks. It's quite a squeeze at times but still enjoyable and relaxing. We went for a meal to The Bridge Hotel at Christmas and have just held our second Saturday Master Class where a qualified instructor puts us through our paces ... we are improving ! The group is full at present but anyone interested is welcome to contact Linda Vickerman.



**Theatre Trips:** I am sure you will all agree that Pauline does a sterling job with this open group but she could really use some help from others willing to assist her researching and organising future events. You will appreciate that this job is quite

a large undertaking and we would not like to overburden any one person. So please step forward and help out.

**Walks 2** – as above, Pauline has been running the group for two years and now is looking for someone to join the group who is willing to organise and lead walks on occasion to relieve her of some of the responsibility.

### **New Groups**

**Crochet** - We have a potential leader for this group who may be willing to teach both crochet and knitting, so the group will be suitable for crafters of all abilities. We already have two ladies who are still valiantly struggling with hook and yarn from the previous crochet group so it is well on the way to running.

**Multi-Media/Drawing Group** - This is a possible new group that six people have already signed up for. It is proposed that it will meet monthly for around 4 hours - enough time to really get some serious work done on a project. There is no tutor for this group therefore it will be self-help only. If all goes to plan the group will be able to meet in Thrapston Primary School, where there will be use of a dirty sink and tea/coffee making facilities - this is all subject to confirmation. Any medium for drawing or painting will be acceptable. The exact costs, day, time and frequency will be determined at a meeting of those showing interest, to be convened immediately sufficient names are received



From the Photography Group

**Nordic Walking** - This group has just started and had its first walk on January 29th at Stanwick Lakes where the technique of walking with Nordic Poles was tried out. All agreed that, despite the near gale force wind trying to blow everyone off their feet, it was a good walk. The café was reached before the rain came down where considerable quantities of cream cakes and tea were consumed – so much for health and fitness!!

**Don't despair** if a group you are interested in is not mentioned here. There may well be spaces and, if not, most groups operate a waiting list.

**Remember** – You could always lead a group yourself – it is not so difficult and you will never be left to struggle on your own, so give me a call and, provided your chosen subject is suitable for the U3A, we can sort something out together.

**For details** of any new, potential or existing group please contact the relevant group leader (details on the website) or me as detailed below.

Marion Healey - 01832720262



## Internet and Postal Scams

Fraudsters are sending out virus infected emails that claim a package has been seized by HM Revenue & Customs upon arrival into the United Kingdom. The official looking scam emails claiming to be from Royal Mail contain a link to a document which will install malicious software on your computer designed to steal information like account names, email addresses and passwords.

*An example email reads - Title: Your parcel has been seized. Royal Mail is sorry to inform you that a package addressed to you was seized by HM Revenue & Customs upon arrival into the United Kingdom. A close inspection deemed your items as counterfeit and the manufacturers have been notified. If your items are declared genuine then they will be returned back to you with the appropriate custom charges.*

*You may have been a victim of counterfeit merchandise and the RM Group UK will notify you on how to get your money back. Please review the attached PDF document for more information. Document (RM7002137GB).Zip Please accept our apologies for any inconvenience this may have caused.*

To help the spread of the virus, the email also says: 'you will need to have access to a computer to download and open the Zip file'. If you receive one of these emails, do not click on any links or download any attachments and report it to Action Fraud.

**Protect Yourself** - Royal Mail will never send an email asking for credit card numbers or other personal or confidential information.

Royal Mail will never ask customers to enter information on a page that isn't part of the Royal Mail website.

Royal Mail will never include attachments unless the email was solicited by a customer e.g. customer has contacted Royal Mail with an enquiry or has signed up for updates from Royal Mail.

Royal Mail have also stressed that they do not receive a person's email address as part of any home shopping experience.

If you believe that you have been a victim of fraud you can report it online: <[http://www.actionfraud.police.uk/report\\_fraud](http://www.actionfraud.police.uk/report_fraud)> or by phone: 0300 123 2040

Another scam - One of our NHW members has just had a phone call from a security company stating that they are selling a security device for telephones which will guarantee an instant police response! The device will cost £90. They stated that the police are aware of this – which is obviously not the case as

nothing you put on your telephone will guarantee an instant police response. The call was from a with-held number. The police have been notified and an incident report has been drawn up. Please do not fall prey to this and inform any elderly friends or relatives who do not use social media. Always be suspicious of unsolicited phone calls, emails and especially cold-callers.



The Walking Group in action, striding out and enjoying the winter sunshine.  
Thank you to Paul Ollett



Women and cats will do as they please, and men and dogs should relax and get used to the idea.

Dear Algebra, Please stop asking me to find your X. She is never going to come back and don't ask Y.

Good things come to those who ~~wait~~ *Go out and earn it!*

If my body is found on a jogging trail, please tell the cops I was murdered elsewhere and placed there.



Two aspects of winter

### Thrapston and District U3A Committee

Chair: Frank Boydell

Treasurer: Tricia James

Group 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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