

## NETWORK NUGGETS:

### Safety for walking, outings and visits

Occasionally we receive advice and information from our local U3A network and it has been recommended that in case of an emergency:

- If you have a mobile phone please put an "ICE" entry into your mobile phone that contains the names and numbers of people to be contacted in case you are in an emergency.
- If you do not have a mobile phone then you should have a card on your person containing emergency contact details.
- Group Leaders at group meetings should know the full address and POST CODE of the building for directing the Emergency Services

### What's On

Wednesday 23 January The Lady Killers at Milton Keynes Theatre

Tuesday 19 March Visit to Oxford

Tuesday 9 April U3A's Inaugural Founder's Lecture by Eric Midwinter in London details on website

Saturday 13 April The Complete Works of Shakespeare, The Castle, Wellingborough

Friday 17 May Annual General Meeting

Wednesday 26 June CATS at Milton Keynes



Thrapston & District



### From the Chair

**Wishing you all a very Happy and prosperous New Year!**

It seems very early to raise information about happenings so far ahead but our first AGM is planned for 17 May and this is an opportunity for you to get more involved in your U3A. The Steering Committee will continue to hold the fort but from then on the Committee will be nominated and elected by the members. Our present team will be eligible to stand and many will do so but all positions will be available for nominations; so you might like to consider standing for the Committee. We have a number of roles and each are rewarding. If you'd like more information about what is involved; then please ring or email me and I'll be happy to tell you more.

With best wishes, Glyn Hill  
[glynishill06@aol.com](mailto:glynishill06@aol.com)

### Membership Meetings

- 25 January Jo Pratchet 'Surviving the sinking of the Laconia'
- 22 February Angela Cooksley "Upstairs and Downstairs"
- 15 March Dave Mackay 'The Story of Stanwick Lakes'

## Newsletter January 2013

- ♣ Membership meetings
- ♣ The Groups
- ♣ What's On

## Membership Meeting

Friday 25 January  
10.30-12.00  
Doors open 10.25  
The Plaza, Cosy Nook,  
Thrapston

Jo Pratchet  
'Surviving the sinking of the Laconia'

## Interest Groups

David Read is the group co-ordinator please contact him for any queries.

[david.d.read@btinternet.com](mailto:david.d.read@btinternet.com) 01832 733407

## Interest Group News

### Bridge



Third Thursday of the month p.m. This is very much a social group and a means of introducing players so that they may subsequently meet in their own homes. There are places available in the group. Liz has also begun a group for beginners

with practice meetings in addition to the main group. Liz Bryan  
01832 734221 [ebthrap@gmail.com](mailto:ebthrap@gmail.com)



### Card Making

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

**Classical Music.** This new group will take place on the third Wednesday afternoon of each month. It's start has been postponed and it will now commence on March 20th. I'm an enthusiast rather than an expert and so the approach will be music appreciation. I am happy to run the first three sessions kicking off with Elgar's Enigma Variations in March. 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](mailto: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. Members range from absolute beginners to experienced and many come along with a particular problem to be solved. For example, downloading photographs, what lap top to buy. The group can accommodate one or two more; please contact Margaret Bland 01832 732761 [margaret-bland@virginmedia.com](mailto:margaret-bland@virginmedia.com)

## VISIT TO OXFORD Tuesday 19 March

This may be booked at the January and February meetings or by telephoning Brenda. The cost of the coach is £14. The coach will leave the Co-op at 9.30 and drop off outside the Ashmolean. There are hop-on, hop-off sightseeing buses every 20 minutes or a choice of walking tours from the Tourist Office and plenty else to do and see. Brenda 30225.

## VISIT TO ROCKINGHAM CASTLE

Advance notice. Date and cost to be advised in next newsletter.

## Walks and wheels.

Tuesdays or Thursdays walk and/or cycle most weeks. Please contact Rachel for details. Rachel Thomson 01832 734974  
[rachelk@uwclub.net](mailto:rachelk@uwclub.net)

## Walks 2

Pauline Dennison has agreed to organise walks of approximately 7 miles on a monthly basis on the last Thursday of the month. These will start and finish at a pub (although eating and/or drinking there is not compulsory). The walks will start at 10.00am from the pub.

She is planning for the first walk to start from The Vane Arms in Sudborough on the 28<sup>th</sup> February at 10.00am and if anyone local would like a lift then she can take up to three people. People should arrive in time to pre-order their lunch. Please wear boots or stout shoes. As this is our first such walk, and she has to pre-warn the pub, would anyone who is interested or would like more information (either for this walk or subsequent walks) contact her direct either by phone 01832 732724 or by email [dennison987@gmail.com](mailto:dennison987@gmail.com). She will also be available at both the January and February meetings to answer any queries.

## Tai Chi



Linda Vickerman has volunteered to lead this new group and has set a meeting for interested members on Thursday 7 Feb 2013 at 14 Foundry Walk Thrapston. Please sign up at the member's meeting or contact Linda on ...[linannvic2000@yahoo.co.uk](mailto:linannvic2000@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 cost of £1. Cheques should be made payable to Thrapston and District U3A .

THE COMPLETE WORKS OF WILLIAM SHAKESPEARE—  
ABRIDGED Saturday 13 April 7.30. at the Castle in Wellingborough. The cost of tickets is £14 and on this occasion we will travel in shared cars. There are still seats available with booking at the January meeting. The £14 ticket fee is due NOW. **Pauline 732724**

CATS—Milton Keynes Theatre 26 June 2013

36 seats in the stalls have been reserved for a matinee performance at £23 each. Deposits of the seat price may be made at the January, February and March meetings as seats have to be confirmed or returned in early April. The coach price will be approximately £10 and is payable at the March and April meetings. Book at the meeting or telephone **Margaret 735040**

## De-stress and relax

1st Tues month 2pm The group is now full with eight members. I'm a trained holistic therapist, counsellor and hypnotherapist. I can teach you how to use aroma therapy at home. I also use meditation guided visualisation and breathing techniques to de-stress relax and lower blood pressure. To register on the waiting list please contacts Rachel Thompson 01832 734974 [rachelk@uwclub.net](mailto:rachelk@uwclub.net)

## Discussion

The group meets on every second Tuesday afternoon in the month .We had our first meeting in January and planned an exciting and varied programme for the next five months. Topics range from Local Transport to Grandparent roles to The Right to Die. If conversation is as lively as it was in just negotiating the topics then it will be great! There are places for additional members:, please sign up at the meeting or contact Glyn Hill 01832 735797 [glynishill06@aol.com](mailto:glynishill06@aol.com)

## Gardening 1

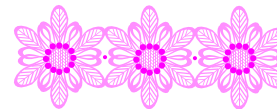
First and third Wednesday of month at 3 p.m. One or two vacancies. Rachel Thompson 01832 734974 [rachelk@uwclub.net](mailto:rachelk@uwclub.net)

## Gardening 2

The group has already planned their programme for year and visits include Anglesey Abbey next month, Barnsdale, Coton Manor Gardens and Kathy Brown's edible flower garden near Bedford.. One or two vacancies.

Please contact: Margaret 01832732761 [margaret-bland@virginmedia.com](mailto: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 have visited the Lace and Craft Fair in Ely and plan a visit a Craft Fair in Nottingham later in the year. Space for two new members. Margaret Bland 01832 732761 [margaret-bland@virginmedia.com](mailto:margaret-bland@virginmedia.com)

## Books, Patchwork and weekend Lunch

Veronica is still enjoying the sunshine in New Zealand and will report on her groups in February.

## 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 [u3athrapstonfh@gmail.com](mailto:u3athrapstonfh@gmail.com)

## Jazz Appreciation

There will be a Jazz Appreciation Interest Group starting soon. Jo Hancock will be holding a Selection and Diary Session. Please add your details to the Interest Sheet available at the next Members Meeting or contact me on 01933 460764 [johan1@aol.com](mailto:johan1@aol.com) if you would like to be included. A date and time will be given then along with further details.

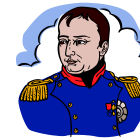
## Luncheons

My thanks to Joyce who has now relinquished her Group Leadership and I am delighted that Iris has volunteered to become group leader:

This is to introduce myself as I take over from Joyce White, a hard act to follow, but I will do my best to co ordinate the monthly lunches for us and I thank Joyce for what she has done to start the ball rolling. The lunch for February has been booked at the Bridge Hotel in Thrapston for Tuesday 12th at 12 noon for a 12.30 pm. It will be a two course buffet meal plus dessert and the price is £8.50 per head and drinks are extra. Numbers are limited for this venue so please remember to put your names on the list at the January U3A meeting if you would like to come.

Iris E Squires [iesquires66@sky.com](mailto:iesquires66@sky.com) 01832 730434 .

## Military History



Second Tuesday in the month. The group has seven members and a programme for the year has been agreed. . Open to new members, please contact [gerry-martin1@waitrose.com](mailto:gerry-martin1@waitrose.com)

**Play reading** The group is reconvening in February with a new format. New members welcome. Please sign up at the meeting or contact Liz Treacy 01832 733264 [liz.treacy@talk21.com](mailto:liz.treacy@talk21.com)

## Poetry Group

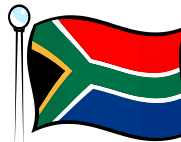
3rd Tuesday of the month 2pm. To meet and read your favourite poems, classics, less well known or your own compositions, you are also very welcome to come along just to listen. Rachel Thompson 01832 734974 [rachelk@uwclub.net](mailto:rachelk@uwclub.net)

## 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, they normally meet on set Saturday lunchtimes at the Bridge Hotel. Last week they enjoyed a high standard buffet and the conversation flowed. They plan to meet on February 9 at the Red Lion in Warrington.

If you are interested in joining please contact **Jacqui Brown** on 01832 733291 or e-mail [jacqui.brown@virgin.net](mailto:jacqui.brown@virgin.net).