



Contents

	page
Welcome from the Chairman	1
A walk around the area	2
Update from the Chair Elect	3
Literary Quiz	4
Photographic Group	5
U3A Committee	8



CHAIR'S WELCOME

I hope this newsletter finds you all safe and well.

We are now over halfway through our 12 weeks self isolation, but I am sure you have all realised that it would not be possible to hold our AGM this month. The Committee has therefore decided to defer the AGM and hopefully we will be able to reschedule it soon. In the interim we have nominations for Chair, Vice Chair, Treasurer and six Committee members. All these nominations are not contested so go through unopposed. The members on the Committee who are being re-elected may wish to change roles and these will be finalised this month. We will give you details in next month's Newsletter.

On May 15th, the original date of the AGM, my term of office as Chair finishes. It does not seem three years since I sat at a computer thinking of what to write for my first Newsletter and now I am writing my last!

I would like to take this opportunity to thank you all for the support you have given me and the rest of the committee over the past three years. I have really enjoyed meeting you all and making new friends and acquaintances over the time. I shall look forward to having more time to chat with you over a cup of coffee and biscuit when we can all meet again.

After May 15th Ian Byrnes will take on the role of Chair, Wendy Davies will stay as Vice Chair and Sue Campbell will remain as Treasurer. Unfortunately, there have been no nominations for the role of Business Secretary so if you feel you could help with this, I am sure Ian or Wendy would love to hear from you.

Finally, I would like to wish the new Committee all the best for the coming year. No doubt it will hold challenges for us all, but I am sure we will all work through it in the end. Until then please keep in touch with one another as well as staying safe and well.

Sheila

www.chairmanthrapstonu3a@gmail.com



Wadenhoe High Street

A Walk around some of our beautiful villages

Paul Ollett, our Speaker Seeker, wanted to share with members details of a walk he and Margaret recently undertook:

Corona Virus? What a drag with almost every activity denied to us!!

Although one option is still open to us, that of exercise and do you know what? It does you good too. We are so lucky to live in a beautiful part of the country and I wanted to share with you a real treat of a walk, so what follows is an easy 6 mile stroll in the Nene Valley visiting 5 quiet villages with such charm and character. Unfortunately there are no toilets or refreshment stops so remember to at least take some water with you.

Starting from **Titchmarsh** village where you may park safely in Chapel Street opposite the church. Walk back towards the A605 main road and cross with great care, taking the track opposite. Descend the hill, cross the main river bridge and turn right. Follow the trodden path, over the wooden footbridge, continuing to the kissing gate next to a stand of trees, soon to exit across a sleeper bridge onto the street next to the car park in **Aldwinkle**.

Turn right and continue until you reach Baulks Lane; turn left here and walk up the gently sloping path. At the village Main Street go left and ahead to pass the school and the church. At the junction, sign posted Lowick and Islip, turn right to cross the stile in the fence, go along the field edge, over the stile in the corner, continue down the enclosed path.

Turn left at the end, continue along the field edge following the Nene Way signs with the hedge on the left; the path becomes enclosed and then with woods on the right descending to the valley, cross the footbridge, with a stile at each end. Keep to the right hand side of the meadow following it to pass through a kissing gate and continue on the path through the wood. Go over the stile and sleeper footbridge, down the slope to the right and walk, keeping parallel to the river. Keep along this track to the gate and enter **Wadenhoe**, walking up the gently sloping main street passing the Kings Head.



Wadenhoe Mill

At the corner, turn right down Mill Lane, down to the bottom alongside the river to cross the white foot bridge. Turn left to soon pass through a field gate and then walk across the meadow to the high arched footbridge. Go ahead to the corner and pass through the kissing gate and ascend the slope, keeping close to the hedge on the right hand side now leaving the Nene Way foot path. Cross the stile in the corner and continue along the fenced path on the edge of the hamlet of **Achurch**. At the end go right around Dairy Farm to the road.

Turn right and follow the road down to **Thorpe Waterville**, ignore the turning to the left and at the T-junction bear slightly right to cross the stone stile ahead and follow through the trees, eventually parallel to the A605 to emerge over a stile onto this busy road. Turn right for a few yards to cross the bridge, carefully cross the road to descend the steps at the foot path marker post.

Go ahead beside Thorpe Brook which soon makes a sharp left turn. Stay beside the brook until reaching the next field edge in about 100 yards, then turn right and ahead with the hedge on the left. **Titchmarsh** church is clearly visible ahead as you pass through the gap in the hedge and ascend the hill to pass through a kissing gate, then to join the village road. Turn left to go into the village and return to your car.

So there you have it, a wonderful route and absolutely free!! Take your time as there is so much to see.

Paul Ollett

News Update



A message from our Chairman Elect.

Hello Everyone,

The notice for our forthcoming Annual General Meeting (AGM) was published in the March Newsletter and had been displayed at the Plaza meeting in March. It all seems so long ago, in a world where we had not heard the phrase "social distancing". The deadline in the notice is 14 days before the due date of the AGM, i.e. 15th May; at present we are still required to stick to the terms of our constitution, in that our AGM has to be announced as normal. Then we can defer the business of the meeting to a later date.

With Committee Nominations having closed at 10.00, on May 1st, the committee had an electronic meeting at which it was agreed that, as the nomination had closed with no posts contested, all nominees are therefore duly elected as of the original proposed date of the AGM, with new terms of office and roles to commence from that date.

The Committee propose that all other business will be deferred until the membership can assemble for an AGM. This means we will go into the new Committee year on the current constitution and we will put the new constitution to a vote of our members as soon as public health issues allow us to assemble together.

As Sheila has indicated in her final Chairman's thoughts, we have various members of the committee wishing to step down from roles due to the expiry of their 3 year terms of office: Sheila, as Chair, Roger as Groups Coordinator, Wendy as Newsletter Editor, with others standing in the wings ready to take up these roles. So my first action as Chairman elect, is to congratulate everyone on their (re)election to office and welcome some of you to new roles within the Committee. Certain colleagues will, I hope, not mind if I rely on their support and wisdom as I become used to this new role over the coming months.

My second action in my new role is to thank Sheila. She has been an outstanding Chairman who, in the past three years, has moved our U3A on to new heights in terms of membership and broken new ground, with the joint learning and research project with the National Trust. Such is Sheila's leadership that, in many circumstances, when "new" initiatives come from the Third Age Trust, we as a Committee have found we 'are ahead of the curve', due to Sheila's forethought. Many thanks Sheila; you have set the bar very high. I hope, with the support of the Committee, not to disappoint you!

My thanks, and yours, must also go to Roger as Groups Coordinator, Roger you have done a wonderful job in keeping group members and Leaders informed and I personally have been amazed at the wealth of information about our groups that you always seemed to have at your fingertips.

Wendy as Newsletter Editor has produced a newsletter that has been informative, full of pictures and the envy of other U3A groups. Thanks Wendy, I suspect I may be leaning quite heavily on your Vice-Chair support in these next few months.

For everyone, things will get better and we will all, in Dame Vera Lynn's words, 'meet again' to learn and laugh again!

Stay safe in isolation

Best wishes for the new U3A year

Ian Byrnes

Secretary (Chairman-Elect)



Literary Quiz

Many thanks to Glyn James for supplying another quiz to keep our brains active and to help pass the time..... (Don't worry, the answers appear on page 7)

1. Which novel has these words (and who said them)?

- a) *Reader, I married him*
- b) *The past is a foreign country; they do things differently there*
- c) *It is a far, far better thing that I do, than I have ever done; it is a far, far better rest that I go to than I have ever known*
- d) *I am going to pack my two shirts with my other socks and my best suit in the little blue cloth my mother used to tie round her hair when she did the house, and I am going from the Valley*
- e) *Never to be forgotten that first long secret drink of golden fire, juice of those valleys and of that time, wine of wild orchards, of russet summer, of plump red apples...*

2. Who wrote these novels?

- a) Silas Marner
- b) Sons and Lovers
- c) The War of the Worlds
- d) The Hound of the Baskervilles
- e) Brave new World

3. Who wrote these poems?

- a) Samson Agonistes
- b) Lines written above Tintern Abbey
- c) Ozymandias
- d) Elegy in a Country Churchyard
- e) The Tay Bridge Disaster

4. What is the next line of these poems?

- a) *And then my heart with pleasure fills*
- b) *Stands the church clock at ten to three?*
- c) *The old order changeth, yielding place to new*
- d) *Five and twenty ponies / Trotting through the dark*
- e) *I must down to the seas again, to the lonely sea and the sky*

5. Novel situations

- a) Who was washed up for a while in Brobdingnag?
- b) Where was Captain James Ryder stationed, bringing back memories?
- c) Which ruined woman was living in Lyme Regis?
- d) Who survived being shot in Cephalonia?
- e) Who travelled to Whitby but didn't want a stake in it?

6. In poetry, who

- a) Stood in tears amid the alien corn?
- b) Was buried in Corunna with not a shot fired?
- c) Would sacrifice wine for a kiss in a cup?
- d) Was too disheartened to finish building a sheepfold?
- e) Had a shield where a red cross knight for ever kneeled?



7. Moments in Shakespeare

- a) What was Cordelia's offer to King Lear that did not impress him?
- b) Who wisely settled for a lead casket?
- c) Who offered his kingdom for a horse?
- d) Who loved not wisely but too well?
- e) Who thought that the lady in the play protested too much?

8. Other drama

- a) Where did house guests behave badly, believing they were at an inn, while the host's daughter pretended to be a barmaid to put her suitor at ease?
- b) Who made a pact with the Devil and surrendered his soul after 24 years?
- c) Which play has a butler who became a hit as a castaway?
- d) What was said to have been in a handbag which so dismayed Lady Bracknell?
- e) Who made better shoes than his boss and married his daughter (at her suggestion)?

More from the Photographic Group

This month I have included a few more pictures from around Neil's back garden and a seasonal walk around the lake..... They might make us think about things we take for granted!

Colin has sent us some great pictures of wildlife in and around Aldwinkle.

Many thanks again to Neil and the photographic Group.

Enjoy our beautiful area.



Celandine - Aldwinkle



Bluetit



Chiffchaff - Aldwinkle



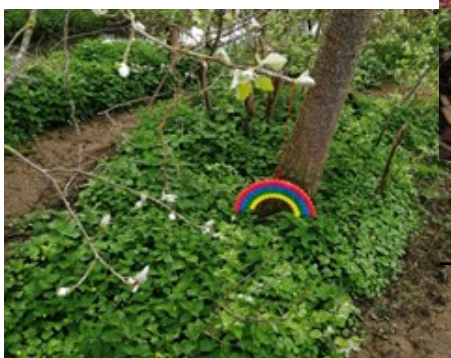
Lake Walk - April 2020



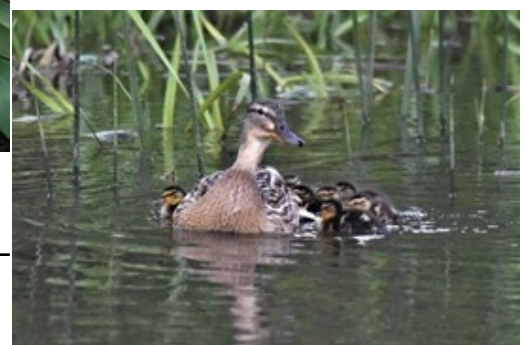
Heron



Neil's Garden



Lake Walk - spot the rainbow!



Mallard Family

A Message to Aid Relaxation

Judy Cooper leads the Wellingborough Mindfulness and Meditation group and has much past experience as a teacher, meditation practitioner, former holistic therapist and even author



In view of the present situation, she has kindly offered one of her guided relaxation / visualisation CDs, "Island of Peace," as a free download for members of the U3A in Northants.

She has sorted out the original files so that the attached download is accessible on computer, laptop and mobile phone. As the CDs were made for the general public and used countrywide, including in the health service, cancer centre in Bristol and made accessible for MS sufferers in their library, they are tried and tested and perfectly safe.

Island of Peace lasts for a little more than 30mins and the only requirement is to find a comfortable space where there is no disturbance, listen and enjoy. If you fall asleep it doesn't matter –many people do.

Virus free www.avast.com

<Island of Peace for U3A.mp3>

Firing the imagination with colour

Mandy Dawkins is to have a painting published in the Landscape magazine in June, and wanted to share this with everyone.



"Looking for inspiration to paint a new picture to hang over my fireplace, to go with the shades in my new curtains, I turned to the November 2019 edition of *Landscape*. I cut out two of the photos and taped them together to make the picture I wanted. Usually I paint in watercolours or pastels, but I decided to achieve the rich colours with acrylics. The two little figure are a bit of an addition. I was not sure about them at first, but everyone says they set the imagination going."

As she says "We are not out of the woods yet, but we will get there. Keep Safe"

Thanks Mandy

LOCAL HELP

THRAPSTON

Thrapston, Denford & Islip Churches have a Coronavirus pastoral support number and dedicated email address that is open to all for help and support.

Mobile: 07492 575243

Dedicated email address: tdichurches@gmail.com

RAUNDS

Raunds Area Volunteers (all of whom have been checked and verified) offer help with collecting groceries, collecting prescriptions and phone calls.

Phone: 07591 225 766

Email: raundsvolunteers@gmail.com

OTHER USEFUL NUMBERS

Don't forget other sources of help;

Samaritans phone: 116 123

email: joe@samaritans.org

Age UK phone: 0800 055 6112

Mind phone: 0300 123 3393

email: info@mind.org.uk

Citizens Advice phone: 03444 889 629

www.citizensadvice.org.uk

Anxiety UK phone: 03444 775 774

Silver Line phone: 0800 4708090

Literary Quiz Answers.

Words in novels

a) Jane Eyre by Charlotte Bronte b) The Go Between - L P Hartley c) Sidney Carton in a Tale of Two Cities by Dickens d) How Green was my Valley - Richard Llewellyn e) Cider with Rosie by Laurie Lee

Novel authors

a) George Eliot b) D H Lawrence c) H G Wells d) Arthur Conan Doyle e) Aldous Huxley

Poets

a) John Milton b) William Wordsworth c) Percy Bysshe Shelley d) Thomas Gray
e) The Tay Bridge Disaster William McGonagall

Next lines

a) And then my heart with pleasure fills And dances with the daffodils (William Wordsworth)

b) Stands the church clock at ten to three? And is there honey still for tea (Rupert Brooke)

c) The old order changeth, yielding place to new / And God fulfils himself in many ways (Alfred Lord Tennyson)

d) Five and twenty ponies / Trotting through the dark Brandy for the Parson baccy for the clerk (Rudyard Kipling)

e) I must down to the seas again, to the lonely sea and the sky And all I ask is a tall ship and a star to steer her by (John Masefield)

Places in novels

a) Brodningnag Gulliver in Gulliver's Travels, Jonathan Swift b) Brideshead in Brideshead Revisited, Evelyn Waugh c) Sarah Woodruff, aka The French Lieutenant's Woman, John Fowles d) the Captain of Captain Corelli's Mandolin, Louis de Bernieres e) Dracula (Bram Stoker) (Dracula travelled to England arriving in Whitby).

Who in poetry

a) Ruth, in Ode to a Nightingale, John Keats b) Sir John Moore (Burial of Sir John Moore at Corunna, Charles Wolfe) c) Ben Jonson (To Celia) d) Michael, (William Wordsworth) e) Sir Lancelot (The Lady of Shalott, Tennyson)

Shakespeare

a) Nothing (What can you say to draw A third more opulent than your sisters? Speak. / Nothing My Lord) b) Bassanio in the Merchant of Venice c) Richard III d) Othello e) the Queen in Hamlet (The lady doth protest too much, methinks)

Other drama

a) She Stoops to Conquer, Oliver Goldsmith b) Dr Faustus, Christopher Marlowe c) The Admirable Crichton, J M Barrie d) Jack Worthing / Ernest as a baby in The Importance of Being Earnest, Oscar Wilde e) Will Mos-sop in Hobsons' Choice, Harold Brighouse



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

Thrapston and District U3A Committee 2019/20

Chair: Sheila Underwood	chairmanthrapstonu3a@gmail.com
Vice Chair: Wendy Davies	vicechairthrapstonu3a@gmail.com
Treasurer: Sue Campbell	treasurerthrapstonu3a@gmail.com
Secretary: Ian Byrnes	secretarythrapstonu3a@gmail.com
Groups Co-ordinator: Roger Davies	groupsthrapstonu3a@gmail.com
Membership: Pauline Dennison	membershipthrapstonu3a@gmail.com
Short Course Co-ordinator: Tricia Eales	coursesthrapstonu3a@yahoo.com.uk
Speaker Seeker: Paul Ollett	speakersthrapstonu3a@gmail.com
Newsletter Editor: Wendy Davies	editorthrapstonu3a@gmail.com
Publicity: Sue Campbell	publicitythrapstonu3a@gmail.com
IT Operations/Website Manager: Neil Busby	websitethrapstonu3a@gmail.com
Plaza Welcome Manager: Tina Jones	welcomethrapstonu3a@gmail.com
Committee Member: Anna Bond	

Off Committee Roles

Access Advisor: Glyn Hill	accessthrapstonu3a@gmail.com
Diane Strickland: New Members Rep	repthrapstonu3a@gmail.com
Ann Thorpe: Refreshments Organiser	
Viv Tunstall : Social Committee	

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.

Editor and publisher : Wendy Davies - email: editorthrapstonu3a@gmail.com

Website : www.thrapstonu3a.co.uk where committee contact details may be found along with details of all the groups. You can also join us on **Facebook — Thrapston and District U3A**

And Finally.....As this is my last newsletter as Editor, I would like to thank everyone who has contributed over the past three years, making my job a very interesting and, at times, challenging one. Thanks also to Roger, my wonderful proof reader, without whose help there would have been many more grammatical and typing errors!

I wish every success to Tina, as she takes over the reins, and I hope you will all continue to support her with your contributions.

Thrapston & District U3A is a registered charity number 1179593