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### "Still here, doing our best"



First, a thank you to all who took part in our online Annual General Meeting. The minutes for information only are on page two of this Newsletter, A total of 67 responses electronic and paper were received and for comparison 103 people attended the 2019 AGM in the Plaza, thank you again all who participated.

Yes we are still here, trying to keep our U3A afloat. Certain groups have taken to meeting again as the Covid19 regulations have lessened their grip on our daily lives, The Tai Chi group has been meeting on the lawn in front of Thrapston Baptist Church to remain socially distanced, the Bridge Group are meeting via a specialist electronic app and the walking Group are back to walking! If you are a member of a group that has begun meeting again please let me know. I am very keen to know how much of a restart has been possible.

Group Leaders, please ensure that the latest risk assessment advice has been obtained and used. If your activity has begun meeting again, and the risk assessment has not been completed then it would be likely, in event of a claim, that our insurers would seek to distance themselves socially and legally if due process had not been followed. It is really important that in these strange but increasingly litigious time we all stay safe in the greatest number of our interactions with others.

As a U3A we are trying to continue to organise the electronic meetings that are replacing Plaza meetings. When they are flagged up from October onwards, can I please urge as many members as possible to sign up to view these talks, so that the efforts of the speaker and the committee members involved are met with the reward of being used. From the next *Zoom* meeting there will be a slight change of personnel, Mr Neil Mathieson has accepted the invitation to become our U3A *Zoom* Host. Many thanks for volunteering Neil. Concerning the Plaza it will be early in 2021 at the earliest before its use can be reconsidered. Our *Zoom* meetings are safe, green (no travel) and no physical mixing, so from October why not give them a try, you might be surprised.

Stay safe

Ian Byrnes

Chairman



**Minutes of the Annual General Meeting of Thrapston and District U3A**  
**(Registered Charity Number 1179593).**  
**Called for 15<sup>th</sup> May 2020, convened electronically 21<sup>st</sup> August 2020**

**Venue:** Online. Meeting response deadline 12.00

Responses: 64 electronic and 3 postal returns

- 1 Officer and Committee Members for 2020/2021 were returned unopposed by the mandated deadline on 1<sup>st</sup> May 2020 (14 days before the AGM opens), taking office as previously advised at 10.30 on 15 May 2020.

Chair Ian Byrnes,  
Vice Chair Wendy Davies,  
Treasurer Sue Campbell,  
Business Secretary post vacant,  
Membership Registrar Pauline Dennison,  
Speaker Seeker Paul Ollett,  
Groups Co-ordinator Anna Bond,  
Newsletter Editor Tina Jones,  
Publicity including Face Book Roger Davies,  
Website/IT Manager Neil Busby,  
+ 2 vacancies

- 2 Issues for Member approval:

- a) Do you approve the minutes of the 2019 AGM? Votes For 67. Nil Against.
- b) Do you approve the Group Co-ordinator Report for 2019? Votes For 67. Nil Against.
- c) Do you approve the Examined Accounts 2019/20 Report? Votes For 66. Nil Against.
- d) Do you approve the appointment of the Examiner of the Accounts:  
Jon Essam & Co of Cozy Nook, Thrapston? Votes For 67. Nil Against.

All items were approved by the membership.

Meeting closed following the 12.00 response deadline.

2021 AGM to take place May 21<sup>st</sup> 2021

Venue: The Plaza, Cozy Nook Thrapston, health emergency advice allowing.



## Onwards to the future?

**Our U3A needs YOU if there is to be a future!**

Our U3A is run by a Committee of volunteers that the MEMBERS nominate and approve at the AGM. We are currently operating with 4 vacant spaces at the 'virtual' table when we meet. In just nine months, when we have a hopefully physical AGM, that situation could get worse as our Vice Chair, and Webmaster will both stand down as their terms of office expire, and they do not intend to stand again!

The Committee would like to offer the chance for up to four new volunteers to join the Committee, without any role commitment, "to see how it's done", as it was described to me. I appreciate that any organisation has its own defined way of doing things and its own jargon. "3AT" appears in minutes and emails, because as Secretary and now Chairman I do not want to keep writing "The Third Age Trust" the body that runs U3A at a national level, when it was mentioned in my very first meeting my reaction was "what the...." till the then Chair translated for the newbies.

Wendy, our Vice Chair and for three years the Newsletter Editor, was also new to the role with me and writes "My first visit to a committee meeting was an eye-opener! I had little idea of what was going on, but everyone was very welcoming and I soon became familiar with everything".

As committee members and your officers, we are keen to welcome new members to the Committee to ensure our U3A will continue to grow and continue as an organisation. We urgently need new people to help to achieve this. A year from next May the Treasurer Sue, can and will step down!

The temptation for many of us as we retire either fully or in stages is to say "NO! I have served on enough committees, working groups or adhoc bodies of various descriptions". I was one who said that and now I am chairing a U3A. Amongst our 295 members, can I appeal, plead even, for 4 or more people to come and see what we do. If our U3A is to continue, without the structure that is Thrapston & District U3A, all of our myriad interest groups cannot exist, with the legal and insurance support, publicity and fellowship that our U3A provides.

Now is an excellent time to join the committee from the comfort of your favourite chair with your preference of tea or coffee, chocolate or plain biscuit at hand, as all meetings are on Zoom until at least January next year, so no need to worry about finding a parking space for the car, or defrosting it in December.

What you do get is a warm glow of 'doing something' as Wendy our Vice Chair says "I am very glad to have made a positive contribution to help Thrapston & District U3A to function. Helping to provide monthly meetings and special events, such as the Christmas Event, makes the time spent worthwhile."

If you are interested please call me on **01832 732002** or email **[chairmanthrapstonu3a@gmail.com](mailto:chairmanthrapstonu3a@gmail.com)** to arrange a time to have a chat.

Ian Byrnes

Chairman





## Archive Group

The Archive Group have been trying to put together a history of each of the groups that make up Thrapston & District U3A.

We are particularly interested in finding out

- when groups started (and in some cases, finished)
- who the group leaders have been
- when they meet
- where they meet
- what they do at their meetings
- Any highlights such as special projects, trips, speakers etc.

We would be very grateful if you could spend a few minutes to let us know about your group, or any others that you know of.

You can contact us at [archivethrapstonu3a@gmail.com](mailto:archivethrapstonu3a@gmail.com).

## Theatre Group

The theatres have struggled with the planned performances owing to the Covid 19 pandemic as many have been cancelled or postponed. Regrettably the situation remains uncertain, but hopefully in time our theatres will be safe to return to.



Moira



*Autumn is not far away!!!!*

I have another supply of straw-free manure to give away free. It is less rotted than last month's but useful nevertheless. If you would like some please phone me on 01832 720130 or email me to [johnpercy1947@gmail.com](mailto:johnpercy1947@gmail.com) to arrange collection near Aldwinckle. You will need to provide your own bags, sacks or trailer.

John Percy



### *Trip to Highclere Castle*

I am arranging a coach trip to **Highclere Castle**, where the TV series Downton Abbey was filmed, on **Wednesday 14th July 2021**. The anticipated cost will be between **£40 & £45** per person. This is dependent on numbers.

The booking is for a self tour of the Castle, the Egyptian Exhibition and the Gardens, The special 2021 Egyptian Exhibition covers 6 rooms and explores the discovery of the most famous tombs and includes the magnificent reproduction of the Sarcophagus, so whether you are a Downton Abbey follower, enjoy beautiful gardens or are interested in the Egyptian exhibition, there is something of interest for everyone. There is also a tea room and gift shop for you to enjoy during your visit.

The coach will pick up at Thrapston around 9.00am (exact location & times to be confirmed), for our entry ticket at 12 noon. The journey will take approx 2 1/2 hours including a comfort stop, Further details will follow.

However, I do need to know how many members are interested before I can finalise this trip. If you would like to go, please register your interest with Jean Mole on 01933 626 608

(e-mail: [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com)), quoting Thrapston U3A, as soon as possible.

A £10 deposit will be required by March 2021, with the balance due by the end of May 2021.

We hope of course that the Covid crisis will be over by then but if not, any rules the government require will be strictly adhered to."

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### **ROYAL COURTS OF JUSTICE plus free time in COVENT GARDEN**



Higham & Rushden U3A are organising a trip to the **ROYAL COURTS OF JUSTICE** on **Tuesday 3 August, 2021**, which they are opening up to Thrapston U3A members. Anticipated cost will be between £30 & £35 per person, which is dependent on numbers.

The booking is for a private guided tour of the Royal Courts of Justice where the guide will tell us about the architecture and fascinating history of the building as well as about the courts' most famous cases. We will see all of the RCJ's most stunning rooms including the robing galleries. Subject to court listings, some of the group may be able to hear a Live court case at the end of the tour.

At 1pm we will board the coach again for a free afternoon at **COVENT GARDEN** with time to watch the entertainers, have a leisurely lunch, or visit the shops in the Piazza.

Just off the Piazza is the **LONDON FILM MUSEUM** dedicated to "Bond in Motion", featuring over 100 vehicles and artefacts spanning all 24 James Bond Films including the famous Aston Martin, BMW cars, TukTuk Taxi, and the Octopussy Q boat.

You can buy your ticket on entry to the museum at the concession price of £9.50 per person. Our coach will be picking up at Higham Ferrers at 8.20am then at Orbit Tyres Rushden at 8.30am for our entry ticket to the RCJ at 11am. If you are interested in this trip please get in touch with Jean Mole on 01933 626608 as soon as possible to register your interest. A deposit of **£13** per person will be required by end of **December 2020** with the balance payable by **May 2021**.

Jean Mole



*September*— the last days of summer and the first days of the fall.

**September**, in Old England, was called *Haervest-monath* (Harvest Month). This is the time to gather up the rest of the harvest and prepare for the winter months.

**September's** name comes from the Latin word *septem*, meaning “seven.” This month had originally been the seventh month of the early Roman calendar.

### Folklore

*Heavy September rains bring drought.*

*September dries up ditches or breaks down bridges.*

*September blow soft, till the fruit's in the loft.*

*ried in September's golden glow, smooth and serene your life will go.*

*storms of September clear off warm, the storms of the following winter will be warm.*

*Fair on September 1st, fair for the month*

*Mar-  
If the*

### Flowers

September's birth flowers are the **aster** and the **morning glory**. The aster signifies powerful love, and the China aster expresses variety or afterthought in the language of flowers. The morning glory symbolizes affection. It can also mean coquetry, affectation, or bonds in the language of flowers.

### Birthstone

The September birthstone is the sapphire, which was once thought to guard against evil and poisoning.

Sapphire is a form of corundum that is typically blue, a colour caused by tiny bits of iron and titanium; the vivid, medium blues are more valuable than lighter or darker forms. Due to various trace elements, sapphires also appear in other colours. Those with red colours are called rubies.

Sapphires were thought to encourage divine wisdom and protection. They symbolized purity, truth, trust, and loyalty. Some believed that if they were placed in a jar with a snake, the snake would die.

The sapphire, along with the related ruby, are the second-hardest natural gemstones, with only the diamond being harder.

### Wacky Holidays to Celebrate

September is National Happy Cat Month

September 8: National Hug Your Hound Day

September 13: Kids Take Over the Kitchen Day

September 19: International Talk Like a Pirate Day

September 24: National Punctuation Day

### Poem Mary Howitt (1799-1888)

*There are flowers enough in the summertime*

*More flowers than I can remember*

*But none with the purple, gold, and red*

*That dye the flowers of September*





## ARE YOU A CARER?

1 in 4 of us will be an unpaid Carer at some time in our lives. There are over 70,000 unpaid Carers just in Northamptonshire. You may be providing support to someone of any age who carers for a relative, friend or neighbour who has a disability, long-term physical or mental health condition or other additional needs.

Caring for someone else can be stressful, isolating and sometimes financially difficult.

However, Northamptonshire Carers are here to support you, in your area Northamptonshire Carers provides :-

- A support line offering a listening ear and emotional support
- Kettering Evening Support Group
- North Northants Male Carers Support Group
- Kettering & Corby Parent Carers Support Group
- Carers Cafés in Oundle & Kettering
- Carers Assessments approved by NCC
- Wellbeing workshops, Choir, Ukulele & Fishing Groups
- Numerous Specialist Support Groups, e.g. Dementia, COPD

Since the Covid19 pandemic we have adapted our services from our usual face to face meet-ups and have continued to support Carers successfully. Instead, phone calls, What's App groups and Zoom 'coffee & chat' sessions have become part of our everyday lives.

Watch our Facebook page for events, or if you would like to know more, contact us:-

General enquiries 01933 677837 Support Line 01933 677907

Website [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)



[#itcouldbemeoryou](https://twitter.com/itcouldbemeoryou)

Northamptonshire Carers, 123 Midland Rd, Wellingborough, NN8 1LU



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 2020/21***

Chair: Ian Bynes	<a href="mailto:chairmanthrapstonu3a@gmail.com">chairmanthrapstonu3a@gmail.com</a>
Vice Chair: Wendy Davies	<a href="mailto:vicechairthrapstonu3a@gmail.com">vicechairthrapstonu3a@gmail.com</a>
Treasurer: Sue Campbell	<a href="mailto:treasurerthrapstonu3a@gmail.com">treasurerthrapstonu3a@gmail.com</a>
Secretary: Ian Bynes	<a href="mailto:secretarythrapstonu3a@gmail.com">secretarythrapstonu3a@gmail.com</a>
Groups Co-ordinator: Anna Bond	<a href="mailto:groupsthrapstonu3a@gmail.com">groupsthrapstonu3a@gmail.com</a>
Membership Registrar: Pauline Dennison	<a href="mailto:membershipthrapstonu3a@gmail.com">membershipthrapstonu3a@gmail.com</a>
Speaker Seeker: Paul Ollett	<a href="mailto:speakersthrapstonu3a@gmail.com">speakersthrapstonu3a@gmail.com</a>
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IT Operations/Website Manager: Neil Busby	<a href="mailto:websitethrapstonu3a@gmail.com">websitethrapstonu3a@gmail.com</a>
Plaza Welcome Manager: Vacant	<a href="mailto:welcomethrapstonu3a@gmail.com">welcomethrapstonu3a@gmail.com</a>

### ***Off Committee Roles 2020/2021***

<i>Access Advisor: Glyn Hill</i>	<a href="mailto:accessthrapstonu3a@gmail.com">accessthrapstonu3a@gmail.com</a>
<i>Social Committee Liaison: Sheila Underwood</i>	
<i>Zoom "Plaza" Meeting Host: Neil Mathieson</i>	

## **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 : Tina Jones - email: [editorthrapstonu3a@gmail.com](mailto:editorthrapstonu3a@gmail.com)

*Thrapston & District U3A is a registered charity number 1179593*