



*Contents*

	page
Chairman's January message	1
Christmas Party	2
January & February Plaza Presentation Information	3
Group News	4
Christmas Party Photographs	5
Report of the Presentation by the Charity "No Pain-No Gain"	6
Lunch Club News & Recipe of the Month	7
Your 2021/2022 Committee	8



*Chairman's January Message*

May I wish you all a belated Happy New Year, and what a new year it will be for U3A. Our own U3A will be ten years old in May and the national Organisation will be forty years old. Events such as an Open Day on the pattern of our 5<sup>th</sup> anniversary is being planned. Similar but not the same plus other events are also being planned. More news about those later in the year.

As the daylight hours grow longer it is my hope that many of our groups will push to the surface again like the spring bulbs we are seeing evidence of around us at the moment. If you have an idea for a new group or want to revive one that has fallen into abeyance contact our Groups Co-ordinator Roger Davies, yes that is correct, Anna Bond has relinquished the role for personal reasons, thanks for all your efforts Anna. Roger has stepped back into the role until the AGM in May of this year.

Ian Byrnes

Chairman





## Christmas Party - 17<sup>th</sup> December 2021

The spectre of Covid hanging over us all did not hinder the Christmas spirit as we gathered for the party at the Plaza this year. Just a few empty seats because of those concerned for sound reasons we are sure but more than enough of us to ensure that the morning went with a swing. The Christmas Spirit breathed through the Plaza with smiles on every face no doubt rewarding the tireless efforts of the Christmas social committee.



Elves, fairies and some unlikely looking angels as well as a fine selection of Christmas jumpers were in abundance with the round tables placed around the hall setting the scene for what was to be a morning of hilarity and a time to set aside the bad news we have endured for nearly two years.

Each table had a pile of wrapped gifts in the centre and we were encouraged to take one each in sequence but once opened if we were not satisfied with our present from 'Secret Santa' we could swap it with others around the table to get the modest item of our preference. In addition there was a Terry's Chocolate Orange at every place setting so no-one was going home disappointed.



To fill any gaps in the activities each table had Quiz papers left for us to deliberate over at our leisure with questions based on winter sports, popular songs and personalities from stage and screen. The papers being passed to adjacent tables for checking the answers. Every party ticket was numbered to be drawn for a raffle prize with the cost included in the entry fee with worthy prizes for the lucky winners.

Entertainer Dave Moylan who lives in Derby was back with us after his earlier visit to Thrapston in September and he kept us well amused with his own brand of humour. His magic tricks required audience participation and he invited Linda to join him on the stage to assist with a sequence of illusions involving a length of white cord which he cut and knotted in a variety of ways but by magic always amazingly finishing with a continuous length of cord.

As with his previous visit Dave performed some of his musical numbers on guitar and ukulele from the days of the radio comedians and comic songs of that era. We hear that Dave is returning to Thrapston for the Charter Fair in June to perform his street acts, it will be something not to be missed.

Not just professional entertainment was on show as was demonstrated we have some worthy home grown talent with a beautiful Elton John number 'Can you feel the Love tonight' played by Dianne on her harmonica that held the partygoers listening in silent admiration followed by thunderous applause.

The morning drifted away in the happiest of atmospheres and came to a close after it was arranged for us all to sing the '12 days of Christmas'. Each table had a number that was related to the song with for example Table 4 'Four Calling Birds'. Each table in turn had to stand and sing their line from the song causing much hilarity. It was certainly the 'silly season' but it doesn't hurt to let you hair down and give vent with this song familiar to us all. Twelve Drummers drumming hard on the table made quite a noise and showed an air of competitiveness.

A lot of planning had gone into the preparations during the months leading up to the event with so many people involved that it would be impossible to name everyone in this article. It would be unwise in case anyone was left out but I hope that it is sufficient to say that everyone had a marvellous morning and many thanks to everyone who helped in any way with the party. See you all next year!



21st January and 18th February 2022 Monthly Meetings  
at The Plaza in Thrapston



Speaker David Sweeney – 22 January 2022

The Tower of London (\*revised) & Ceremony of the Keys

David says “At least one thing being a Detective and a police officer has taught me – It’s not what you know BUT WHO you know that counts in this world!

My career has opened many doors and helped form many friendships. One that stands out is my association with the Yeoman Warders of the Tower of London. This has enabled me to enter the Tower after hours and learn and see a lot more than the general public.

I have attended the prestigious `Keys Ceremony` at the Tower that occurs EVERY night of the year (since circa 1200AD) on several occasions. The Yeoman Warders are great characters and have shared with me (often oiled in `The Keys` Club) many stories about royalty, and traditions. Instead of just giving you a history of `The Tower` I can share with you inside knowledge and little-known facts stories & secrets



Speaker Eric Franklin – 18 February 2022

'Tales of Thrapston and the County over Two Hundred Years'

For my latest local history presentation to Thrapston & District U3A I will be looking into the last 200 years of news stories from both this area and the wider county. Places mentioned will be illustrated using my extensive archive of local items.

Amongst the topics I will be covering, you will discover:

- where to find red milk
- essential information about expected behaviour and suggestions as to reprisals at the Cardigan Arms in Deenethorpe
- a sad tale about the result of over exertion
- the Woodford steeplechase held in 1840 with a closely fought race, except for the enthusiastic but hapless George Abbot
- rumours of free turnips in Little Houghton and the vicar’s response to local people collecting them
- and three stained glass windows in a village church which may raise a few questions, to which I have no answers.

Plus many other news items and plenty of old pictures, most of which I have not shown before.



## To All Group Leaders

All Group leaders will receive an email before Friday 14<sup>th</sup> January about a Group Leaders meeting. If you don't receive the email let me know on [groupsthrapstonu3a@gmail.com](mailto:groupsthrapstonu3a@gmail.com)

Roger

## Line Dancing

For all you Line Dancers, the group will be starting again in the New Year on Tuesday January 4<sup>th</sup> 12:30 at St James Church Hall.

Suzanne



## Tai Chi Christmas Meal



Tai Chi Instructors Linda & Colin with members of their Tai Chi groups Christmas dinner. Linda receiving flowers from the group members in appreciation of her tuition.



## Ukulele Group

This small group is now actively recruiting new members and is **especially suitable for beginners** as well as those with a more experience. Our aim is to have all our members playing competently and confidently a wide range of songs to suit most tastes.. As a group we are all supportive of each other with no pressure or competition, consequently we have fun and enjoy each small but significant achievement, whether our own or another member's.

As we currently meet in my large, well ventilated conservatory there is no weekly cost except for refreshments if taken.

If you do not own a ukulele come and have a go on one of my spares (I have several as I suffer from UAS – ukulele acquisition syndrome!) just to try it out. The cost of a new ukulele is anywhere from £20 upwards but you do not need to spend a fortune to get a really great sound. Please do not be shy as we are all beginners to some degree or other.

We meet weekly on Tuesday mornings 10.30 to 12.30 at my home

If you would like to talk to me for more information please contact me as detailed below

Marion Healey

07989 985722 (text or phone) [marion.u3aukuleles@gmail.com](mailto:marion.u3aukuleles@gmail.com)



*Christmas Event 2021 Memories taken by Neil Underwood*



## A Very Special Event



On 17<sup>th</sup> December many of our group were gathered at the Plaza for our annual Christmas Party and an amazing fun filled morning it turned out to be.

During the activities our attention was drawn to a very special event that was taking place at the back of the auditorium and it is one of which we can all marvel at and view with a great sense of pride.

A lot of U3A members will already know Linda Lewis who is resident in Raunds and she also has many people who live in Thrapston among her friends. Linda has been a member of the Raunds Ladies Group for many years and those who have met her will vouch that she is a charming and unassuming person.

Tragedy befell her family in July 2020 with the passing of her beloved husband Tony after a marriage lasting 55 years. During the last weeks of Tony's life he courageously battled severe pain which was managed as far as possible with pain relieving drugs.

Some comfort was derived with the use of specialist piece of medical equipment called a Syringe Driver which administered the medication at a controlled rate in his home environment, obviating some of the visits previously necessary by the district nurses.

Unfortunately there was no cure to be found and the inevitable happened. There were only two such devices available at the time the Charity 'No Gain - No Pain' (NGNPUK) was founded and in short supply in the Kettering area. Accordingly only few people are lucky enough to benefit, as the demand is high.

Linda was anxious to draw a positive from this awful situation and contacted the Charity setting herself the task of fundraising to purchase at least one further Syringe Driver and they don't come cheap. Through her application and diligence after more than a year of efforts she raised the necessary £1100 and her immediate goal was reached. Apart from cash donations the Charity raises funds by selling chocolate oranges with seasonal knitted covers. Linda has knitting patterns available if any U3A members would like them.

It was with great pride that Linda was able to make the presentation dedicated to her late husband to Community Matron Laura Clifford who is based in Kettering and is a 'hands on' Administrator for our District Nurses. The presentation was attended by a representative of the local press and will appear in the Telegraph newspaper.

Linda we are proud of you as a remarkable person and a valued member of Thrapston & District Group U3A. Your selfless efforts to assist in the alleviation of suffering in other persons unknown to you is worthy of the highest merit. On behalf of us all very well done.



## January Trivia



1. What are the two January Flowers
2. What is January' gem stone
3. What are the two zodiac signs for January
4. When is Elvis Presley's birthday
5. What federal holiday is in January
6. True/False: January 1st is both the furthest away and closes day to December 31st
7. *What* did the Anglo Saxons call January
8. What is January named after
9. What does January's gem represent
10. True/False: January is National Blood Donor Month

Answers on Page 7



## The Lunch Club

Happy New Year everyone. Our next lunch is on **Wednesday 12<sup>th</sup> January** at the **Dukes Arms in Woodford**. The cost on this occasion is a very reasonable **£13** for two courses & **£17** for three courses ~ and this includes a cup of tea or coffee. Please contact me as soon as possible if you would like to go and haven't already put your name down. I can then forward you the menu so that you can let me have your choices.

All lunches are booked for arrival at 12 noon and for the meal at 12:30. Any cancellations must be made more than 24 hours prior to the lunch, or you may lose your deposit.

I have also booked the Axe & Compass in Ringstead for Wednesday 9<sup>th</sup> February and will have the menu and booking sheets with me at our January lunch. However I will not be joining you in February as, (*fingers crossed*), I am hoping to be on holiday.

Jean Mole

Tel: 01933 626 608

[peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com)

## Tuscan Butter Salmon

### Ingredient's

2tbsp extra virgin olive oil

4 (6 oz) salmon fillets

3 tpb butter

2 c. baby spinach

1/2 c. heavy cream

freshly ground black pepper

kosher Salt

3 cloves garlic (minced)

1 1/2 c. halved cherry tomatoes

1/4 c. freshly grated parmesan



In a large skillet over medium-high heat, heat oil, Season salmon with salt & pepper, When oil is shimmering but not smoking, add salmon skin side up and cook until deeply golden for about 6 minutes, Flip over and cook 2 more minutes, Transfer to a plate.

Reduce heat to medium and add butter, Once melted, stir in garlic and cook for about 1 minute, Add cherry tomatoes and season with salt and pepper and cook until tomatoes start to burst, add spinach and cook until spinach starts to wilt. Stir in the cream, parmesan and herbs, bring mixture to a simmer, reduce heat to low and simmer until sauce is slightly reduced for about 3 minutes. Add salmon to skillet and spoon over the sauce, Simmer for about 3 minutes or until salmon is cooked through.

Answer to January Trivia

1, SnowDrop & Carnation, 2,Garnet, 3, Capricorn & Aquarius, 4 January 8th, 5,Martin Luther King  
6,True, 7, Wulmonath 8, The Roman God Janus, 9. Constancy, 10 True



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 2021/22***

Chair: Ian Byrnes (Tel: T 732002)	<a href="mailto:chairmanthrapstonu3a@gmail.com">chairmanthrapstonu3a@gmail.com</a>
Vice Chair: Sheila Underwood/Network Liaison	<a href="mailto:vicechair2thrapstonu3a@gmail.com">vicechair2thrapstonu3a@gmail.com</a>
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<i>New Members: Representative: Vacant</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.**

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Website : [www.thrapstonu3a.co.uk](http://www.thrapstonu3a.co.uk) where details of the committee and their roles can be found along with details of all the groups.

You can also join us on Facebook — Thrapston and District U3A

**Happy New Year Everyone**



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