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Chairman's Message

AGM May currently seems a long way off, but as a Committee we need to begin to make plans, questions need to be asked. Will all current Committee Member stand for re-election? Are there members who wish to be candidates for unfilled places and roles? Our U3A needs a Committee with all the roles filled to ensure that our members are represented and their wishes are being carried out! If anyone wishes to discuss Committee roles please email or telephone me to discuss these issues.

(chairthrapstonu3a@gmail.com Thrapston 732002 (01832)

EGM In mid March we will have to hold an EGM (Extra-Ordinary General Meeting) to bring a new Constitution to your attention. The Third Age Trust have changed the model constitution for U3A's. As we are governed by the old model constitution your Committee require Member approval to update our Constitution to incorporate these changes. A one page comparative summary of changes will be sent out to each member with a Yes/No questionnaire in March, both the current and proposed constitutions can be found on our website.

FUTURE With the roll out of the vaccine programme things begin to look a little brighter and hopefully we will be able to meet again by mid-year. It will be wonderful to see members in the flesh again. As an aid to meeting people we are going to keep the "Zoom" session after the Speaker meeting open until 12 noon to allow for chat using a 'rooms function' that will allow us to break into smaller group. Please join us for the Speaker and some face to face chat on February 19th.

Stay warm; stay safe, until "we meet again"

Ian Byrnes
 Chairman



Review 15 January 2021 Zoom Presentation

Wildlife Photography in Sherwood Forest – Barbara Meyer



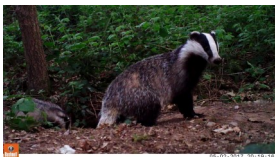
It was a great pleasure to give a warm welcome to Barbara who made her presentation to our group for our first Zoom meeting in 2021. It was very rewarding to see so many members again, albeit on screen and not in person as would be customary.

Barbara began her talk with some background about her photographic work in tropical countries which she began in 2008 raising awareness to critically endangered big cats particularly Tigers and Leopards. She sold her photographic images to raise money for this purpose and was pleased to report a modest increase in the Leopard population from a low of only thirty that has now risen to about one hundred animals. Barbara told us of the occurrence of Bovine TB which can be found to be present in Lions and with this drew a parallel with similar issues in the British badger population.

From a map illustrating the Sherwood Forest of 1787 compared to a modern map it was easily possible to discern how the onetime vast swathe of woodland reached from Worksop in the North to Nottingham in the South had now become like a series of green 'islands'. The fragmentation having largely been caused by ever increasing demands from agriculture for food production and housing needs.



Barbara's focus has been on the remaining forest areas at the Northern end, namely Clumber Park, Sherwood Forest and the tourist destination of Sherwood Pines. These parts of the national park are popular with many visitors many still hoping to see the haunts of Robin Hood and his Merry Men. In addition to the recreational opportunities in these beautiful woodlands they are a haven for wild life of many of our indigenous species of mammals and birds.



Much of the wildlife is nocturnal and will appear after dark when the visitors have returned to their cars and gone home. In order to record activities at night Barbara, working in conjunction with The Wildlife Trust undertook a survey within the forest setting up tracking cameras to capture the activities. Before she could do this it was necessary to do some detective work looking for vague foot prints and even animal hairs deposited on tree trunks to establish the paths frequented by the forest's night time Inhabitants.

Tracking cameras operating at night use infra-red light which records the imagery in black and white and this fascinating video was interspersed in the presentation with brilliant coloured slides of some of the wildlife that can occasionally be seen in daylight.

The talk was packed with well-informed facts from the secretive lives of Badgers and Foxes and their peaceful coexistence often sharing the same home. The two species have a mutual respect for each other. In addition we were treated to Barbara's knowledge of Deer that are resident in the forest and there can have been few of us who did not find their knowledge of British mammals greatly increased.

After her talk Barbara invited questions from our group providing informative answers as requested to points from her talk.

Review by Paul Ollett

Speaker Seeker



*An introduction to the talks to be presented via Zoom on the
19 February 2021 and 19 March 2021*

Not to be missed so don't forget to book you tickets



19 February 2021



19th February 2021
Speaker Sarah Slater
Sex, Secrets, Scandals and
Salacious Gossip
(Revelations from Hampton Court
Palace)

Sarah Slater is a qualified Guide Lecturer for the Royal Palace at Hampton Court. She is also a qualified affiliate of the Institute of Tourist Guiding, and registered speaker for the Women's Institute.

Her talk 'Sex, Secrets, Scandal and Salacious Gossip of the Royal Court, 1660 to 1830' is very popular. Sarah wears one of her beautiful costumes to reveal about all the naughty bits of history you would probably not have learnt about at school! She includes information on the royal mistresses, prostitution, sexual diseases of the time and the methods used to prevent STDs and unwanted pregnancies. Warning, this talk is not for prudes, it is fun but rude!



19 March 2021



19th March 2021
Mike Storr – Masters of Mirth

Mike Storr was born in Lincoln and is a Freeman of the City of Lincoln. He has been a Rotarian since 1980 and is now settled in Burton Joyce, Nottinghamshire.

His Zoom presentation is an affectionate look at some of his Music Hall 'laughter makers' mostly from the first half of the last century and how the Music Halls began.

We can look forward to seeing and perhaps reliving examples of the famous monologues given by such characters Robb Wilton, Stanley Holloway, Bernard Miles to name but a few.

Mike has offered his services free of charge but has invited us to make a donation to his preferred charity Asthma UK which naturally Thrapston & District U3A are more than happy to do.



To watch these presentations please see the guidelines below

Go to our website, www.thrapstonu3a.co.uk, and click the link on the **HOME PAGE** to order your ticket.

Each member can order one ticket for one device only. There are 92 tickets available and you will be able to join the meeting from **10.10 am**.

A link for the meeting will be sent by email the evening before the meeting.

Guidance on using zoom can be found on the event page by clicking the ticket link on the website.

IMPORTANT NOTICE EXTRA-ORDINARY GENERAL MEETING

The Meeting will be held electronically in March 2021 to approve the changes to The Constitution.

Returns to be received by the 31 March 2021.

Ian Byrnes
Chairman
05/02/2021

Steve Herra – Speaker 16th April 2021 - Choosing a Talk topic

I hope that you all enjoyed the talk by Barbara Meyer at January's meeting and it was really good to see so many familiar faces joining us for the presentation. The email from her after the event confirmed that she was very pleased to have such an appreciative audience.

So to something completely different and I know that I am biased but the next talk also looks to be a cracker with Sarah Slater's informed talk on Sex, Secrets Scandals and Scurrilous Gossip from her knowledge gained as a Tour Guide at Hampton Court Palace.



Many thanks to all who responded to my request asking you to choose the Speaker's topic for the April meeting. Just an update for you on where we are because it has been a very encouraging response and currently it is quite a close run thing so your choice could very definitely make all the difference. For your convenience I have listed below the choices but for a fuller description please refer to the earlier email sent out in the middle of January.

Your choice please to speakersthrapstonu3a@gmail.com

Many thanks – Paul Ollett

- A. Cunard History & Glamorous Stars
- B. The QE2 Story
- C. The Body Through the Porthole
- D. The Prince's Murderous Mistress
- E. The P.O. Story—Fun & Facts
- F. Sweeney Todd



u3a Radio Podcast Episode 4 Out Now



The u3a Radio Podcast is now out. Created by our talented team of u3a members with radio experience, this latest episode features interviews with u3a members who started a 'Retiring with Attitude' course, a Barnet u3a member who featured on Britain's Got Talent and a chef from Vegetarian for Life.

The u3a Radio Podcast comes out on the 17th of each month from 6am.

Why not subscribe to [our YouTube channel](#).

Listen to the latest episode below and [share with your members](#).

Any stories to share - go to communications@u3a.org.uk

CAKE & BAKE GROUP

I had only been a member for a few months when Glyn Hill, the Group Coordinator at the time, asked for ideas for new groups. Being a keen cook I casually mentioned there wasn't a group linked to any cooking, She thought it was a great idea. By 12 noon after the next monthly meeting, I had nine members interested in baking, with my first meeting being held on 13th March 2015.

We hold our meeting every second Friday of the month, from 2-4 in my dining room, which is cosy to say the least. However, I can accommodate twelve with a nip and a squeeze. Currently, I have ten members with the maximum over the years being thirteen. In the summer months we use the garden as often as possible. Now everything has changed and we had to rethink what we need to do to keep the group and my lovely ladies happy (men are very welcome too as I have two places available).

Initially, we continued with our monthly theme and took a photo of the bake with a short description which everyone then sent to me. One by one I sent them onto the group who then emailed replies back to the baker. This worked for a while until nine of us found the expertise to use Zoom. By using Zoom we can now do our bake and show it to everyone and describe if it is a success or a failure.

Each month, we try and bake something we have never made before, which does stretch us quite a bit. Also we take it in turns to do a monthly quiz related to food. Unfortunately for me, my ladies are far more knowledgeable than me and I have never come first, except for the month I did the quiz!

We now also have a forty minute 'cuppa' on Zoom every Friday afternoon at 2pm. It was Jan Pacey's idea to have an open meeting where members could join in if they wanted to. We usually have five to eight people just catching up on life in general.. Each month we will try to include a recipe for you to try at home. Finally, I am happy to say all of my group have so far managed to keep Covid19 at bay.

Viv Tunstall

RECIPE OF THE MONTH—IGGY MUFFINS

4 oz white sugar
2 oz brown sugar
6 oz margarine or butter
3 large eggs
6 oz SR flour
1/4 teaspoon baking powder
1 teaspoon vanilla essence or extract
1 medium/large apple diced into small pieces
2 oz raisins
2 oz coarsely grated carrots
2 oz chopped walnuts
2oz coconut



- Cream the sugar and butter until it becomes paler and airy. (I use a hand held electric whisk but if you haven't got one you can use a hand whisk or a wooden spoon...it just takes a little longer)
- Add eggs one at a time and keep whisking until blended in
- Whisk in Vanilla and then fold in the flour using a metal spoon

Add all other ingredients by folding them in gently with the metal spoon

As long as you keep to the cake mixture recipe you can change any of the items i.e. dried apricots, dates, figs, currants, sultanas, cranberries, cherries etc.....equal to what you are changing. I do find the apple and carrots keep the cakes moist. This makes 14-15 muffins, 20 small cupcakes or a traybake using a tin the size of a Swiss Roll tin. To measure out the mixture I use a heaped Ice Cream Scoop.

Oven bake at 170° for 20-25 minutes. Do check after 20 minutes by pressing down gently in the middle of the cake. If it springs back they are ready to take out of the oven.

HAPPY BAKING

February's Trick

The little buds on the trees awakened,
And shook their drowsy heads,
The little buds pulled the covers down,
And climbed out from their beds.

A soft breeze told them winter had gone
Many long miles away,
And the little buds were eager to see
Their first bright springtime day.

But alas! In half an hour there came
A wind so bitter cold!
The little buds were terrified
For they were just one day old!

They didn't know what in the world to do!
Their little noses were red.
Each bud with a cry turned swiftly back,
And hopped into its bed.

You see it was not spring at all!
February was there,
And sometimes February slyly
Lays a foxy snare.

He had sent this lovely springtime breeze
To hang around and sing,
And make the buds think that it was
The first day of spring.

Then when the buds had all come out,
He nipped each little nose,
And sent the little buds back to bed,
Each one red as a rose!

by Lenore Hetrick



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What is the real meaning of Valentine's Day?

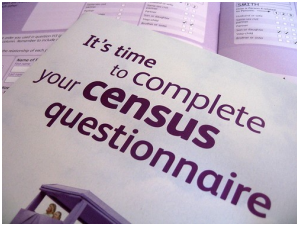


The ancient Romans may be responsible for the name of our modern day of love. Emperor Claudius II executed two men, both named Valentine, on Feb. 14 of different years in the 3rd century A.D. Their martyrdom was honoured by the Catholic Church with the celebration of St. Valentine's Day.

Is Valentine Day only for lovers?

Generally, we consider Valentine's Day as lover's day or a day only meant for those who are in love. But, this is untrue, anyone and everyone can celebrate this beautiful day in their own ways. Appreciate those who care for you: It is a good day to appreciate the love and care of all those for whom you care a lot for.

Census Day - Sunday 21 March 2021



The following information can be found on the Office for National Statistics (ONS) website <https://census.gov.uk>

The census collects details about us, as individuals, and the society in which we live. It helps to identify what our society needs now and what is likely to be needed in the future.

How is the information used?

It is used to help provide services such as transport, education, and healthcare. Without the census, it would be much more difficult to do this.

Charities also use census information to help get the funding they need. Businesses use it to decide where to set up, which then creates job opportunities.

Completing the Census

We are all required by law to complete the census. If you do not, or if you supply false information, you could be fined up to £1,000. Some questions are clearly labelled as voluntary and it is not an offence if you do not answer these.

New Format for 2021

This will be the **first digital online census**. It can be completed on any device and an access code will be sent to you by the ONS. You will need to go online and enter the code into the secure website to get started. Further information will be available nearer the time.

There will also be help available from Census Support Centres across England and Wales, who you will be able to contact by phone, webchat, email, social media, or text message.

Checks and Balances

No census is perfect. So, there will also be two small scale surveys carried out using some of the census questions to help verify the accuracy of the census information.

Census Coverage Survey - If your postcode is chosen then, an interviewer will come to your door.

Census Quality Survey - A certain number of households in England and Wales will be asked to take part.

Data Protection

The ONS confirms that no one can identify you in the published census statistics. Census personal information is kept secure for 100 years and only then can future generations see it.

Further information can be obtained:

Telephone 01329 444972 Monday to Friday – 9am to 5pm

Email census.customerservices@ons.gov.uk



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

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Off Committee Roles 2020/2021

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<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

Website : 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**



Thrapston & District U3A is a registered charity number 1179593