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Chairman's March Message

And so the year moves on; it's March already and u3a's attention turns to bulbs, walks a touch less freezing and AGM's. Reading the current edition of TAM (Third Age Matters) Eric Midwinter was writing in the February edition "One of my worries before the pandemic when I was giving talks around u3a's, was the sense that people were joining u3a's but the ethos wasn't being explained, **There is a danger of u3a becoming a service to third agers rather than a self help organisation**"

This u3a is run as an independent charity by YOUR Committee of Trustees. To stop any person(s) becoming fixed in place in one office, there are very firm time limits for office holders, normally three years in any role. We need volunteers for the Trustee Committee with fresh ideas and views, or your u3a may cease to function if we can not keep the Trustee Committee fully personed. The nomination forms for the AGM will be available at the March Plaza meeting and on the website, and must be returned by 24th April to the Business Secretary Wendy Davies or to the postal address on the form.

Ian Byrnes

Chairman

Can we have Group activity reports and photographs for the Newsletter please?



18th March 2022 & April 22nd Monthly Meetings
at The Plaza in Thrapston
Doors open at 10:00 a.m.



Speaker Phil Theefoot - 18th March 2022
Goa – "An Indian Adventure"

Phil Theefoot is an adventurer who has a wide spectrum of interests and is always up for a new adventure. Twice married, with two children and four grandchildren he still shows no sign of settling down to the fireside chair and the TV.

Born and raised in Essex he has travelled widely in the UK, Europe and to many countries across the world. These include exciting expeditions to Australia where he swam on the Great Barrier Reef, New Zealand, Singapore, Thailand, and China where he walked on the Great Wall, the USA and the Canadian Rockies and three trips to the Indian sub-continent.

Phil lists motorcycling among his interests and he was recently able to combine this with his love of travel when he made a motorcycle tour in the Indian state of Goa and it is an illustrated presentation on this recent adventure that he brings to the Plaza 18th March 2022



Speaker Christine Green - 22nd April 2022
"Working for Auntie: Behind the scenes
at the BBC as a graphic designer"

I was a graphic designer at the BBC for 13 years and worked on shows as diverse as the Queen's Christmas Speech, 'Our Friends in the North', 'Island Race' and, once I'd gone freelance, 'Foyles War'.

I received several international awards for my work including a BAFTA nomination for my work on 'Cambridge Spies'.

The talk includes title sequences, storyboards and artworks and a couple of unexpected crossovers into my textiles work.



Tales of Northamptonshire over 200 Years – Eric Franklin 18th February 2022



We would all wish for life to be simple and with the government assuring us that the threat from the Covid virus was receding we had hoped that all was returning to normal but the Weather Gods were having other thoughts and on the day forecasters were telling tales of impending doom from storm 'Eunice' with gale force winds. Warnings for us to stay indoors given by the experts may have reduced slightly the numbers attending but nevertheless, a fair number of our members turned out to learn more about our local history.

Eric was the first speaker for our group going back nearly ten years to the very first meeting in May 2012 and he has returned on three subsequent occasions to give us wonderfully illustrated presentations from his unique collection of photographs. For this visit we were beset with problems due to the pandemic and his visit was rescheduled twice before he could make this personal visit.

Not a native of our town he and his wife Mary adopted Thrapston forty years ago and are now firmly settled in the community. Over the years Eric has accrued a vast archive of indexed records which currently occupy a whole bedroom in their house. In addition to his talks to various local societies and groups he also writes a monthly article for the Thrapston magazine (formerly 'Jig Saw'). He never fails to entertain and educate us as he imparts his knowledge of Thrapston and the wider area to our group in a clear and often amusing style.

The presentation started with a projection of the oldest known photograph of the town showing a huge archway erected across Bridge Street with a banner displaying the words "Long Live the Queen". The image dates from 1862 and celebrates the Silver Jubilee of Queen Victoria. Some rare photographs followed and anecdotes of local characters including a tale of a waggon driver named Sam Grey who worked for Islip Mill who would deliver flour to various local bakers traveling as far as Kettering on his regular runs. He had his horses well-schooled and with the deliveries all made he would turn the cart for home and climb into the back which he had made comfortable and the horses to take him home while he slept but stopping at 'The Red Cow', Slipton (*latterly The Samuel Pepys*) where he would enjoy his favoured ruby ale that he referred to as being red milk from the red cow.

Various other tales followed in a fascinating stream of both humorous and salutary lessons on just how harsh summary justice could be at a time when forensic evidence did not exist and deportation to the colonies could be imposed for relatively minor offences. Licenced premises and alcohol featured largely in a story of a brawl that occurred in 1877 when a fight began in the Rose and Crown at Islip. The hostility continued down the High Street passing the Bell (*demolished*) then crossed the bridge into Thrapston passing the Kings Head (*demolished*), The Fox and the Red Lion (*demolished*). Before returning back across the bridge to finish at the Woolpack at Islip. At the resulting court hearing the case was dismissed due to lack of evidence.

Local man Walter Jakes purchased an Excelsior Motorbike in 1910 which he restored and invited all comers to participate in a race from Nine Arches Bridge to Islip Furnaces and back. Seven competitors raced with the maximum speed unlikely to exceed 35 mph (when the national limit was 20mph). It must have drawn quite a crowd as a police inspector and a constable attended to control the onlookers and ensure safety.

Thankyou Eric for your interesting and informative presentation and keep researching please because I am sure we will be asking you back again.



Newsletter Items

Your Newsletter is one of the principal methods of communicating with our members, However, anything of interest cannot be published unless you the members send information to the editor.

So, if you or your group have anything which would be of interest and you would like to share with our members, please send your item(s) and photographs to the editorthrapstonu3a@gmail.com before the last day of each month.

Thrapston & District u3a Website

Information about our u3a can always be found on our website. This includes:

Interest Groups,
Membership details
Newsletter
u3a Policies

Monthly Meetings and Speaker information
Committee Contact details
Photo Gallery

Coming soon:

Our u3a Archive to celebrate the 10th Anniversary this year.

So, if you want to know more about our u3a go to:

www.thrapstonu3a.co.uk

Thrapston & District u3a Facebook



Go to our Facebook page for news about our u3a activities and events. Visitor posts are welcome particularly as they can be a showcase for our interest groups.

Wherever possible, visitor posts will be shared on our main page.

PLEASE NOTE:

If you intend taking a photograph of an activity or event that includes images of individual members then they must give their permission for the photograph to be shared on Facebook or the website. They should, therefore, be given the opportunity to move out of camera shot if necessary.

Facebook Thrapston and District U3A

BACKGROUND INFORMATION ABOUT THRAPSTON U3A TAI CHI 2

TAI CHI 2

The Tai Chi practised by the Thrapston U3A Group 2 is the 108 Move Set developed by Master Moy Lin Shin and based on the Chinese Yang Form.

This Tai Chi Set has been adopted by The Eastern Counties Tai Chi Academy of which Colin Northern is a Certificated Fully Qualified Instructor with over 12 years of experience. He has also served 5 years as a committee member of the ECTCA.

Our Approach

We adopt a staged approach to teaching, starting with the basic moves and postures of the Tai Chi Set. Once the student has mastered the basic level we teach the set again from the beginning, but in more depth and detail, refining the patterns and methods common to all moves. As the students progress, the instruction becomes more personal and individual, with each student being given the instruction they need at the time.

The Benefits of Tai Chi

Regular Tai Chi practise has been found to help lower the physical effects of stress, improves balance and co-ordination, helps strengthen joints, tendons and ligaments and produce relaxation to the whole body. It can be practised anywhere with no special gear or change of clothing.



Our Class

We have a friendly Tai Chi 2 Beginners class (currently one hour) which we hold every Tuesday afternoon between 2.30pm - 3.30pm at Islip Village Hall. We currently have some vacancies at £3.00 per session for our Thrapston U3A Members.

Line Dancing

For all you Line Dancers

We meet at St James Church Hall Thrapston every other Tuesday from the 1 March.

Dancing starts at 12:30 until 1:30.

For U3a members the costs is £2,00 for U3A members,

New members welcome so why not come along and give it a go.



Hi,

My name is Sam and I'm a final year student at Nottingham Trent University. I am trying to collect participants over the age of 60 to complete this survey on Positive Ageing. I would **greatly appreciate** anyone reading this if they would complete the survey and if it would be possible to also distribute it to anyone that can fill out this survey.

https://ntupsychology.eu.qualtrics.com/jfe/form/SV_4UwBIN6RUrAR7II

Kindest Regards,

Sam V :)



The Lunch Club

Just to remind you that with effect from March our lunches will be on the third Wednesday of each month. I have booked the Chequered Skipper for Wednesday 16th March, and I will send out the menu via e-mail as, unfortunately, if you are not already a member of the New Lunch Club, just drop me an e-mail at peterandjeanmole@btinternet.com and I will add you to the list of members who, once a month, meet up to have an enjoyable lunch at various venues with pleasant company

Jean Mole

Tel: 01933 626 608

peterandjeanmole@btinternet.com



Bridge Group

Unfortunately, due to COVID 19, the reopening of the Bridge group had to be cancelled. We will try again on 10th March.

Bridge is a straightforward game shrouded in mystery to the uninitiated. Newcomers and returners to the game may be put off taking a seat at the table. Anyone reading this who has entertained a thought of playing Bridge or has played in their distant past please get in touch. The Bridge group will organise an introduction to the game, and a series of lessons. The object being to bring you to a standard so you can become an active member of the group.

If you have managed to stay with me so far, please contact me (details below) and we can start to plan your introduction or reintroduction to the mysteries of Bridge.

Gordon Campbell

07846 611748



A New Group Leader still required for the Monthly Thursday Morning Walks

A new group leader is still required for the monthly walks to continue. If you are interested in taking over this role please send an email to the Group Co-Ordinator to groupsthrapstonu3a@gmail.com.

The walks are between 6 and 8 miles starting at 10 am. The venue varies each month and is within a 20 mile radius of Thrapston, sometimes starting and finishing at a pub, other times we have refreshments part way round.

The Third Age Trust Facebook group for all u3a members – Information

I am happy for Thrapston u3a members to know that I am now volunteering with The Third Age Trust as a moderator for the Facebook group "Keeping in Touch" which was set up in March 2020. It's a very active and growing group of nearly 6000 members and more than 30 new posts per day. Any UK based u3a member is welcome to join and Thrapston is really lacking in engagement. There are so many useful discussions regarding committee issues, technical matters, fun posts, general discussions, photos, and puzzles. In January 2022, the Third Age Trustees Chair (Liz Thackray) and the u3a communications staff decided that they needed help from member of the group to act as Moderators and five people including myself have taken on this voluntary work and attended online volunteer training.

If anyone who uses Facebook wishes to join the u3a group, then they will be welcome. Here are some tips on making your application a smooth process. In Facebook do a search (magnifying glass) putting in u3a Keeping in Touch, then apply for membership. You will need to say which u3a you belong to and then agree to the group rules. You may need to scroll on some devices to see these questions.

The Third Age Trust website is <https://www.u3a.org.uk/>

Across the UK, u3a members draw upon their knowledge and experience to teach and learn from each other for pleasure; learning is its own reward.

Regards,

Jan Pacey

ADVANCE NOTICE OF ANNUAL GENERAL MEETING

Thrapston & District U3A

May 20th 2022

The Plaza, Thrapston

To commence at 10.15. Doors will open at 09.45.

Nomination forms for Committee Members are available on the website.

www.thrapstonu3a.co.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 2021/22

Chair: Ian Byrnes (Tel: T 73002)	chairmanthrapstonu3a@gmail.com
Vice Chair: Sheila Underwood/Network Liaison	vicechair2thrapstonu3a@gmail.com
Treasurer: Sue Campbell	treasurerthrapstonu3a@gmail.com
Secretary: Wendy Davies	secretarythrapstonu3a@gmail.com
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New Members Representative: Irene Northern	repthrapstonu3a@gmail.com

Off Committee Roles 2021/2022

Access Advisor: Glyn Hill	accessthrapstonu3a@gmail.com
IT Operations/Website Manager: Neil Busby	websitethrapstonu3a@gmail.com

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 last day of the proceeding 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