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Chairman's November Message



And just like that summer was gone and the season of mists and mellow fruitfulness was upon us and before you know it someone will mention the "C" word, probably later in this Newsletter.

PLAZA: Now that the Plaza meeting have had two sessions, as a Trustee Committee we reviewed the arrangements, and will be asking for the chairs to be spaced a little further apart, the wearing of masks is at individual members discretion though it would perhaps be a good idea to keep them on until you sit down with your tea or coffee, but the choice is yours.

LIFTS: The pandemic has had other side effects, some members have ceased to drive which is causing a strain on members getting lifts. If you are able to give a fellow member ask in your group(s) or let a Committee Member know at the next Plaza meeting. Committee members are those who are wearing lanyards with name and job titles; to remind us what we are supposed to be doing; and we will try to match people up if we can.

10th Anniversary: Next May sees our U3A reach its tenth birthday and nationally U3A will be 40 years old, the Archive Group are trying to put together a history of our U3A, if you have any pictures or other mementoes of the early days the Archive Group would be delighted to hear from you, look for Sheila Underwood or Wendy Davies (remember the lanyards) at the next Plaza meeting.

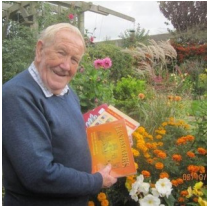
Contacts: If members need to raise a query or have any issues don't forget all Committee members have U3A job specific email addresses listed on our newly refurbished and excellent website.

Ian Byrnes

Chairman



Review of the 15th October Plaza Presentation - by Paul Ollett *Saint, Sinners, Stars & Scandals - Derek Blunt*



A bright sunny morning greeted us as we opened the Plaza doors to a steady stream of members coming to only our second proper meeting since some relaxation of the Covid restrictions.

We were pleased to welcome our guest speaker Derek Blunt with wife Lindsey for an absorbing presentation on characters from Northamptonshire's rich history dating from the distant past to modern day.

Derek is an accomplished and prolific author on our county and has added to his literary portfolio by completing two more books during the 'Lockdown' period. He is currently researching for a further two books one of which deals with the large estates owned by landed gentry in our county. For sure it will be a good read for those interested in local history.

The talk was illustrated with Powerpoint projected images onto the big screen and for added interest Derek had devised a quiz requiring audience participation to try and name the characters in his presentation. Periodically one of the slides would have a number and with a few clues Derek encouraged the audience to try and name the place or person from the displayed image. It certainly added a twist to the talk with twelve questions to challenge our knowledge. Even with modern stars such as Maisie Summers Newton (Olympic swimmer) and Dame Sarah Gilbert (Astra Zenica vaccination).

Derek's knowledge took us from the South of the county with a tale of St Werburgh who died in 700 AD and was the Abbess of Weedon who is depicted with her geese on the village sign and in the stained glass of the village church. She was credited with many miracles but the legend of her banishment of the geese from Weedon is perhaps the best known and it is said that even today geese are seldom seen in the area.

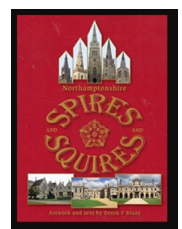
Other people from history included the infamous Vicar of Wappenham, near Towcester Theophilus Hart who was far from saintly. He was believed to have fathered up to 15 illegitimate children by his parishioners but unfortunately for him at least, he was caught in the act by a butcher who came home unexpectedly and found the vicar with his wife. After a short chase the seventy year old vicar was decapitated on the spot by the butcher's cleaver.

We learned the tale of 'Wicked' Bobby Bannister the tyrannical Landlord from Pattenham who was hated by the villagers and met his end by falling from a horse. Unfortunately his evil did not end there and his ghost was said to haunt the village until exorcised by the diocesan Bishop of the day.

Of great interest were the tales relating to Deene Park home to the Brudenell Family located in the North of the county. James Brudenell, 7th Earl of Cardigan renowned for leading the disastrous Charge of the Light Brigade at the Battle of Balaclava who 'enjoyed' an open marriage arrangement with his first wife and began a liaison with Adeline, a vivacious woman some 40 years his junior. Adeline was known for her extravagances enjoying lavish parties. They became married after the death of James first wife and are now entombed together in Deene church.

Derek's extensive knowledge of the scoundrels and saints among our nobility, politicians, sports and stars of the entertainment world certainly met our expectations and appeared to be enjoyed by all.

There were far too many famous people mentioned to do justice to their lives and achievement in this single page but the presentation by Derek and Lindsey held us intrigued and fascinated to learn of the rich history in our county and amazing people who lived and in some cases are still making their mark in both local and national society.



The Monthly Meeting at The Plaza in Thrapston
On the 19 November 2021 @ 10;30



Friday 19 November 2021
The Charles Wicksteed Story
By Ian Addis

Charles Wicksteed is best remembered for the park which bears his name. Yet little could the young man, who arrived in Kettering very much unsung in 1872, have imagined the impact he would have upon his adopted town.

Engineer, entrepreneur, philanthropist, visionary, pioneer and politician, this is the compelling story of Wicksteed's remarkable life and lasting legacy.



The Christmas Event 2021

17th December at the Plaza, Thrapston

Tickets for the above event will be on sale at the **November** meeting; the cost is £5 and includes the raffle, mince pies, prizes for the quiz and games.

We are also having Dave Moylan back to give us another side -splitting experience.

Membership cards must be shown for each ticket purchased and payment is by cash or cheque.

To make it more Christmassy wear your Christmas jumper on the day.



If for any reason you cannot make it to the November meeting you can contact me between 20th to 25th November to make arrangements to purchase a ticket.

Telephone 01933 625181 or email psjohnson2710@gmail.com

Are you interested in playing Rummikub



I have played the board game of Rummikub with friends for some time and am thinking of starting a Rummikub group on a Thursday afternoon. If anyone is interested (whether or not you have played it before) would you please contact me on 01832 732724. If the answer machine comes on please do leave a message with your telephone number and I will get back to you. Pauline"



New Group Leader required for the Monthly Thursday Morning Walk



Unfortunately the current Group Leader is having to step down.

If you are interested in taking over this role please send an email to Anna, 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 U3a Podcast

The U3A Podcast was launched in Sept 2020 and this October aired its 11 episode.

To listen to the podcast copy and paste this link in your browser.

<https://www.youtube.com/watch?v=9zGNxpUSUAc>



In the October episode the team talk to a u3a geologist about his adventures travelling the world, the winners of the u3a creative writing competition and much more. You can listen to previous episodes of the podcast on the playlist -

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<https://www.youtube.com/playlist?list...>

*Looking for something new to do  
but not sure what*

*Why not take a look at our website*

[www.thrapstonu3a.co.uk](http://www.thrapstonu3a.co.uk)

You will find many varied and interesting range of interest groups from Cake and Bake to Wellbeing with nature for you to join and make new friends.

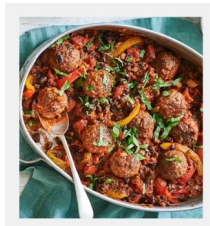




## Meatball Black Bean Chili

### Ingredients

2 tbsp olive oil  
12 beef meatballs  
1 onion, finely sliced  
2 mixed peppers, sliced  
1/2 large bunch of coriander leaves and stalks chopped  
2 large garlic cloves, crushed  
1 tsp hot smoked paprika  
2 tsp ground cumin  
1 heaped tbsp light brown soft sugar  
2 x 400g cans chopped tomatoes  
2 x 400g cans black beans drained and rinsed  
Cooked rice to serve



### Method

#### Step1

Heat the oil in a large flameproof casserole dish over a medium heat. Fry the meatballs for 5 minutes until browned. Transfer to a plate with a slotted spoon.

#### Step2

Fry the onion and peppers with a pinch of salt for 7 minutes, Add the coriander stalks, garlic, paprika and cumin. Fry for 1 minute. Add the sugar, tomatoes and beans and bring to a simmer. Season, return meatballs to the pan, cover and cook for 15 minutes.

#### Step3

Serve the chilli with the rice and the coriander leaves scattered over.

## Members Coffee Morning – Friday 26<sup>th</sup> November 2021

### Kings Arms - High Street, Thrapston



Do you remember the summer? Friday 20<sup>th</sup> August to be precise when with the shackles of Covid were eased and we could finally go ahead with our Social Event held outside in the splendid surroundings of the Kings Arms courtyard. It was a fine morning and attracted many members who at last had the confidence to emerge from isolation and socialise with others in the group.

Now our plans are laid for a return to the Kings Arms and this time we are to be welcomed inside the pub. We have arranged to use the rear entrance where there is level access and ample seating. We can be assured of excellent tea and coffee but this time if members wish to stay on after the meeting for lunch the Landlady, Mary has an interesting lunch menu at very reasonable prices.

Small plates and Tapas are available as well as Pizzas and Burgers with vegetarian options but it doesn't end there because Mary has offered to add other light bites onto the menu for us on request. To avoid disappointment when making your choice the pub has asked that those staying for lunch call them on 01832 733911 early in the week commencing 22 November to avoid disappointment on the day.

This is definitely not one to miss so let us support this local business and Peyton, the new addition to this young family.

## NEW LUNCH CLUB.



We had a very successful meeting at the Plaza on 1<sup>st</sup> November, where I was able to get feedback from members on various topics, such as the maximum distance members want to travel to a venue, (15 miles in case you are Interested!); how they prefer to pay gratuities, (not to be included in the price quoted on the menu, but paid on the day), and ideas on great pubs & restaurants to visit and all this in return for coffee & cakes!

Our next lunch is at the **Old Friar in Twywell on 10<sup>th</sup> November**. Please contact me urgently if you would like to go and haven't already put your name down.

Our Christmas lunch is at **The Palmichael in Burton Latimer on Wednesday 8<sup>th</sup> December**. This is an excellent restaurant with a great reputation. I am now taking bookings for this meal, but please note that the restaurant require a **£10** deposit. I will collect all deposits at the Old Friar or at the next monthly Plaza meeting, which I will then forward to the restaurant. As usual the balance needs to be paid on the day. If you are interested in coming to the Palmichael, but will not be at either the Old Friar or the Plaza meeting, I am happy to forward you the menu. Just contact me.

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.

Jean Mole Tel: 01933 626 608 [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com)

## The *New* Tai Chi Group



This second Tai Chi group is now up and running and is suitable for complete beginners. It meets at Islip Village Hall every Tuesday afternoon, from 2.30 to 3.30 and receives expert instruction from Colin, a qualified tutor. The small group meets in a large room so there is plenty of space to spread out.

In this low-impact, slow-motion exercise, you go without pausing through a series of moves and it addresses the key components of fitness – muscle strength, flexibility and balance.

AND it's fun.—

If you would like to know more, then please contact Anna, the groups co-ordinator on

[groupsthrapstonu3a@gmail.com](mailto:groupsthrapstonu3a@gmail.com)

## Thrapston & District U3A

### Charity of the Month

Members may nominate a charity, that nomination to be made via the U3A Chairman email address. The Chair will take nomination(s) to the Committee of Trustees who will create an order of attendance at Plaza meetings every month

A table will be made available by the doors to the chair store at the end of the coffee bar. It will be the responsibility of the member representing the selected charity to provide literature and a sealed charity collection tub; the stall to be manned by the member. It is not envisaged that representatives of the charity will be present. Everything to do with the “stall” will be the responsibility of the sponsoring member including the security of any funds in the charity tub.

### Thrapston & District u3a Role:

Our role is to facilitate our members raising charitable funds in a controlled and safe environment. Charity of the month would be announced by the MC/Chairman in morning notices and hopefully how much was raised in the previous month. Member contributions will be totally voluntary. An up to 75 word promotion for the sponsor member to write in the monthly newsletter the month before a charity appearance at a “Plaza” meeting will also be available to forewarn members of the pending charity appearance. There will be no donation from Thrapston & District u3a. As a registered charity we are precluded by law from such action.

1<sup>st</sup> Charity of the Month in November 2021 will be Pancreatic Cancer.

Ian Byrnes  
Chairman

Email Addresses:

Chair [chairmanthrapstonu3a@gmail.com](mailto:chairmanthrapstonu3a@gmail.com)

Newsletter editor: [editorthrapstonu3a@gmail.com](mailto:editorthrapstonu3a@gmail.com)



## Pancreatic Cancer Awareness Month



November is Pancreatic Cancer Awareness Month and November 18th is Pancreatic Cancer Day. It is in its tenth year. In 2011, the 5-year pancreatic cancer survival rate was just 3%. Fast forward to 2021 and that statistic has increased to nearly 8%. Proving awareness-raising works.

If you would like to support the research into this dreadful disease a donation can be made at the 19th November meeting. Your support could help us to get closer to a breakthrough in early diagnosis and put a much needed spotlight on the disease.



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                            | <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> |
| Treasurer: Sue Campbell                      | <a href="mailto:treasurerthrapstonu3a@gmail.com">treasurerthrapstonu3a@gmail.com</a>   |
| Secretary: Wendy Davies                      | <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>     |
| Newsletter Editor: Tina Jones                | <a href="mailto:editorthrapstonu3a@gmail.com">editorthrapstonu3a@gmail.com</a>         |
| Publicity & Facebook: Roger Davies           | <a href="mailto:publicitythrapstonu3a@gmail.com">publicitythrapstonu3a@gmail.com</a>   |
| Plaza Welcome Manager: Viv Tunstall          | <a href="mailto:welcomethrapstonu3a@gmail.com">welcomethrapstonu3a@gmail.com</a>       |

### ***Off Committee Roles 2021/2022***

|                                                  |                                                                                  |
|--------------------------------------------------|----------------------------------------------------------------------------------|
| <i>Access Advisor: Glyn Hill</i>                 | <a href="mailto:accessthrapstonu3a@gmail.com">accessthrapstonu3a@gmail.com</a>   |
| IT Operations/Website Manager: Neil Busby        | <a href="mailto:websitethrapstonu3a@gmail.com">websitethrapstonu3a@gmail.com</a> |
| <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)

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



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