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Chairman's September Message



It was a "great success"; that seemed to be the considered response to our first face to face U3A meeting since the Covid restrictions lifted, what was that? The "drop-in Coffee Morning" at the Kings Arms on Thrapston High Street, weren't the planters wonderful!

Our next meeting is the first non Zoom Plaza since February 2020 Friday 17th 10.30.

If you are thinking "Why hasn't my group restarted" ask your Group Leader if they are continuing in that role. Thelockdown has made some of our members 'chomp at the bit' ready to get stuck back in to their favourite subject and others have decided that it's time for a break. If that is the case are you able to lead or facilitate a group, our U3A groups work best when we all participate and not load the shoulders of the "Group Leader" with all the burden; if you think you fit the bill contact Anna Bond Group Co-ordinator or myself for a chat.

By the way: while we have been having so much fun with U3A we suddenly find that in May next year our U3A will be ten years old and the National U3A will be forty years old, and plans for celebrations are being worked on!

Hope to see many, many of you at the Plaza meeting on Friday 17th September.

Ian Byrnes
Chairman



Summer Social Review - By Paul Ollett

The Kings Arms, Thrapston – 20th August 2021

Brilliant! An adjective often over used these days but on this occasion I think it proper to use such a strong word to describe the meeting on Friday 20th August.

Traditionally the third Friday in August has been set aside for a social meeting of the whole group, differing from the routine Plaza meetings in that there is not a Speaker engaged for the event and it gives us a chance to mix, mingle and chat not just sitting in rows looking at the backs of the heads of the folks in front.

These have been extraordinary times indeed and the U3A committee were hard pressed to come up with a satisfactory and affordable solution bearing in mind that when these decisions were being made in June we had no knowledge of government restrictions or prevailing Covid precautions or indeed if the members were feeling confident enough to actually turn up.

The courtyard of the Kings Arms bang in the middle of Thrapston High Street offered us a possible solution and initial approaches were made to the landlord and his wife who were enthusiastic and welcoming from the outset.

Some early rain at about 8.30am as always gave the organising team a touch of nervousness as we collected the various promotional items from storage and by 9.45am our fears were dispersed and the sun was trying to break through as we set up the courtyard ready for the event.

The courtyard is a charming area with many planters full, of summer colour distributed around with benches and tables among them, some with bright parasols. Our gazebo and banners completed the scene.

By 10.30 am there was a steady stream of our members coming through the gates and quickly the area was filled with conversation as acquaintanceships were renewed and folks got a chance to catch up, almost perhaps like they were coming out of hibernation? Not just long established members but some new faces inquisitive to learn more about Thrapston U3A.

Probably the most significant thing was a total lack of face masks and a seeming confidence that perhaps the worst is over, of course we hope that this is indeed the case.

By 11.00am the courtyard was fairly filled with happy people, just pleased I guess to be out in the sunshine with some new faces too. All the while young waitresses dashed nimbly between us delivering a stream of trays loaded with tea or coffee for the assembled masses.

Membership Secretary Pauline was busy at her temporary desk taking renewals of subscriptions and I noticed she was being kept occupied most of the time, very satisfying to see.

The landlord is relatively new to the Kings Arms and unfortunately was not in a position to offer any food which is a point he is addressing not just for Thrapston U3A but for his regular clientele. His mind set is good and he and his wife will get things organised with just a little more time. Naturally we thanked him for his efforts on the day and for the use of his premises.

On Friday 17th September at last we expect to be back at our regular meeting venue The Plaza to see Dave Moylan and his presentation on The Music Halls of times past.

Finally there will be a debrief on the Kings Arms Social Event at the next U3A committee meeting so if any member has a comment we will be pleased to hear it but if I was to sum up the event in one word it would be Brilliant!

From Friday September 17TH, our Monthly Meetings will be held at The Plaza in Thrapston

Presentations start at 10:30 –Not to be missed



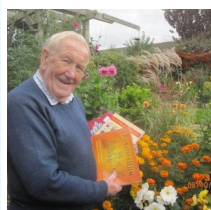
Friday September 17th
Dave Moylan
Magic and Music Halls

A welcome return for us all to the Plaza for our Speaker Dave Moylan on 17th September.

Dave brings his one man Music Hall show that is a celebration of entertaining as it used to be. Having been a professional entertainer for much of his long life he brings us a varied humorous repertoire consisting of stand-up comedy, baffling magic tricks, comical songs with some hilarious routines.

Among the prestigious venues he has played he can list Warwick Castle also, on another occasion appearing at the Sidmouth International Festival, in all cases registering accolades from his audiences.

There is no doubt it will be a wonderful celebration of a bygone age in the world of entertainment.



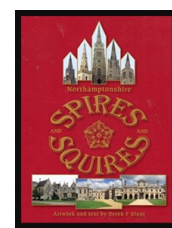
Friday 15 October 2021
Derek Blunt
Saints, Sinners, Stars and Scandals

Derek Blunt was born in Northampton and has lived and worked in our county all his life. He believes that Northamptonshire is 'in his blood' and can trace his family back to the early part of the 16th century with all of his ancestors having lived and worked in and around Northampton.

Derek is a prolific author having written seven books to date describing and recording varying aspects of the county. All of his catalogue are limited editions.

One of his most recent works is 'Manors Maketh Man'. A history of Manors and Landed estates in the county from the time of William the Conqueror to the present day

His talk introduces us to some of the fascinating characters, both the famous and famous, who have lived in Northamptonshire from past times to the present day

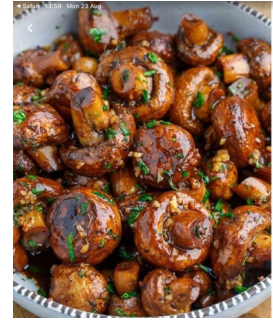


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Garlic & Balsamic Roasted Mushrooms

Ingredients

2 pound Mushrooms
1 tablespoon Oil
3 tablespoons Balsamic Vinegar
2 tablespoons Soy Sauce (or Tamari)
3 cloves Garlic chopped
1/2 teaspoon Thyme, chopped (or 1/4 teaspoon Dried Thyme)
Salt & Pepper to taste



Method

Toss the mushrooms in the oil, balsamic vinegar, soy sauce, garlic, thyme and the salt & pepper.
Arrange in a single layer on a baking tray.
Roast in a pre-heated oven set at 400F/200C for twenty minutes or until tender, mixing half way through.
Roast in a pre-heated oven set at 400F/200C for twenty minutes or until tender, mixing half way through.

ACCESS MATTERS

Parking

It's so good to be back in the Plaza for our monthly meetings, but with this returned freedom comes parking issues! Thrapston town has free car parking in the Bullring and at the Co-op in Sackville Street both at a distance, particularly if you have limited mobility. There is one designated parking space for people with disabilities to the right of the Plaza entrance and this is on a first come, first parks basis. We also have an agreement with Bletsoe that we can use the cattle market car park at the Midland Road end of Market Road but only during meeting times.



I have spoken to the manager of the Bridge Hotel and he is happy to continue to allow those with blue badges to park free of charge, you just need to key in your registration number at the reception desk. It's also worth knowing that for £2 you may park for up to three hours or £5 all day using the machine to the left of the main entrance. This is reimbursed if you become a customer.

Can you help by giving a lift?

One of our original members (membership number 8), has visual impairment and needs a lift to and from the monthly meetings. Gerry lives off Huntingdon Road in the Orchards estate, he has a blue badge which he can use in any car, so the added bonus would be that the lift giver could park for free in the Bridge (see above). Please let me know via email if you can help



If you have any issues with accessing your U3A, either for the monthly or group meetings, please let me know and I'll endeavour to help.

Glyn Hill accessthrapstonu3a@gmail.com 01832 735797

The New Lunch Club



Our first lunch at the **Woolpack** on 11th August was attended by 29 members. The food was excellent and no one went away hungry! All in all, our first venture was deemed a success.

I am currently away from home, but can still take e-mail bookings and send you the menus for both **The White Horse in Tilbrook** ~ (midway between Hargrave & Kimbolton. Postcode **PE28 0JP**) on **Wednesday 8th September** and **The Pheasant @ Keystone** on **Wednesday 13th October**. Both lunches are booked at 12:00 for 12:30and the menus look very appetising!

Payment is due on the day, but you will be **charged in full** if you cancel less than 48 hours prior to the meal.

Meanwhile I am hoping to see as many members of the New Lunch Club as possible at the Plaza on Monday 1st November ~ 10am to 11am. Tea, coffee and cakes will be provided. Although I have now met some of you, I am looking forward to meeting everyone who enjoys lunching with friends. Even if you haven't (yet) registered your interest, come and join us and see what it is all about.

Day Trip



"Thursford Christmas Spectacular on Tuesday 7th December

I have listed below those who were lucky enough to get booked to see **Thursford Christmas Spectacular**, you are:

Barbara & Roger Finch, Denis & Margaret Fountain, Audrey & Brian Wood, Ken Judd, Carol & Alan Hancock, Jean Byron-Williams, Iris Squires & Roy Albright.

I also have someone called Janet (but no surname)! If this is you please e-mail me on peterandjeanmole@btinternet.com

However I now need to ask you for payment as I need to pay Thursford for all tickets by the beginning of October. The cost to include the coach and entry to the show is **£55** per person.

Please could you make your cheques out to **Higham & Rushden u3a** and forward them to me, Jean Mole, at 17 Courtman Road, Stanwick, NN9 6TG.

When forwarding your cheque, could you please let me know your preferred pick up point. (*It makes it so much easier than having to phone everyone!*)

The choices are Higham Square, Orbit Tyres, of Thrapston Co-Op. I will be confirming pickup times later.

If for any reason you find that you cannot now attend on this date, please let me know as soon as possible, as I currently have a waiting list for this show.

All cheques will be held until the end of September, but should you need to cancel after this date we regret that we are unable to refund ~ unless we still have reserves waiting or you can find someone else to take your place.

Please also note that we will be stopping on the way home to have a light supper, but this has not been included in our costings. I will confirm the cost of this a little nearer the time.

Jean Mole

My email is peterandjeanmole@btinternet.com

Line Dancing

Great News for all you Line Dancers as the Line Dancing Group have restarted. Their first meeting was on the 10 August 2021 with a new Leader Suzanne Thurlow. They meet on the 2nd & 4th Tues of each month between 12:30 pm and 1:30pm. at St James Church Hall. New members welcome so why not pop along and give it go .



Exciting News for all you singers - A New Group—Singing for fun



Do you enjoy singing but not sure where to go. Well look no further. A new singing group is currently being formed.

If you would like to know more please contact our Group Co-Ordinator, Anna on the following email address:- groupsthrapstonu3a@gmail.com



And that's not all— Ten Pin Bowling is restarting



Before the pandemic several members attended Wellingborough Bowl once a month for a fun and sociable session of ten pin bowling.

We are hoping to restart the group in October and will meet the second Friday of the month at 11 am, as before. We have negotiated a special deal again comprising of 2 games for £6.20.

If you are interested in joining us there will be an opportunity to sign up at the September Plaza meeting or get in touch with me, Margaret Beston, on 01832 735236.



And there's still more

A SECOND Tai Chi Group is being set up



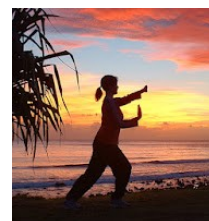
The Group will meet at Islip Village Hall on Tuesday afternoons 2.30 pm to 4.00 pm.

The cost will depend on numbers but should be about £2 per session.

If you are interested in joining the group please see me or Anna at the next Plaza meeting or email me at Vicechair2thrapstonu3a@gmail.com

I will be in touch with those that are already on the waiting list for the Thursday session to see if they would like to join this second group.

Sheila



Pictures taken by Neil Underwood at the Summer Social





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

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<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



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