



From the Chair

This will be a somewhat shorter newsletter this month since your Editor has been a bit busy having her joints replaced! I expect to be back into full editing mode for the December edition and can give further U3A news then.

Please feel free to send me anything you'd like to be included in the newsletter, I'm always happy to receive comments and ideas.

With best wishes, Glyn Hill glynishill06@aol.com

Membership Meetings

On October 19th Mick Boyce gave a fascinating talk on 'The Story of Rockingham Castle' which included a history of the Watson family. It has inspired many members to visit the castle (myself included). Please note the date changes in January and February to accommodate the Pantomime. In addition, our speaker for this month has had to step down and I am now scheduled to tell you about my experience as a games maker.

The Christmas celebration has been finalised and will include Carol singing, mince pies, a free raffle and quiz with prizes. We would also like the interest groups to use this as an opportunity to give a small display of their achievements so far.

Please contact our speaker seeker, Richard Swindall if you have any suggestions for lively speakers. He can be contacted on richardaswindall@tiscali.co.uk or on 01832 734383

- 16 November Glyn Hill' Paralympic Games making'
 - 21 December Christmas celebration
 - *25 January Jo Pratchet 'Surviving the sinking of the Laconia'
 - *22 February Angela Cooksley "Upstairs and Downstairs"
- *please note date change

Interest Groups

David Read is the group co-ordinator please contact him for any queries.

david.d.read@btinternet.com 01832 733407

Interest Group News

This month only new groups and updates from established groups are included.

Discussion

This group will begin in the New Year with the first meeting on Tuesday 8 January 1.30-3.30 and every second Tuesday in the month thereafter. At the first meeting, topics for the first two or three discussions will be negotiated. There is room for four additional members: Glyn Hill 01832 735797 glynishill06@aol.com

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Membership Meeting

Friday 16 November 10.30-12.00

Doors open 10.25

The Plaza, Cosy Nook,
Thrapston

- Speaker: Glyn Hill

'Paralympic
Gamesmaking'

De-stress and relax 1st Tues month 2pm Starting in Dec. I'm a trained holistic therapist, counsellor and hypnotherapist. I can teach you how to use aroma therapy at home. I also use meditation guided visualisation and breathing techniques to de-stress relax and lower blood pressure. Rachel Thompson 01832 734974 rachelk@uwclub.net

Luncheons

Our Christmas lunch will be at Hartford Mill on Wednesday 12th December which can be preceded by an optional hours cruise on the Great Ouse in the Captains Table boat. We are varying the day and time each month to make it possible for all members to get to some if not all of the meals. Group places available, contact Joyce White 01832 734517 joybob1983@talktalk.net

Military History

Gerry Martin has established this group and already has six members. The first meeting of our group will take place this week when we will be able to discuss, format, subjects and dates of meetings.. gerrymartin1@waitrose.com

Poetry Group

3rd Tuesday of the month 2pm Starting January .To meet and read your favourite poems, classics, less well known or your own compositions, you are also very welcome to come along just to listen.
Rachel Thompson 01832 734974 rachelk@uwclub.net

Singing for fun

A potential new group awaiting expressions of interest and a leader. Please sign up at the monthly meeting.

South African and Zimbabwe Group

This group is up and running and met last week in the Bridge Hotel. They are planning a SA themed meal in a local pub and also a Braai (weather permitting). If you are interested in joining please contact **Jacqui Brown** on 01832 733291 or e-mail jacqui.brown@virgin.net.

Theatre Trips and Outings

For all theatre trips and outings transport will be provided and will pick up and drop off outside the Co-op in Thrapston. The cost of the coach will include the driver's tip. Once the theatre and coach companies have been paid for, money cannot be refunded and members should try to find a replacement. Obviously these trips are run for the benefit of members, but if we are getting near to the closing date and places are available, members may bring guests at an additional cost of £1. Cheques should be made payable to Thrapston and District U3A and we will also take cash.

Olney Victorian Market – Sunday 9th December The cost of the coach is £10, payable at or by the meeting on 16th November. The coach will leave from the Co-op at 10 a.m. and will leave Olney at about 3 p.m. If you cannot get to the meeting, please contact Brenda on the telephone number below.

'The Lady Killers'. There are still 10 places available for the matinee performance at Milton Keynes Theatre on 23rd January 2013. The ticket price of £15 **must** be paid by 20th November as our unused reserved tickets must be returned to the theatre. Members may bring guests at an additional cost of £1. The coach price will be available and payable at the December meeting.

If you cannot make the meeting to book your place, please telephone Brenda on 730225.

What's On

- Wednesday 12 December Luncheon Club Christmas Lunch at Hartford Marina
- Wednesday 23 January The Lady Killers at Milton Keynes Theatre
- Tuesday 9th April U3A's Inaugural Founder's Lecture by Eric Midwinter in London details on website
- Friday 17 May Annual General Meeting