

NEWSLETTER for OUNDLE & DISTRICT

Edition Number 197
March 2025

If you would like to find out more about Oundle & District u3a,
take a look at <https://oundleanddistrict.u3asite.uk>
or contact Chairman: oundleu3achairman@gmail.com
Membership Secretary: oundleu3amembership@gmail.com
Website Manager: oundleu3awebmanager@outlook.com

Registered Charity Number 1183800

In this edition

- Monthly Meeting news
- General Information
- News from the Committee
- Articles from Groups
- And more

MESSAGE FROM THE CHAIRMAN

As I am sure you know by now, I love finding words that are new to me (whether I remember them is another matter!) and I came across the delightful 'apricity' recently.

It has a very appropriate resonance for this time of year as it means 'the warmth of the sun on a chilly day'. When we do get a sunny day, it really lifts our spirits and gives us a burst of energy that makes us feel we want to do things. Perhaps this is why we get the urge to tackle spring-cleaning!

Our gardens are beginning to come alive again with bulbs bursting through the rather soggy soil, some even in bloom, and shoots forming on shrubs and trees. I am sure those of you who are keen gardeners have already ventured outside to tidy and prepare. Being busy in the garden is therapeutic as well as healthy and I am always amazed at how quickly time goes when I am totally absorbed in a task. Coming back to u3a, our Shakespeare Group is currently reading *The Winter's Tale*. If you haven't read it, it is the one with the famous stage direction – 'Exit, pursued by bear!' We like to do some background reading to each play, so I consulted a newly published book, Greg Doran's *My Shakespeare*, for his take on it. I recommend this book if you enjoy the Bard's plays as Doran, former Artistic Director of the RSC, devotes a chapter to each play, giving a wonderful insight into how a particular production took shape. He begins *The Winter's Tale* chapter with an extract from his diary from Good Friday 1998: 'The world seems rude with Spring. It has suddenly thrust forward, bursting, blossoming, budding everywhere.' He then goes on to say that this particular play seems to him like an Easter play with its cycle of life and death, the process of the seasons and renewal. It also features 'Daffodils that come before the swallow dare and take the winds of March with beauty'.

So, March is the month of new ideas, renewal and creativity! For my part, I have just completed my induction to become a u3a Trust Volunteer so that I can join the East Midlands Regional Support Team to support our two representatives on the new u3a Council.

Do let me know what new ideas or activities *you* or *your* Group come up with and I hope you enjoy some 'apricity' over the next few weeks!

Gill

MONDAY 10TH MARCH

Chris Forse

and his talk will be on

**'On the road in the
American West'**

Queen Victoria Hall,
Oundle

Doors open at 2.00pm
for tea/coffee and
biscuits

MONDAY 14TH APRIL

Nick Penny

and his talk will be on

'Music and a talk'
(see Page 2)

Queen Victoria Hall,
Oundle

Doors open at 2.00pm
for tea/coffee and
biscuits

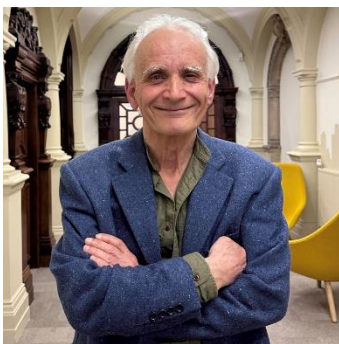
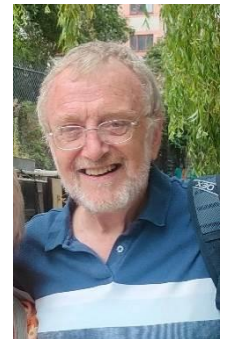
MONTHLY MEETINGS



The reward for turning out on a grey, rainy, miserable February afternoon was to hear a very entertaining and engaging talk by Alex Leger about his long career as a television programme maker at the BBC. His talk was lavishly illustrated with film and video clips and was enriched with many 'behind the scenes' anecdotes, for example John Noakes climbing Nelson's Column, Simon Groom in front of erupting Mount Etna and Lulu, the baby elephant, who ran amok on the Blue Peter set. As well as being amusing, Alex's talk was also very honest as he shared with us some mistakes he had made, such as ignoring local advice on a sea crossing in the Solomon Islands and ending up in a life-threatening storm far from land. His excellent and informative presentation left us with some wise advice from his many experiences: "Let those who can, do"; "Always try new ways of doing things" and "Always listen to local advice" of course!

Our speaker on **Monday 10th March**, Chris Forse, says he enjoyed his last visit to us in January 2024 and is looking forward to his return to deliver his talk '**On the road in the American West**'.

He will be taking us on a journey of over fifty years, through the scenic glories and the history of the American and Canadian West. He will also celebrate the 'great American road trip' from Greyhound buses and hitch hiking, to self-drive journeys of over 3,000 miles, with stories of meeting Native Americans, fundamentalist Christians, Highway Patrol men, and of the brief friendships that make travel in this region so rewarding. Chris was a teacher in Hong Kong from 1974 until 2008. He has been retired in Stratford-upon-Avon for sixteen years and was chairman of Warwick and District u3a for six years.



On **Monday 14th April**, we welcome Nick Penny, a well-known, respected and successful local author, performing artist and very talented and creative musician. He will play music for harp and handpan inspired by the local landscape and talk about his recently published book "*Call of the Kingfisher*". Nick has walked beside the River Nene at Oundle for four decades, but a chance encounter with a kingfisher on New Year's Day led him to a deeper relationship with the waterway and the woods nearby. Come and discover why Nick describes his book as a "love letter to a short stretch of Northamptonshire's River Nene", and celebrate a year of taking in

the glorious sights and sounds of the riverbank.

Please remember to bring your membership card to the meeting as it makes signing in a lot quicker.

ICT help at Oundle School

A reminder that you can get help with using your mobile, laptop, iPad etc from the pupils on a Wednesday afternoon between 2.30pm and 4.00pm. Please contact me if you want to pop along, if only for half an hour, so that I can arrange a timetable.

oundleu3achairman@gmail.com



Theatre and Outings

Many thanks to those of you who gave feedback about outings. The general feeling was that matinee performances suit Members better than evening performances in the winter months, keeping costs down is an important factor – particularly for couples, not going too far afield but appreciating being driven, going with others if 'single' and enjoying a meal before a concert and having everything organised.

So with those comments in mind:

Tuesday 20th May – a day out in Lincoln, beginning with a tour of Bomber Command Memorial Centre on the outskirts of Lincoln, before heading into the centre of the city for a guided tour of the magnificent cathedral.

Cost is £41.50 pp.

Friday 13th June – a visit to the open-air theatre at Toleshope, near Stamford, to see Agatha Christie's 'who-dunnit', *The Mirror Crack'd*, with time for a picnic beforehand.

Cost is £34 pp.

Please contact oundleu3achairman@gmail.com or check out our website for further details.

September – a day trip to Cambridge, starting at the Fitzwilliam Museum.

Further details about this in April.

Nothing has been planned so far for December. It was felt that another outing to the Thursford Christmas Spectacular would be too expensive. We are looking for something a little nearer and cheaper. If you have any ideas, please let me know.

See the email address above.

Info from our Committee meeting on 3rd February

We recorded the details of the Special General Meeting (held on 9th December to amend our Constitution) in the Minutes. The Third Age Trust has acknowledged this change.

We reviewed the Christmas Extravaganza.

After discussion, we voted for three candidates for the new TAT Board.

The Chairman updated the Committee on Network and Regional matters.

The Treasurer presented the draft accounts for 2024, which had been circulated prior to the meeting. After discussion, the Statement of Accounts and the Balance Sheet were unanimously approved, with thanks to Barbara for her hard work. It was further agreed that a letter be sent to Group Leaders about the need for a new Treasurer, asking them to read it to their Group.

Members' renewals are going well.

Our website 'hits' have increased.

Thanks were expressed to Group Leaders for completing Risk Assessments and Emergency Contact details.

Our next meeting is on Monday 7th April.

Northamptonshire Police

As you know, we had a record turnout for the January meeting when Northants Police came to talk about scams and fraud and all of the leaflets they brought quickly disappeared. We asked them to send more, so I naively expected a box to be delivered, instead of which, a foolscap envelope with mostly single copies of different leaflets arrived! The Committee decided that the easiest way to disseminate the information would be to give you some useful websites and mobile numbers. Those of you without internet access – please contact me and I will give you a hard copy of any relevant information you require.

Report scam text messages by forwarding them to **7726**

Report suspicious emails by forwarding them to report@phishing.gov.uk

Report fraud and cybercrime to Action Fraud by phoning **0300 123 2040** or by visiting www.actionfraud.police.uk

If you have inadvertently supplied payment details or personal data, notify your bank by calling **159**

If in doubt about anything to do with scams or fraud, contact CyberProtect@northantspolice.uk or phone **101 ext.346 696**

SPOTLIGHT ON ART APPRECIATION 4

Diana Redward



A small group from Art Appreciation 4 recently went to Milton Keynes and after lunch headed for the Gallery, near to the Theatre, to view the artist Vanessa Bell's exhibition. Once inside the colourful MK 'block', the Gallery was very roomy and well laid out, with a good café and shop area.



The works of the multi-talented Vanessa Bell, sister of Virginia Woolf and a leading member of the Bloomsbury Group, were immensely varied and rewarding to see. Paintings, textiles, ceramics, china, furniture, printing and sketches were all well-arranged and displayed. They came from both public and private collections as well as Bell's long-time home at Charleston in Sussex. One we spied had been lent by Cherie Blair!



We shall be keeping the Gallery in mind for future visits to exhibitions as this was of a very high standard.

NEWS FROM THE GROUPS



Yoga Seated and Standing on Zoom

Nancy Taylor

u3a members are welcome to join the Seated and Standing Yoga Group on Zoom.

We have 45 minutes of Yoga every Monday am (when I can) starting at 9.15am and finishing at 10.00am.

We find space in the body, breath and mind with simple but very effective yoga movement. It leaves us refreshed, ready to start the week and enjoy what the day brings.

If you prefer, you may to stay seated and for this you will need a dining room style chair.

If Zoom worries you please contact me anyway and we will see what help can be given.

I have been teaching Yoga for nearly 19 years now and would love to share the benefits it can bring. If you would like to join us, please use the contacts link on the Oundle u3a Groups page for Yoga Seated & Standing to get in touch. Keep moving, keep young.



Quizzes 'n' Puzzles have a couple of spaces in their Group which meets on the second Thursday of the month at 2.00pm. If you would like to join us for an afternoon of fun and laughter, please contact us via the Groups web page.



Line Dancing. Thank you to Maureen, Group Leader of Line Dancing, for inviting me along to their February meeting. There was a real buzz in the QVH, with about sixteen ladies following the 'calls' from Maureen and obviously enjoying keeping fit. I enjoyed taking part, even when I went off in the wrong direction. The main thing was the taking part, with no pressure, but you certainly had to concentrate, which was very good for the brain! I am sure Maureen would welcome a few new Members so do check out the website for further details.

I would love to visit other Groups, if invited! Gill Potts

The **Italian Language and Culture Group** has made a promising and enjoyable start and we are now in the process of refining our meeting processes to accommodate a wide range of speaking ability, but a huge enthusiasm quotient! We have a Podcast and the adventures of Asterix the Gaul to keep us occupied for quite some time and I am confident that we can become a first class corner of Italy in Oundle.

Richard Greenwood



Chinwaggers next meets on March 27th from 10.00am 'til noon in the Snug of the Talbot Hotel Oundle. All welcome.

Welcome to our Treasurer – elect!

Barbara Ding

The search is over...

I'm very pleased to announce that David Tinsley, who joined Oundle & District u3a in 2022, will be formally proposed for election as our new Treasurer at the Annual General Meeting in May.

David will be co-opted to join the Committee at our next Committee meeting at the beginning of April and we'll be working together in the intervening weeks so that he can get up to speed for a smooth hand-over.

David and his wife moved to the area from Kent. He's a keen supporter of our u3a; he plays with the Golf for Fun Group and is a member of the Ukulele Group. He also plays the acoustic guitar. He is very much looking forward to meeting lots of new members now, and getting involved with running the organisation.

After a fulfilling career in different sectors of the finance world, David brings lots of relevant financial skills and experience to the role and the Committee is very glad to welcome him.

Several members responded to our search for my replacement and I'm very grateful for their enquiries and interest. My thanks also to all our Group Leaders who did a great job talking to their Groups about what we needed.

Very best wishes,
Barbara ... *the soon to be retired Treasurer!*

Once again, Northamptonshire Police, through the Northamptonshire Safer Road Alliance (NSRA), are inviting us to their yearly Mature Drivers' Roadshow. This event has always been popular with our members, but sometimes it has been held too far away for us and/or places go very quickly. This time, it is being held at the Holiday Inn, Corby which is right on our doorstep.

Free Mature Drivers' Roadshow – 7 May 2025.

Are you a mature driver (aged 60+)? Live in Northamptonshire? Rely on being able to drive? This FREE roadshow is for you!

Driving is an important part of our everyday life and we are keen to help to keep mature drivers driving safer for longer.

Our driving ability changes over time for different reasons, especially as we get older. It's important that we recognise whether and how our driving is changing so we can stay safe and protect both ourselves and those around us. This Mature Drivers Roadshow is aimed at drivers 60+, and will cover all different aspects of driving. There will be a short talk and then plenty of time to meet informally with our many stand holders. Free advice will be available on car adaptations, eyesight, how your prescription medications may affect you, and much more. There will be Free IAM RoadSmart Mature Driver Assessments available to book. Our aim is to keep mature drivers driving safer, for longer.

Book your free tickets via Eventbrite: <https://www.eventbrite.com/cc/northants-mature-driver-roadshows-4099083>

The event is being held at the Holiday Inn Corby, A43, Geddington Road, Corby, Northamptonshire NN18 8ET (what3words.com/soaks.tamed.flag) with two sessions, 9.30am and 1.00pm.

OUNDLÉ u3a LOCAL HISTORY GROUP 1

LATEST BOOKLET -

“PLACES OF WORSHIP IN OUNDLE 8th CENTURY TO PRESENT DAY”



**“From Bakehouse to Surgery, *via* Chapels,
Pubs and Parlours.”**

With map and several surprising illustrations.

Suggested minimum £3 donation to Oundle u3a.

Available at the March u3a meeting.



MARCH QUIZ

Part One: It's all about March.

1. What significant event in Roman history is associated with the "Ides of March"?
2. On which day in March is St Patrick's Day celebrated?
3. What is the birth month flower for March?
4. What is the astronomical phenomenon that marks the start of spring in the Northern Hemisphere, usually occurring in March?
5. Which renowned artist, known for his "*Guernica*" painting, was born on March 28th 1881?
6. Which popular children's book features a character named the March Hare?
7. Which two zodiac signs cover the month of March?
8. On the first Thursday in March every child in full-time education in the UK is given a voucher to spend on what?
9. March is called *maaliskuu* in which European language?
10. Complete the saying 'March comes in like a lion and goes out like a ...'?

Part Two: It's all about Spring

What do you know about Spring? The answers to the following are either True or False – do you know which?

1. On the first day of Spring, the hours of daylight and of darkness are equal.
2. During the vernal equinox, around March 21st, an egg will stand on its small end.
3. The ancient Greeks celebrated Mother's Day in Spring.
4. Finding a four-leaf clover is thought to bring you good luck.
5. The area along the California–Oregon border is known as the "Easter Lily Capital of the World."
6. Baby birds must learn how to sing.
7. Arbor Day, which encourages the planting of trees and celebrates the role trees play in the environment, is traditionally celebrated on the last Monday in April.
8. Spring Fever is a real physical condition.
9. An emerald represents spring.
10. William Wordsworth wrote a famous poem about daffodils.

Answers to February's Quiz

Part One: 1. Peter Snow; 2. *Drop the Dead Donkey*; 3. Dropbox; 4. Pig; 5. Edward Snowden; 6. Jonny Wilkinson; 7. Mount Snowdon; 8. David Armstrong-Jones; 9. Butch Cassidy and the Sundance Kid; 10. Jon Snow; 11. Snow Patrol; 12. Snowbird.

Part Two: 1. Eros; 2. Venus; 3. Juno; 4. Richard Cadbury; 5. Verona, Italy; 6. *Hamlet*; 7. 1537; 8. Al Capone; 9. The telephone; 10. Tomato; 11. A clay tablet; 12. Claudius.