



Beware scams

Many of you have learnt more about protecting yourself from scams and fraud during our talks from the police cyber team. One member warns of a recent incident where a BT email account was hacked. This happened during the morning of 31 July sometime from 9.30am. They spent the day and evening in contact with the BT fraud team, until active scam contacts were finally stopped. This is just a reminder that as soon as you are aware of anything of this nature affecting you, do not reply to these contacts and ideally forward messages to the national scam number **7726**. These will go directly to your provider free of charge, who can then deal with them and prevent other users being subjected to the stress that these attacks cause.

Monthly meetings

The July meeting and summer social went down extremely well, with our speaker/entertainer singing songs from the shows, ranging from hits from Rogers and Hammerstein to new songs from Paddington the musical (yes, inevitably marmalade was involved). Despite the heat, Richard gave a spirited performance, donning different jackets and hats to set the tone, whilst members cooled off with Pimms and ice cream cones.

Coming up



26 August

Izy Frydrych

Jadzia's War

The incredible story of an 11 year-old Polish girl, escaping the country at the outbreak of WW2, and her adventures which included travelling to and living in Africa before finally reaching England. A remarkable account from Jadzia's daughter.



30 September

Lynette Hill

Lobo the Grey Wolf

A ruthless hunter is transformed by his encounter with a particularly clever wolf.



28 October

The Work and Training of Guide Dogs

The amazing relationship of assistance dogs

You are all warmly welcome to come along, and we are happy to accommodate guests who would like a taster of what the u3a is about.

Our meetings all start at **2pm** and are followed by refreshments, and we welcome you to stay for a chat with other members over tea and biscuits. The venue is Towcestrians Sports Club, where there is plenty of free parking.

Book all meetings at: <https://u3a.simplmembership.co.uk/Towcester/Administration/Events>

Monthly Coffee & Chat

Our informal coffee get-togethers are held each month between 10am – 12noon at Watling Street Village (formerly 185, on the High Street). These provide the opportunity to meet other members for a chat over a hot drink. Meet in the front room – purchase your own drinks. All very warmly welcome. The next meetings are:



August – no meeting

Wednesday 16 September

Thursday 15 October

Thursday 10 November - it is intended that this will take place at Gallone's ice cream parlour – although not the season for ices, they apparently do coffee and a very good toasted tea cake! Regulars might appreciate trying a new venue.

Group news

Understanding the Stock Market



New course of workshops – last call

To allow Members to have a constructive learning experience, we run a series of monthly workshops where we SLOWLY go through explaining what makes a Stock Market, how they move and discuss how we could use the information in our (or family's) lives.

This year, we've received a lot of interest but there a few places left.

Please remember that:

- You are only indicating an interest, you are not committing to anything;
- The course is totally free (except for buying your own refreshments)
- We NEVER push any Member to make any investment.
- The course is structured so that you can take it just as far as you like

If you are interested please contact me and I'll reply with more information and update you as we move towards September. **Contact: Andrew Pearson on 07798.567867 or andrew4.investing@gmail.com**

London Explorers 2

London Explorers 2 experience "Our Story" with David Attenborough at the Natural History Museum

Members of LE2 went to see "Our Story" narrated by Sir David Attenborough currently being shown at the Natural History Museum. Seated on low benches throughout the room, the show was a 360° immersive experience with amazing images travelling along all 4 walls, the ceiling and floor. Starting with the planets and stars of the universe, Sir David took us on a journey of life on earth, beginning with simple microbes to more complex and varied organisms. His focus was on the evolution of mankind and the path we have taken from our origins as Homo Sapiens with a unique quality of intelligence to the present day and the effects of climate change on our planet. He finished with the warning that if we continue along this path then it will lead to another catastrophic event and the extinction of life but said that the earth would reset as it had done before

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billions years ago. However, he gave a message of hope that man could restore a greener planet if we used not only our intelligence but also wisdom.



LE2 members in front of the Age of Humans' garden in the Natural History Museum. The plaque behind them stating: *"We are able to learn from the past and reflect on our actions. We can choose to make changes for a sustainable future where both the planet and people thrive."*

Let's hope that some world leaders take note!!

Boys Toys



Boys Toys visited the Bucks Railway Centre in July. Some major work is underway to connect to another line with help from HS2 nearby. This means the main track through the station is being replaced although steaming days are still underway. Some envious eyes on what looked like amazing breakfasts being delivered to nearby tables meant some headed for the café, while the rest of us had lunch in the Bow pub in Waddesdon.

Boys Toys 2



Boys Toys 2 group July day out was a visit to RAF Wittering, home of the Hawker Harrier. The day began with a detailed talk on the history of RAF Wittering, from 1916 to present day, followed by a tour around the Wittering

Painting for Pleasure

The image is a horizontal strip divided into three equal panels, each depicting a different scene from a beach vacation. The first panel on the left shows a long wooden pier extending from a rocky shore into the ocean under a clear blue sky. The middle panel shows a red hammock strung between two palm trees on a sandy beach, with the ocean in the background. The third panel on the right shows a person from behind, wearing a white t-shirt and black shorts, standing in the shallow water and holding a beach ball high in the air.



suspenseful **CAPTIVATING** intriguing
investigation
separately **ACTION** **DECEPTION** **SPELLBINDING**
psychological entrhralling amazing
chilling **CRIME**
uninspected **TWISTS** **detective** surprises
page-turner
elusive **MYSTERY** dark
engaging **CLUES** **UNMASKING**
intense **THRILLER**
TURN **THRILLER**
BETRAYAL **secrets**
REVELATION **pursuit**
hidden **suspense** mysterious
thrilling **adrenaline**
unpredictable

Made with WordClouds.com

We are currently reading Absolution by Murder Peter Tremayne and Baking Bad Kim M Watt and have read a huge variety of genres over our time covering authors such as Peter May, Claire McGowan, Satu Ramo, Harlen Coben and many more. We meet at 1.30 pm on the third Thursday at Watling Street Village – contact Lesley Anderson.

Strollers



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Ramblers 1

It was forecast to be hot, but too hot, so 14 members of Ramblers 1 Group assembled at the Old School, Adstone, on Wednesday 15 July, hats and water at the ready, and set off on a walk led by Conrad Dower. He had designed a shorter route that used the shade as much as possible, which took us within sight of Canons Ashby to our right, before turning down the old Oxford Lane (a drovers' route). The day was warming up, and the paths were awash with butterflies as we headed across to Plumpton Woods, where the cool woods

were a good place for a break before we set off back across the fields to Adstone. Conrad had arranged for us to enjoy a ploughman's lunch in the Old School (now the village hall), rounding off a great Ramble. Thanks, Conrad!

Ramblers 2

Beautiful summer sunshine, albeit a little warm, accompanied our July walk. Starting from the Eykyn Arms in Gayton and a manageable distance of just over 4 miles considering the heat. Walking along country lanes and byways towards Tiffield and through the pocket park, up onto the flats and back along lanes to Gayton village with mercifully no stiles and no hills, but with one flight of steps out of the park. Thankfully, much of the walk was in the shade and the group returned to the Eykyn arms for lunch and much needed refreshment. This month we are grateful to Kate Bartlett for arranging a lovely walk and the stunning weather!



Striders



Our July stride over 7 miles from Gayton was hot, hot, hot! It didn't deter the group though, but a cold drink at the pub afterwards was never more attractive. The route led by Kate took in Pattishall and Bugbrooke, with a return along the canal. As all of these snaps show, the countryside was already burnt to a crisp, and the fields full of deep cracks, even by early July.

Music Appreciation



Do join us on the first Monday of the month 2-4 pm at home in Towcester for an enchanting introduction to all genres of music and to the fantastic composers who have given so much pleasure over the centuries and today. Projected onto a large screen, immerse yourself in the visual and sound experience and enjoy coffee/tea and friendly chat at the interval.

We've had music from costume dramas, ballets, focus on specific instruments (the harp was featured last month), Philip Glass for modernists among us, folk, film scores, and so much more. It's up to you too to share your favourites with the group when you are ready.

Group leader is Valerie Hall valhall321@gmail.com

Hope to see you there!

Theatre Group



FINAL CALL! FINAL CALL! FINAL CALL!

WAITRESS. Weds 23/9 circle seats @ £38.00 each

SILENCE OF THE LAMBS Weds 30/9 stalls seats @ £27.50 each

If you are interested in seeing either of these shows please let Judith Baines or Lesley Bradshaw know asap. This is your last chance to book tickets for these performances.

Coming up:

CHOIR OF MAN Saturday 10/10/26 Stalls @ £35.00 - DERNGATE

MAMMA MIA Wednesday 14/10/26 Circle @ £34.50

Contact: Finance/payment – Lesley - lesleyj22@hotmail.com / Bookings – Judith - judeat11@hotmail.com

Garden Visits



Members visited Nymans, a Grade II listed house and gardens in West Sussex on a very hot day in July.

In August members of the group are off on holiday, visiting gardens in County Durham and also enjoying an outdoor production of 'Kynren', an epic show of England through the ages, with a cast of 1000 – so we look forward to hearing about that in September.

Mixed Crafts



The group had another creative session making book folded vases.



IT Helpers Group – next meeting Monday 17 August, 2-4pm, Sawpits Centre

At our July meeting the IT help included giving advice on using various features of iPhones and Android smartphones, how to set up a new laptop by copying across from an old one, and problem solving an issue with an email account.

Do you need help in understanding how to use your PC, laptop, smartphone (Android or iPhone) or tablet? Do you want to learn how to do emails, documents, spreadsheets, or how to use social media, etc. Then the Towcester U3A IT Helpers group is here to help you get more from your IT.

If you would like some IT help then just come along to our next meeting on Monday 17th August at the Sawpits Centre between 2:00-4:00 and we will have a one to one conversation with you. You do not need to bring any IT equipment with you to the meeting as we bring our own, although if it is to do with a piece of your own IT equipment, then it would be helpful if you could bring the item with you.

If you are not sure what you want to know, then come along to a meeting for a conversation with one of us and that should get you started. We cannot guarantee to be able to solve every problem, but between us we will give it a try.

We are a group of amateurs who are interested in IT with a wide range of experience between us and are willing to offer support to people of the U3A who have queries on using IT.

Meeting details: Monday 17th August, 2:00-4:00, at the Sawpits Centre.

Contact: ithelp@towcesteru3a.co.uk



Ukelele players

Are there any former members of the ukelele group interested in reviving the group? Or members who would like to give it a go? We've had a few expressions of interest, so if this appeals to you please do get in touch with our Groups Co-ordinator, Jill Stewart - jillastewart49@gmail.com

List of interest groups available at Towcester u3a

Towcester u3a offers a wide variety of interest groups. See: <https://www.towcesteru3a.co.uk/groups/interest-groups> If you have ideas for other groups which you think may appeal to members, do consider setting one up. Guidance and support will be provided. Don't forget – the ethos of the u3a is that is run 'by members, for members'. Contact: Jill Stewart - jillastewart49@gmail.com

Online learning from the u3a

In addition to what is offered in Towcester to members, don't forget that the u3a nationally offers many interesting courses and talks available to all members online, to enjoy from the comfort of our own home. Just to give you a taste of what is coming up in the next couple of months, topics include:

- Digital hobbies for the third age
- Deepfakes demystified
- Wild edible autumn seeds
- Drones, what are they good for?
- Mindfulness and mediation series
- And much more.

Find something that interests you at: <https://www.u3a.org.uk/events/educational-events>
