

**August - dictionary definition:
inspiring reverence or
admiration.**



**DON'T FORGET
August Bank Holiday - Monday 28th**

Chair's Chat:

At the book club last week a number of books were recommended.

The one which appealed to me is Penguins Stopped Play.

Why you may ask?

When I was a child in the early 1950's my dad was an electrical engineer on the whaling ships that went to Antarctica. He 'disappeared' for months and months but always came home with wonderful presents for me and my brothers. He also brought many photographs of the ship and playing football with the penguins!

I have dreamed of going to Antarctica for years but unless I win the lottery that will not happen. Of course it would help if I remembered to buy the occasional lottery ticket!

When I heard about this book I wondered if would be about penguins playing football – but no – it's a true story about men playing cricket.

Trish Dewar
Chair

What do you call someone who enjoys Mondays? Retired.

Retirement is wonderful. It's doing nothing without worrying about getting caught.

The older we get, the earlier it gets late.

With age comes wisdom ... and hair in really weird places.

At my age, the only pole dancing I do is while holding on to the safety bar in the bathtub.



Northamptonshire
Police

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 the Northamptonshire Safer Roads

Alliance (NSRA) are keen to help keep mature drivers driving safer for longer.

Our ability to drive 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.

Book your free tickets here: <https://mature-drivers-09-2023.eventbrite.co.uk>

The event is being held at The Goods Shed, 227 John Clark Way, Rushden NN10 0AW with two sessions, 9.30am and 1pm.

The roadshow starts with a talk, so it is best to arrive before the start time so you can get a cup of tea and get settled.

Northamptonshire
NSRA
Safer Roads Alliance

FREE
Mature Driver Roadshow
5 September 2023

**DRIVING
SAFER
FOR
LONGER**

The Goods Shed,
227 John Clark Way,
Rushden NN10 0AW
<https://what3words.com/minority.mows.interrupt>

Advice on:
Car adaptations
Eyesight
Highway Code changes
How to stay safe
First Aid

**FREE: IAM RoadSmart Mature
Driving Assessments**

Book your free tickets: <https://mature-drivers-09-2023.eventbrite.co.uk>



Special Events –

Windsor Castle – Thursday 7th September

This trip is fully subscribed, and we do have a reserve list of members who would like to go. Therefore, if you are now unable to go on this trip, I would be grateful if you could let me know as soon as possible so that someone else can take your place.

Turkey & Tinsel

I have just 5 places left for this event, which is being held at the Suncliff Hotel, Bournemouth from Friday 1st to Monday 4th December.

The price of £245 includes the coach there and back, dinner, bed & breakfast for 3 nights, entertainment on every night, together with lots of extras including Sherry Reception, Bucks Fizz reception, Christmas Presents for everyone, wine on the table each night, etc. Just a £10 (nonrefundable) deposit to secure your place with the full payment due by the end of September. See me at the monthly meeting or contact on peterandjeanmole@btinternet.com.

Some Guys have all the Luck (The Rod Stewart Story)

I have 3 tickets in the stalls for the matinee performance of the above show on Wednesday 22nd November at the Royal & Derngate Theatre, Northampton. This is a self-drive event, but if anyone requires a lift, I would be happy to organise. The cost per ticket is £27.50, and full payment needs to be made by the end of September. I can take cash or cheques (made out to Higham & Rushden u3a) at the monthly meeting, or you can pay by BACS to Higham & Rushden's Bank Account No 32986742. Sort Code 54 41 05 and put "Rod Stewart" as the payment reference. Please do not pay on account no. 32986734 which is for membership payments only.

Contact Jean Mole on 07736 445 658



Home Dining

Cost £12.50 to include a 3 course dinner, a glass of wine and a cup of tea or coffee.

Contact me on 01933 626 608 to book a meal with good company and good food.

Jean Mole



Wine Appreciation:

The group is suspended for the time being.

Steve Evans



History Group:

There is one more trip to go this year which is to Windsor Castle on Thursday September 7th which Jean Mole is organising on behalf of the History Group. The trips this year have been a success and enjoyed by all who have been. Many thanks to Jean Mole who has organised both Windsor Castle and Anglesey Abbey and to Gerry Derbyshire for the quizzes that have gone well on the trips. Talks are being arranged from October onwards at our usual venue at the Masonic Hall in Rushden. The talk for October is on the notorious Cudworth gang of South Northamptonshire. This will be held on Thursday October 5th at 2pm. I look forward to seeing you all again.

Brian Turner



Knit and Natter

Both knit and natter groups are going well. We meet every Monday morning knitting a variety of things. Some people knit squares to be turned into lap blankets which we give to various local care homes. Some people knit their own projects. We have a couple of members that crochet too. If interested in either group, please contact me to go on the waiting list.

Kathy Arnold.



Garden Group:

Garden Group has had some lovely visits this summer and the weather has been great for them all.

We now start on our talks kicking off on 14th September with Joe Whitehead who is speaking on Burghley past, present and future.

We then have an October meeting on pumpkins.

Please remember to bring your spare plants to the meetings.

Look forward to seeing you all soon.

Lorraine Brown



Computer Group:

The group meets in Rushden RC Church Hall on the 1st & 3rd Wednesdays each month from 10:00 till 12:00. *In view of the low attendance at recent group meetings I have decided to close the group for the summer, resuming on Wednesday 20th September, by which time most group members will be back from their summer holidays. I look forward to seeing many of you then.* I am happy to answer questions by email if you need help with something over the summer.

For details contact Jim Morrison using the contact form on the H&R website.

Jim Morrison



W.A.L.T: Would Anyone Like To:

Find some company foranything you fancy doing, but don't want to do it alone. Find some information or advice onanything you want to know about.

Find someone to take away.....anything you don't need (but someone else might).

The new look W.A.L.T group is a bit of an amalgamation of social media, recycling, and a companionship group, and with 70+ members, you stand a good chance of some responses from your fellow group members.

Don't worry if you are hesitant about using email - we have a very successful Buddy system in place to ensure no one is excluded because of technology.

For more information either contact the group leaders, Janet, and Ken, via the website, or see us at the main U3A meeting.



Ten Pin Bowling:

On alternate Fridays at 11.00 hrs, a polite (though not necessarily when playing!) assemblage do their best to beat members of their own group and fellow teams. (See calendar on HR website for latest info. Latest scores for the group can be found on the group page.)

Whether you can knock down 10 pins or miss completely (and many do) then you are a bowler. . . though it is under-arm.

It costs just £6.55 for 2 games so what have you to lose? We're down at Hollywood Bowl in Wellingborough, adjacent to Tesco. You never know, you might 'strike' lucky! Please note that this group has a rotating leadership.

Group Leaders: Alan Collison, Martin Cromwell & Alan Nixon

Janet and Ken. Group Leaders.



Golf:

The group needs your support.... we are short of members who wish to play either regularly or on occasion, so please consider if you enjoy the game come and support our u3a golf group.

The golf group has now been reconfigured to offer regularised play at Pytchley Lodge for 9 holes every 2nd and 4th Monday each month (tee times will vary) see HR calendar.

<https://u3abeacon.org.uk/u3acalendar.php?u3a=118&sc=LUDE&hdr=0>

A full 18 holes will be played on a course chosen on a rotating basis from a handful of local courses within a nominal 1 hour's travelling time from Rushden to be held on the 1st Monday of each month. Players of all levels of ability are welcome.

Want to know more? Please get in touch via the Contact page, or ring Group Leaders: Hensley on 01933 805547 or Alan Nixon on 07850 789447.

There is also a survey on the group page for current and new group members

Alan Nixon



Bookmarks Again:

This month the group decided that we would discuss and share some of our favourite books or ones we could recommend to others.

This time it is a list of both Fiction and Non-fiction. Some are amusing, others are sorrowful, but we think all are worth reading and exploring:

Small Things like These by Clare Keegan is a slim but powerful story set in Ireland.

The Four Winds by Kristen Hannah is a story of the USA in the 1930 Depression Era but provides a story of great courage.

Lessons in Chemistry by Bonnie Garmus is an entertaining novel mixing humour with a woman's determination to succeed in a world of Science which at that time is dominated by men.

The slim volume of A Month in the Country written by J L Carr is a lyrical story well worth reading or re-reading.

Someone Else's Shoes by Jo-Jo Moyes is a story of women finding out what happens when they accidentally have their bags swapped at the gym. Very light and humorous.

The One in a Million Boy by Monica Wood is how the life of a cantankerous old lady is transformed by an unexpected friendship with a small boy.

The Mask of Demitrios by Eric Ambler is an other slim volume republished by Penguin Modern Classics.

Penguins Stopped Play by Harry Thompson is a factual cricketing adventure of a group of friends.

Journeys to Impossible Places by Simon Reeves shows how our tourism can have a varied impact for both harm and benefit to the Planet

Ann Kemp



A Little Aloud:

We meet on the 2nd & 4th Wednesdays of the month at the leaders' home, between 10.00-12.00 New members welcome.

A Little aloud explained: We have a theme every month and members can bring an item of prose to read. There is a break for refreshments half way into the meeting.

Please contact leaders for more information. Linda and Chris Walker.
spidar.girl@btinternet.com

Linda and Chris Walker



Sunday Lunch group:

IMPORTANT NEWS: Chris Ebden and I have decided to give up running the Sunday walk in country parks and lunch group at the end of the year. November will be our last walk.

We have enjoyed our walks and lunches but find it is getting increasingly hard to find somewhere to walk within reasonable distance. Finding lunch venues is difficult as we know many of you do not wish to drive out of the local area.

I am happy to carry on with the Sunday lunches very locally. If you wish to be transferred to the Sunday lunch group please let me know, this will be every 2 months once I can sort out a convenient one in my diary.

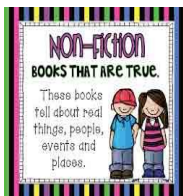
Maybe you would like to carry on the group in its present form. If so please let me know and I will give you any help I can.

Thank you for your companionship on our past walks and lunches.

Until the end of the year our combined Sunday Lunch and Walking in Country Parks lunch meets on the 2nd Sunday of the month.

Early booking required please as Sunday lunches are generally getting more popular. We aim at about 16 members attending enabling us to remain a friendly group. Book with Linda Walker for lunch: spidar.girl@btinternet.com

Maybe you need or could offer transport which would be very helpful. Venues usually require a small, non-refundable deposit and choice of meal. Please let us know if you are interested ASAP. Linda Walker spidar.girl@btinternet.com.



Non-Fiction Book Group

We have changed the date to the 4th Monday in the month 10-12pm.

Our book choices are varied. Recently we have read biographies, travel and history, both newly published and from past years. We meet at the leaders' home in Rushden on the 4th Monday of each month

10.00-12.00, to discuss our choice of book and choose another.

Future books are on the Beacon website they are:

Sept - To the Moon and Timbuktu by Nina Solvich

More information from Linda & Chris Walker:
Grpscord@highamandrushdenu3a.org.uk.

*A tutor who tooted a flute,
Tried to teach two young tooters to toot.
Said the two to the tutor,
"Is it harder to toot, or ...
To tutor two tooters to toot?"*

u3a MONTHLY MEETINGS

Please note there is a small charge for non-members. Details can be found on our website or call 01933 522934 for further information.

If you, or a friend, have had experience as a speaker at other groups on topics which you think would be of interest to our u3a members then please contact the Speaker Secretary.

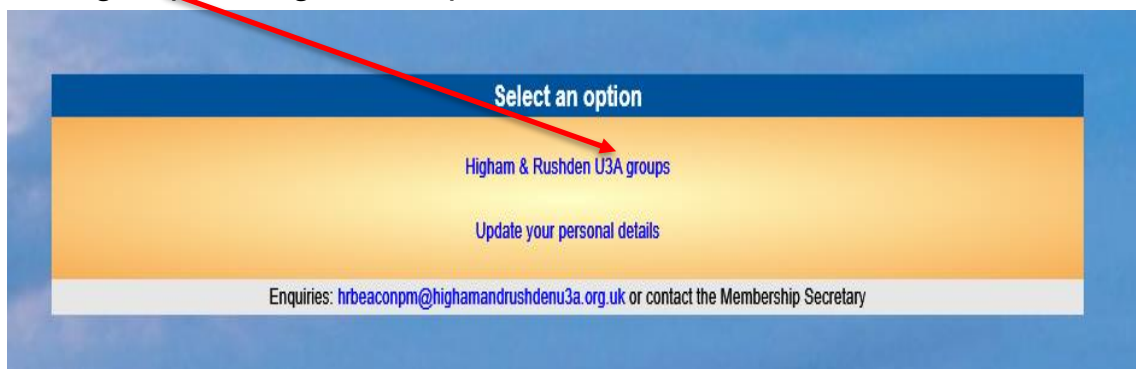
2023		
21 st Aug	Dave Andrews	Richard III – Man or mystery
18 th Sep	Fran Sandham	Walking across Africa
16 th Oct	Martin Lloyd	Passports, Assassins, Traitors & Spies
20 th Nov	Malcolm Darroch	When the Chute Went Up (Lady Parachutist 1903)
11 th Dec	Ron Smith	AGM & Silver Surfers
2024		
15 th Jan	Vince Eager	What time's the Midnight Buffet?
19 th Feb	Bernard Lockett	The Heritage of Gilbert & Sullivan
18 th Mar	Paul Robbins	A Step Back in Time (News. Events & Music of 60s)
15 th Apr	Susan Flipping	A Death in Time
20 th May	Tom Way	Wildlife Photography
17 th Jun	Mike Storr	Masters of Mirth

GROUP LEADER CONTACT DETAILS –

In accordance with GDPR we don't publish contact details for group leaders on a publicly available website or newsletter. There is a contact form on the website which can be used to email group leaders and u3a officers.

If you wish to telephone a group leader you will need to log into Beacon at <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE> <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>. You will need to create a password the first time you use the members' portal and full instructions are available on our u3a website.

Clicking on the Higham & Rushden u3a groups link opens a page listing all our current groups and gives telephone numbers for each leader.



GROUP DETAILS	VENUE	DAY/TIME
Check the group calendar on the website for further details		
A Little Aloud	Leaders home	2 nd & 4 th Wednesday on Zoom 10.00 & 11.00
Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 13.00-14.00
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1st Monday of the month*
Canasta	Saxon Hall, Raunds	1 st & 3 rd Thursday 10.00-12.00
Computing/Technology	St Peters RC Church Hall Rushden	10-12am 1 st & 3 rd Wednesday every month RESUMES ON 20TH SEPT
Country Dancing	Hensman Hall Chichile St. NN10 8HT	Alternate Mondays 2 00-3.30pm
Country Park Walks	Various Parks	2 nd Sunday 10.30
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 nd Thursday 10.30-12.30
Golf	Various	1stm 2 nd & 4 th Monday, times vary
Guitar Improvers	Rushden Windmill Club	Tuesday 4pm
Handicrafts	Rushden Bowls Club	4 th Thursday each month 2-4pm.
History Group	Rushden Masonic Hall	1 st Thursday each month 14:00
Home Dining	Various	Three times per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Waitrose Community Room	Alternate Mondays 14.30-16.30
Continued...		

GROUP DETAILS	VENUE/DAY	TIME
Check the group calendar on the website for further details		
MMFC	Rushden Golf Club	Weekly Mondays 10am
Non-Fiction Books	Leader's Home	4th Monday 10.00-12.00
Play Reading	To be advised	1st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Venue varies	Every two Months
Table Tennis	Pemberton Centre	Wed 12.00-13.00
Ten Pin Bowling	Hollywood Bowl, W'boro	Alternate Friday 1100-1300
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tues 10.00-12.00
W.A.L.T.	Various	Various
Walking	Various	Various
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	Suspended for summer months

There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added and the group leader should contact you accordingly.



WATER VOLES

Did you know?

The water vole is famously known as 'Ratty' in Kenneth Grahame's classic children's tale, *The Wind in the Willows*. Despite being sometimes referred to as a 'water rat', there is no such thing

- there are brown rats, black rats and water voles.

Extracts from the BBC website of 20th June & 18th August:

The opening of a £121m bridge in Great Yarmouth has been delayed by a vole, Norfolk County Council has said. Builders found a potential burrow close to where the third river crossing is being built and work was temporarily halted. Voles are protected by law, under the Wildlife and Countryside Act 1981, and it is an offence to kill, injure or take them. The council said it expected the Herring Bridge to open in September.

More than 200 captive-bred water voles have been released at a secret location close to Haweswater, as part of an attempt to create a thriving population of the endangered species in Cumbria.

Conservationists and volunteers carried the semi-aquatic mammals to their new home in temporary soft-release pens, to allow them a few days to acclimatise, although 10 of the older ones were freed directly into the water.

Nearly wiped out in recent decades, the species was widespread across the UK. This reintroduction is the first in the Lake District.

Some interesting facts about water voles:

Water vole populations have fallen by 90% since 1970.

Water voles eat over 200 different species of plant.

They also eat the bark of willow, hawthorn, and crab apple trees; and they have been spotted as high as 2.5 metres up a tree.

They have to eat 80% of their body weight (60 -360g) a day to survive.





EDITORIAL This month I want to talk about Dementia which is an emotive topic but one which may well impact all of us sooner or later unless we are very lucky.

Dementia is a growing issue worldwide, due to an ageing population – but the dementia burden is not distributed equally among countries. According to Alzheimer’s Disease International, the majority of people with dementia live in low- and middle-income countries and these numbers are expected to grow, whereas in the UK, the actual numbers of people with dementia were less than the projected numbers in recent years.

Dementia is an umbrella term for a range of progressive conditions that affect the brain. Each type of dementia stops a person’s brain cells (neurones) working properly in specific areas, affecting their ability to remember, think and speak.

Doctors typically use the word “dementia” to describe common symptoms – such as memory loss, confusion, and problems with speech and understanding – that get worse over time. Dementia can affect a person at any age but it’s more common in people over the age of 65.

By 2025, it’s estimated that over one million people in the UK will have a diagnosis of dementia – and almost all of us will know someone living with the condition.

There are over 200 subtypes of dementia. The most common are Alzheimer’s disease, vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia.

Alzheimer’s disease is the most common form of dementia, and makes up around 60% of diagnoses in the UK

Vascular dementia. Around 17% of people diagnosed with dementia will have vascular dementia. It is the second most common form of dementia in the over 65 and is caused by problems in blood supply to the brain.

Frontotemporal dementia refers to a group of dementias that affect the frontal and temporal lobes of the brain, impacting personality, behaviour, language and speech.

Some of the other sub-types are:

Mixed dementia. At least one in every ten people with dementia is diagnosed as having more than one type, or mixed dementia.

Lewy body dementia. This is a progressive condition that affects movement and motor control.

Alcohol related brain damage. This is caused by drinking alcohol excessively over a prolonged period of time.

Posterior cortical atrophy. This is a rare form of dementia which people usually develop between the ages of 50 and 65 and often affects their sight.

Huntington’s disease. This is a genetic disorder caused by a faulty gene on chromosome 4.

Parkinson’s disease. It is estimated that Parkinson’s disease affects about 1 in 500 people, with about a third of people going on to develop dementia in the later stages.