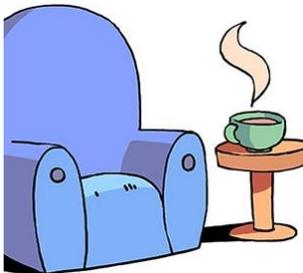




# DECEMBER

## *Holiday* W I S H E S



### FROM THE CHAIR:

Dear Members.

I want to wish you a very merry Christmas and a much happier new year 🎄🎄🎄

I am writing this on a day when the Covid vaccine start date has been announced which heralds good news for our U3A being able to rise Phoenix-like from the ashes sometime early in 2021. I understand that this vaccine will not stop you getting Coronavirus but does lessen the severity. You will need two vaccines one a few weeks after the other.

I am hopeful that I will be able to announce the commencement of our monthly U3A meetings probably after March 2021. As soon as the government give the go-ahead I will be in touch and be assured there will be much rejoicing.

My husband and I have managed, like so many, to get through lockdown during the summer months occupied by supporting our daughter and granddaughters and doing much-needed gardening. We managed to get away in our caravan a few times. I did wonder at the time if people would tolerate queuing in the cold weather. Well, it would seem we can tolerate queuing in cold weather as I witnessed today a mighty queue outside the shops at Rushden Lakes.

We had hoped to get away last month for one last trip in the caravan before Christmas. Two things have prevented that happening. One was lockdown, the other was our caravan being stolen during the night from our drive 4 weeks ago. 😞

To all of you: have a very merry Christmas and happy New Year.

Best wishes.

Angela.





## COVID-19 – EAST NORTHAMPTONSHIRE – TIER 2 LATEST INFORMATION

### From 2 December:

- You will no longer be required to stay at home wherever possible.
- You will not be allowed to mix with anyone from outside your household or support bubble indoors, either in a private home or a public place.
- You can socialise in groups of up to six people outdoors - either in private gardens or public places.
- You can form a support bubble with another household if you are the only adult in your household or the only adult who does not have a disability that needs continuous care.
- You can also form a support bubble with another household if you have a child under one, or a child under five with a disability that needs continuous care.

### From 2 December

- Pubs and bars may open only if they are operating as restaurants.
- Alcohol may be served in pubs, bars, cafes and restaurants but only as part of a substantial meal.
- Licensed premises must be table service only, stop taking orders at 22:00 GMT and close at 23:00.
- Entertainment venues can reopen.
- Gyms and leisure facilities such as swimming pools can reopen.
- Exercise classes and organised adult sport can take place outdoors, but not indoors if it involves people from different households mixing.
- Organised activities for elite athletes, under-18s and disabled people can continue.
- Sports events and live performances can open to spectators - up to 50% capacity or 2,000 people outdoors (1,000 people indoors) - whichever is lower.

### From 2 December

- All retail outlets can reopen.
- Click-and-collect services are allowed.
- Food shops, supermarkets, cycle shops, off-licences, pharmacies, hardware stores, banks, post offices, garden centres and pet shops can remain open.
- From 2 December you will be allowed to stay overnight away from your home with members of your household or support bubble.
- Places of worship will reopen for communal services. Worshippers should not interact with anyone from outside their household or support bubble.
- Weddings, civil partnerships and receptions can take place once more, with up to 15 guests.
- You should reduce the number of journeys you make where possible, and avoid travelling into tier three areas unless necessary.

### At Christmas

Coronavirus restrictions will be eased to allow people to mix with a slightly wider circle of family and friends.





Across the UK, people will be able to form "bubbles" of three households over a five-day period. Who can be in your bubble will depend on where you are.

Who am I allowed to see?

- Between 23 and 27 December, the three households in a "Christmas bubble" can mix indoors and stay overnight.
- Bubbles will be allowed to meet each other:
- In each other's homes.
- At a place of worship.
- In an outdoor public space, or garden.

The bubbles will be fixed, so you will not be able to mix with two households on Christmas Day and two different ones on Boxing Day. Households in your Christmas bubble can't bubble with anyone else.

There will be no limit to the number of people who can join a bubble in England, although the English guidance says it should be "as small as possible".



### **SPECIAL EVENTS GROUP:**

**NEWMARKET NATIONAL HORSE STUD** plus free time in Bury St Edmunds on Monday 7th June 2021. The anticipated cost will be around £30 per person dependent on numbers.

The booking is for a private, behind the scenes, guided tour of the beautiful 500-acre Newmarket National Stud, which is the only thoroughbred horse stud in the UK open to the general public. The pickups at Higham Ferrers & Rushden will be around 8.00am to 8.15am, to arrive at the Newmarket Stud at 10am where we are booked into the Waveney Cafe for a cup of tea/coffee (included in the price). At 10.30am their guide will board our coach as we travel around the stud, and he/she will explain the history of the stud and other interesting facts, stopping off at the Foaling unit, the Nursery Paddocks to see the mares and foals, and the superb Stallion Unit with the opportunity to see the stallions in their paddocks. The tour takes 1½ hours. We will then stay on the coach and travel the short distance to Bury St Edmunds for a free afternoon with plenty for you to see, including the 1,000-year-old St Edmundsbury Cathedral, the award-winning Abbey Gardens, the shops and restaurants, or maybe you would like to join one of the town's guided tours, their website: [www.burystedmundstourguides.org](http://www.burystedmundstourguides.org)



**HIGHCLERE CASTLE.** A big thank you to those members who transferred from our over-subscribed trip on Wednesday 1st September 2021 to the second trip arranged for the Wednesday 14th July 2021. There are still spaces available for the 14th July trip, and although the 1st September trip is full, you are welcome to put your name on the reserve list. We will then contact you if and when spaces become available. Approximate cost of both trips will be between £32.50 & £35.00, dependent on numbers.



Registered Charity Number 1164952.

[www.highamandrushdenu3a.org.uk](http://www.highamandrushdenu3a.org.uk)



**ROYAL COURTS OF JUSTICE & COVENT GARDEN:** The trip to the Royal Courts of Justice & Covent Garden is so popular that we have been able to put on a second coach for the same trip and spaces are now available. The pickup times will be the same (or 15 min apart), and one coach will do RCJ in the morning and Covent Garden in the afternoon, whilst the second coach will do Covent Garden in the morning and RCJ in the afternoon. Approximate cost between £32.50 & £35.00, dependent on numbers

If you are interested in any of these trips, please get in touch with Jean Mole or Sylvia Wright as soon as possible to register your interest. Contact details as under:

Jean: 01933 626608 e-mail - peterandjeanmole@btinternet.com or

Sylvia: email - sylwr9@gmail.com

We all need something to look forward to in 2021 so keep looking at the group page on the Higham & Rushden u3a website (under Special Events Group) where all the details of the trips are listed and new trips will be added as they are released

Thank you from Jean Mole and Sylvia Wright

At the point of saying goodbye to 2020, and the promise that the winter solstice brings this photo taken last week by Sylvia shows a bright light in the darkness at sunset, and encourages us to look forward to sunny days for the Special Events trips in 2021.



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## **HOLIDAY SEASON BEE FACTS:**

*As the festive season fast approaches and people across the world busy themselves with the buying of presents and preparations for the all-important Christmas Day feast let's take a look at some of the bees which make it all possible.*

### **Wreaths**

*Key items used in wreaths include Holly Ilex Aquifolium which is pollinated by Honey bees and Andrena Mining bees whose short tongues are well equipped to manipulate the strongly scented but visually insignificant flowers. The Ivy flowers has its own special pollinator the Colletes Hedera which only collects pollen from Ivy and only emerges at the opening of the Ivy flowers.*

### **Candles**

*Candles bring warmth and festivity to the home at during this season. It's not just the wax used to make candles which comes from bees, Christmas candles are often scented with festive spices such as Vanilla, Frankincense and Myrrh. Vanilla comes from the pod of a tropical climbing orchid and is pollinated by stingless Meliponini bees whilst Frankincense and Myrrh are both derived from the resin of exotic trees native to the horn of Africa. These trees are insect pollinated and visited by bees.*

### **Turkey**

*You may be surprised to learn that Turkeys need the assistance of bees to even exist. In the wild they are omnivores, feeding on a variety of seeds, and fruits reliant on bees and other insect pollinators to assist plants at the base of the food chains. Domestic Turkeys are fed a ration of poultry pellets predominantly comprising Maize, Wheat and other cereals. These pellet foods also contain significant quantities of Soya and or Field Peas as a source of protein. Both these legumes are highly reliant on Megachile and Osmia bees for pollination. In addition, free range Turkeys will graze and forage on flowering crops and among orchard trees where they can peck at fruit. These crops are heavily reliant on Honey Bees, Andrena and Osmia bees for pollination.*

### **Stuffing**

*No Turkey would be complete without stuffing which typically contains onions, herbs and spices all pollinated by Bees. The Onion Yellow Faced Bee Hylaeus Punctulatus collects its pollen exclusively from onions. Still common in parts of continental Europe this species is sadly thought to now be extinct in the UK. London appeared to be the species last stronghold in the UK prior to its extinction and the last specimen was seen foraging on cultivated onions in a Chelsea garden in 1827. In the US a small mining bee called Andrena Prunorum is one of the most efficient pollinators of commercially farmed onions.*





**Rock & Blues Group:** Meetings have been cancelled due to the new Covid-19 lockdown but we will resume as soon as regulations permit. If we don't meet up physically let me wish you: **Nollaig chridheil agus bliadhna mhath ùr** (which translates from Scottish Gaelic as Merry Christmas and Happy New Year). Contact the group leader Jim Morrison at: [webmaster@highamandrushdenu3a.org.uk](mailto:webmaster@highamandrushdenu3a.org.uk)



### Computer Group A For Pcs & Laptops With Windows. We

*all levels of users to our informal, relaxed group. It is light-hearted and fun. New members always welcome.*  
*meet on 1st and 3rd Wednesdays of the month. We welcome*



**Meetings are now cancelled due to the Coronavirus situation but we will keep abreast of Government guidelines and as soon as it is safe to do so we will recommence. Please see the website for announcements.**

Hopefully we will be able to resume meetings early in 2021 but for now, please stay safe and well and have a good Christmas and Hogmanay.

Jim Morrison Computer Group A leader.



### Computer Group B For Mobile With Android & IOS

Due to the most recent current restrictions regarding larger group meetings indoors being "illegal" and the substantial increase in preparations and group leader responsibility to ensure our venues are Covid secure, combined with my own personal calendar lifestyle changes and commitments, I have therefore now decided to close our group until 2021.

*If any group member or branch member would like any assistance with mobile devices and applications please feel free to make a direct contact with me as below.*

I wish that all our branch and its members remain healthy and safe and look forward to seeing members again next year.

Email: [c101776.3365@icloud.com](mailto:c101776.3365@icloud.com). Phone: 07850 789447.

Alan Nixson Computer Group B Leader.





Hi Everyone,

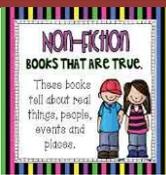
As we are all staying locally, we thought you might like to visit the following.

Looking for a short Christmas themed drive out? Christmas Lights switched on each evening 4pm-10pm on display in

**Braybrooke Close Ringstead**  
**(there is a small collection box for Cransley Hospice).**

We are happy to pass on details of any other details of seasonal charity fund raising events.

Stay safe,  
Linda and Chris  
Home contact 01933 387892



### Non-Fiction Book



### Popular Music Appreciation



### Days out Car Share:



### A Little Aloud



### Sunday Lunch

Take away Sunday lunches are available from the following. These are the nearest to our area I could find. Some you must order a few days in advance. Check their websites & menus. They all sound delicious.

- ✚ The Stag's Head, Earls Barton 01604 511631
- ✚ The Old Victoria, Burton Latimer 01536 721286
- ✚ Bells Kitchen at The Bell Inn, Finedon 07846437616

If you do try any please let us know how you get on.





### Driving:



As usual if anyone has any problems with driving matters, please contact me on 01933 356784 and I will see if I can help.

Steve Evans



**Wine Tasting:** Due to the current situation we have cancelled all meetings until next year when hopefully things will have improved. We will keep practicing and hope you will too.

We can be reached on [dsgrangeway@sky.com](mailto:dsgrangeway@sky.com) or 01933 356784.

Steve and Denise Evans

Mike Gibbons



**Beading:** With the continuation of COVID restrictions, the jewellery group will not start up again until 2021. As soon as it is possible and safe for us to meet up once more, I will notify all group members individually. Please stay safe and well and have a Happy Christmas.

Sherry Calvert





## GROUP LEADER CONTACT DETAILS

In accordance with GDPR we do not 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>.

You do not need a password or user name just your own personal details.



Clicking on the “Higham & Rushden U3A groups” link opens a page listing all our current groups and gives telephone numbers for each leader.

## SUDOKU PUZZLES

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**NOTICE:** The Covid-19 pandemic has had a significant effect on most, if not all of our Groups. Once a version of normality returns some of the groups below may no longer be active and others may have changed leaders, locations, times etc. Please keep checking the website for any relevant information.

GROUP	VENUE	TIME
A Little Aloud	Alternate Fridays	2 <sup>nd</sup> & 4 <sup>th</sup> Friday 10.00-12.00
Badminton Beginners & Improvers	Pemberton Centre	Tuesday 1400-1500
Badminton Experienced	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bridge (Beginners)	Leader's Home	Alternate Mondays 14.00-16.00
Bridge (Social)	Leader's Home	2 <sup>nd</sup> & 4 <sup>th</sup> Tue 13.30-15.30
Canasta	Rushden Bowls Club	Mondays 10.00-12.00
Chair Pilates Grp A	Waitrose Community Room	Fridays 2pm - 3 pm
Chair Pilates Grp B		Fridays 3.15 pm – 4.15 pm
Computing & Technology Grp A	St Peters RC Church Hall Rushden	Afternoons 13:00-15:00 & 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday every month.
Computing & Technology Grp B Beginners		Afternoons 13:00-15:00 2 <sup>nd</sup> Wednesday every month
Country Dancing	HF WMC	Alternate Mon 14.00-15.30
Country Park Walks	Various Parks	2 <sup>nd</sup> Sunday 10.30
Crib & Solo Whist	Windmill Club	Alternate Mondays 19.00-21.00
Cycling multi Groups	Rushden Lakes	Every Tuesday
Days Out Car Share	Ad hoc	No Fixed Venue
Digital Photography A	Rushden Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Rd	
Family History	St. Peters RC Church Hall	Various
Garden	Rushden Hall & Visits	Garden visits Summer. Otherwise Hall 2 <sup>nd</sup> Thu 14.00-16.00
Golf	Various	Alternate Wed & Fri
Guitar Improvers	ASDA Training room	Tue 17.00-19.00
Handicrafts	Rushden Town Bowls Club	4th Thu 14.00-16.00

Continued...../





GROUP	VENUE	TIME
History	Winter Months Full Gospel Church Hall, otherwise Trips	1 <sup>st</sup> Thu 14.00-15.30
Holiday Spanish Beginners	Alternate Mondays	10.00-12.00
Holiday Spanish Intermediate	Alternate Wednesdays	10.00-12.00
Home Dining	Various	Twice per Month varying days
Jewellery Making	Members' Homes	1st Mon 13.30-15.30
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Windmill Club	1st & 3rd Friday 19.00 – 21.00
Non-Fiction Books	Leader's Home	3rd Monday 14.15-16.00
Painting for Pleasure	Coleman's Craft Warehouse	Alternate Mon 14.00
Play Reading	To be advised	1st Tue 13.15-
Popular Music Appreciation	Leader's Home	1st Fri 10.00-12.00
Reading Bookmarks	Waitrose Community Room	2nd Wednesday
Rock & Blues Appreciation	Leader's Home	Last Thursday 2-4pm
Scrabble	Residents Lounge, Kilburn Place Higham Rd Rushden	Alternate Tue 14.00-16.00
Sequence Dancing	Heritage Halls Park Rd	Alternate Thu 14.00-16.00
Settlements	Vestry Hall, St Mary's Church Rushden	4th Tue 14.00-16.00
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Every 2 Months	Venue varies
Table Tennis	Pemberton Centre	Wed at 13.00
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tue 10.00-12.00
W.A.L.T.	Various	Various
Walking	Various	Various
Walking Football	Pemberton	Tuesday 13.00-14.00
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	4th Tues & 4th Thurs 14.00-16.00





This is an actual road sign in Kent. Can any readers find similarly unusual or funny juxtaposed road signs? If so, I will put them into future newsletters.

Computer Group A members will know this sign from a previous PowerPoint presentation exercise. Strome Ferry is on the south side of Loch Carron and there used to be a ferry across to the north shore. The road to the village is a dead end and the sign is intended to stop motorists ending up at the loch shore and having to retrace their journey back to the main(ish) road. Needless to say most folk drive down to the end of the road the first time they see the sign. Maybe this is a sign of how mistrusting we all are (or how curious)!

