



JULY



Chair's Chat:

Nostalgia

I was driving behind a Ford Anglia – from around 1959 - the other day. This set me off on a trip down memory lane. It dawned on me that it was 50 years ago this month that I passed my driving test – first time I'm proud to say! Talk about the confidence of youth – I drove to Scotland the following week – all the way up the A1. It was the first time I had driven on dual carriageway – even ventured on to the M1 for some of the journey. I found it quite tiring sitting in that position for so many hours. I pulled into a lay-by for a rest and this young hitchhiker thought I had stopped to give him a lift!! I was too polite to say no – needless to say I never told my parents what I had done.

Then my brother sent me photos and film of his evening spent at Edinburgh Castle last weekend at a Rod Stewart concert!! I have to admit to being just a little envious.

Moving forward some years – to 1977 Wimbledon. Ladies' finals – I queued all night to get tickets to this event. We had front row seats on centre court and witnessed Virginia Wade win at Wimbledon. I'll never forget that day.

Back to present day – typical Wimbledon weather at the moment i.e. pouring rain here but it appears to be dry there. So I'm off to watch a little bit of tennis.

Trish Dewar

Chair



The biggest lie I tell myself
is "I don't need to write
that down, I'll remember it"



Special Events –

Windsor Castle – Thursday 7th September

As I have to pay for the entry tickets to Windsor Castle by the beginning of August. payment for this trip is now due in full ~ £49.20 ~ by the end of July. Please see me at the next meeting or make payment by BACS. 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

There are still a few places available for this event, but please book up early with just a £10 (nonrefundable) deposit. Full payment is required in October. The cost will be £245 for the 4 days/3 nights, including coach fare, hotel accommodation at the Suncliff Hotel, Bournemouth on a 3 course dinner, bed & breakfast basis; Entertainment on each evening; Tea & Coffee on arrival; a Sherry reception on the Friday and a Bucks Fizz reception on the Sunday; 3 bottles of wine per table of 10 per night: Christmas crackers & Christmas presents on the Saturday night. A fun weekend to start off your Christmas celebrations.

Contact Jean Mole on 07736 445 658

Lost property

If anybody left an umbrella at the Wine & Dine meal at Rokka's on 22nd June, please see Jean Mole. I also have some spectacles that were left on the coach after our trip to Anglesey Abbey on 6th July.



Home Dining

Cost £12.50 to include 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 over the summer.

Steve Evans



History Group:

The next trip is to Windsor Castle on Thursday 7th Thursday September.

Our next meeting is at the Rushden Masonic Hall on Thursday 5th October at 2pm. The talk is on the notorious Cudworth gang of South Northamptonshire. It will also include some of the research into Northampton Jail.

Brian Turner



Knit and Natter

Both knit and natter groups are going well, although we have had some breaks from it due to all of the bank holidays recently. 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. Unfortunately, the groups are both full at the moment and I can't take anyone else. However, if interested, please contact me to go on the waiting list.

Kathy Arnold.



Handicrafts:

The next meeting of the Handicrafts Group is on Thursday, 27th July at 2.00 pm at Rushden Bowls Club as usual.

By popular demand we are revisiting crocheting. If you do not wish to have a go but would like to join in the chatter please feel free to bring along something of your own to work on. Kathy and Jenny look forward to seeing you there.



Garden Group:

As we are fast approaching the end of the garden visits we just have one garden to visit - Cambridge Botanical Gardens, there are spaces available if you would like to join us. The cost is £13.50 per person.

We then look forward to our speakers in September starting with Joe Whitehead who will be giving us a talk on Burghley, where we visited back in April this year. All details for future speakers will follow in the next newsletter. For any further information please contact one of the group leaders, Lorraine, Marlene or Lyn.



Bookmarks Again:

Review of "I Let You Go" by Clare Mackintosh July 2023.

Written by an ex-Policewoman this novel starts with a tragic accident where the driver flees the scene and disappears. We follow her disappearance and journey to the coast and an isolated cottage. The police are trying to put together the sequence of events around the death of the child, the horror of the local community, and the whereabouts of the driver.

Two narratives play out in the book, side by side. The policeman investigating the crime feels his every day existence is beset by domestic and family duties while he is attracted to a young vibrant policewoman who is ever diligent in pursuing the case. The driver has her own complicated relationships making her determined to stay hidden.

The book is certainly a page turner which grips the reader and presents shocks and twists.

I have found it difficult to write this review without giving away any "spoilers" It provoked discussion in the book group and everyone read it without giving up!! Next time we are having a free choice to present favourite books or authors for perhaps Holiday reading.

Ann Kemp



Monday morning football chat

Suspended until the start of the new season

Mike Gibbons 01933 631531



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.

Janet and Ken. Group Leaders.



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



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



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.

Venues will be at various local courses within a nominal 1 hour's travelling time from Rushden. Players of all levels and ability are always welcome, we can offer 18 or 9 hole courses.

Check the Higham and Rushden Calendar to see when the group is playing:
<https://u3abeacon.org.uk/u3acalendar.php?u3a=118&sc=LUDE&hdr=0>

Want to know more? Please get in touch via the website Contact Page, or contact...Group Leaders - Hensley on 01933 805547, Alan Nixon 07850 789447.

Please also use the survey form to tell us what/when/how you would like to join us and play the game.

http://highamandrushdenu3a.org.uk/documents/Golf_Group_Survey.pdf

Alan Nixon



Sunday Lunch group:

Important news: We are now combined with the Walking in Country Parks group.

All members of each group will be emailed about the lunches. If you wish to be removed from the mailing list

please let Linda know. Check the beacon calendar for news of the group.

Date change: We now meet 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.



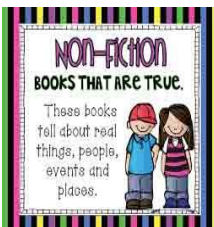
A Little Aloud:

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



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:

August - The Real Dads Army by Col. Rodney Foster.

Sept - To the Moon and Timbuktu by Nina Solvich

More information from Linda & Chris Walker:

Grpscord@highamandrushdenu3a.org.uk.

Keen walkers may wish to know that there is a Wellbeing Walk (organised by Freedom Leisure, not a u3a one) open to everyone each Friday at 10am. The meeting point is in Hall Park, by the flagpole near the main building. The walks are tailored for all types of walkers, and normally last approximately 1 hour.

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.

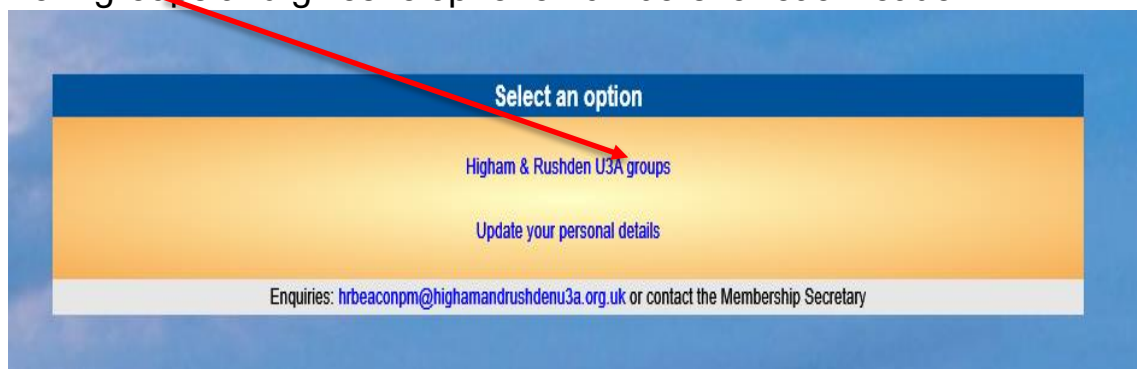
2023		
17 th July	Vince Eager	You're Never Too Old to Rock & Roll
21 st Aug	Dave Andrews	Richard III Man or Mystery
18 th Sep	Fran Sandham	Walking across Africa
16 th Oct	Martin Lloyd	Passports, Assassins, Traitors & Spies
20 th Nov	Malcolm Darroch	When the Chute Went Up (Lady Parachutist 1903)
11 th Dec	Roger Prescott	AGM & Jukebox Jury Christmas Special
2024		
15 th Jan	Vince Eager	What time's the Midnight Buffet?
19 th Feb	Bernard Lockett	Gilbert & Sullivan
18 th Mar	Paul Robbins	60s
15 th Apr	Susan Flipping	A Death in Time

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
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	Alternate Wed & Fri
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	Twice per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mah-jong for fun	Waitrose Community Room	1st & 3rd Friday 19.00 – 21.00
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

When older folk say "Enjoy them when they are young" they are talking about your knees and hips, not your children.

WATER VOLES

The water vole lives along rivers, streams and ditches, around ponds and lakes, and in marshes, reedbeds and areas of wet moorland. Look out for the signs of water voles, such as burrows in the riverbank, often with a nibbled 'lawn' of grass around the entrance.

Water voles like to sit and eat in the same place, so piles of nibbled grass and stems may be found by the water's edge, showing a distinctive 45 degree, angled-cut at the ends. 'Latrines' of rounded, cigar-shaped droppings may also be spotted. Water voles start to breed in spring, having three to four litters a year of up to five young.



Distribution

Still widespread throughout mainland UK, though range and numbers have significantly declined. They are absent from the Channel Islands, Isles of Scilly, Scottish islands, Northern Ireland and the Isle of Man.

Water voles are crucial to diverse, thriving wetland ecosystems as many of their actions create the conditions other animals and plants need to thrive. By burrowing and changing the soil condition, the area becomes hospitable to a wider range of wildflowers and grasses, which attract bumblebees, moths, and butterflies.



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.

One day if I am ever asked to judge a spelling bee, I will ask one of the children to spell the word "there." When asked for it in a sentence, I will say. "Their car is parked over there and they're late!"



EDITORIAL

During our recent return from a superb holiday in France we were shocked at the riots breaking out throughout the country over the shooting of a teenager in Nanterre (a suburb of Paris) by the police. Fortunately we were not affected by the wave of anger and anarchy ignited by the death of Nahel M. What did appal me was that the riots and looting which erupted across the country had nothing to do with what many, including the United Nations, regard as the systemic racism and brutality of the French police. It seems to me that the French are constantly looking for an excuse for civil disturbance (and the opportunity to loot). Thank goodness we, in Britain, do not seem to have the same mentality as many French.

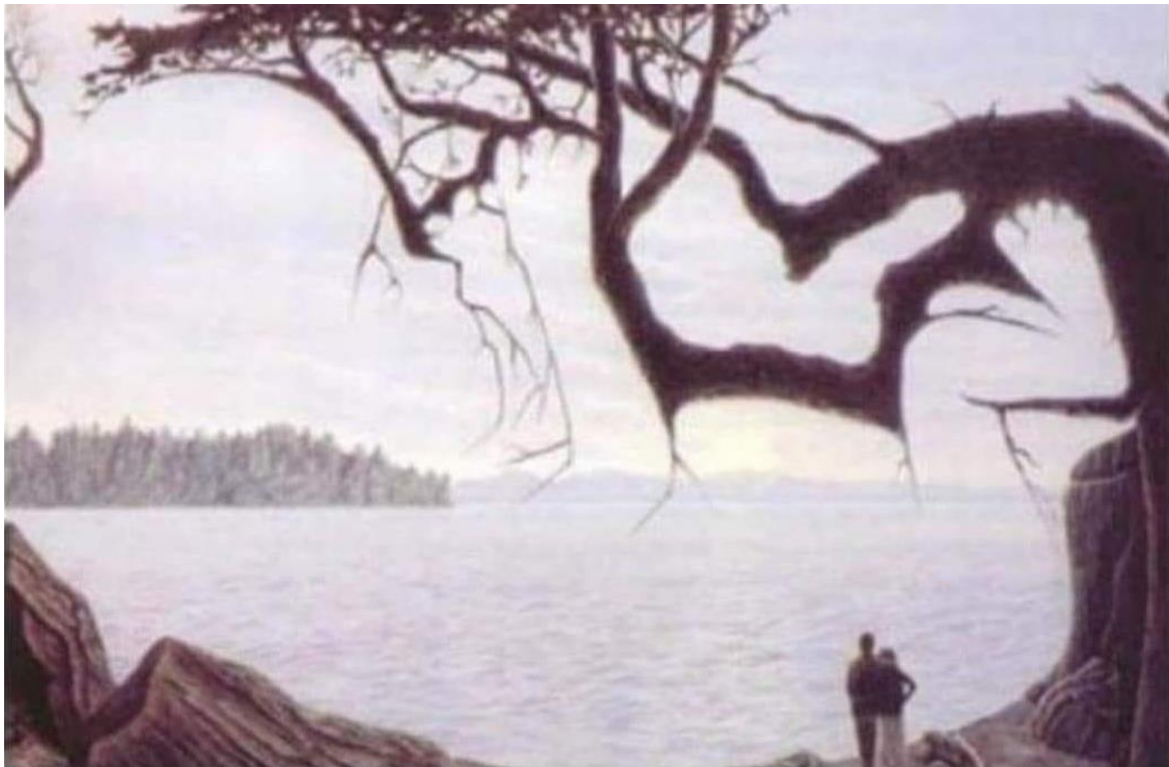
While all this was going on we were blissfully enjoying French hospitality, visiting very interesting sites and eating and drinking the best that the country affords and stocking up for personal enjoyment.



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WHAT IMAGE IS HIDDEN IN THIS PICTURE?

Once you see it is impossible not to see it all the time



YOU MIGHT BE WONDERING WHERE SUMMER HAS GONE.

A report from the Met Office goes some way to explaining our weather so far this year:

Temperatures have dropped and rain has become a bigger feature of the forecast.

But July so far actually hasn't been that unusual. While it has been a little wetter than normal for some of us, temperatures are in fact slightly above average. It just feels different because of the June we had - the warmest on record by a considerable margin.

So why the big change? Up to now 2023 can be divided into chunks of contrasting weather that have tended to persist for many days or weeks.

- January started off mild and unsettled but then turned drier and colder and it stayed that way into February. In fact it was the driest February since 1993.
- But March brought a huge change with places that had seen almost no rain in February receiving a real deluge. It turned out to be the UK's 6th wettest recorded March.
- After a cool April very warm weather was distinctly lacking in May. Nowhere reached 24°C until the 27th.
- However, that changed dramatically in June. Temperatures soared to 32.2°C, with a heatwave being declared in many places. Ultimately it was the warmest June on record. Then it was all change again in early July with low pressure setting in, replacing the heat with something cooler and wetter, and this pattern looks set to continue further into the month.

The notable thing about these wildly differing periods of weather has been how long they've stuck around and how long we've had to wait for things to change.

Often the jet stream - the flow of winds high up in the atmosphere - rushes quickly from west to east in nearly a straight line. Weather systems will move overhead rapidly, and the weather will change from day to day. At other times the jet stream weakens, and the flow becomes much more bendy, winding northwards and southwards forming big ridges and troughs. In these situations weather systems tend to get stuck in the same place for a long time and so changes only come about very slowly.

Depending on where they develop blocked weather patterns can bring extremes of weather - heatwaves and cold spells, floods and drought.

The jet stream is driven by the contrast in the temperature north-to-south and with the Arctic warming more quickly than areas further south. This weakens the jet stream and makes it more susceptible to waving patterns.

The science on this is complex though - and waves in the jet stream happen naturally anyway - so it's not yet clear how big an effect climate change is having.

What we do know is that when those blocked patterns do occur the extremes of weather they bring, including floods and heatwaves, are likely to be more severe in a warmer world.

