



### Chat from the Chair:

Hello

As I write this Chair's Chat it is 24°C – as hot as it was in Spain last month!

It was the first holiday I'd been on since the start of Covid. It was wonderful. My most memorable moment was when we were sitting outside a restaurant watching people kite surfing 😊.



While we were watching this display we decided to have a cold drink, alcoholic of course! When we asked for cocktails we were informed that they only did cocktails in the summer!?! It was 30°C so we wondered when summer in Spain began!

Back to reality now.

Trish

As part of National Volunteers Week, the committee organised a thank you afternoon tea in Rushden Hall for the group leaders and volunteers, as well as giving them the opportunity to meet committee members face to face. The afternoon was well attended and everybody seemed to enjoy themselves. An incredibly special thank you to those who organised it, especially Jean Mole for the excellent catering, to Carol for arranging the venue, and to all those who rolled up their sleeves and helped with the food and the drinks on the afternoon.



## Special Events – Turkey & Tinsel

Although I am trying to get the Hotel to give me some more Single rooms, all Singles have currently been allocated and only Twin & Double rooms now remain. The cost will be around £240/£250, to include the coach there and back, bed & breakfast on 3 days, with entertainment of each evening:

Christmas dinner with presents and crackers on the Saturday night with wine on the table for all 3 nights, and other goodies, such as tea & coffee on arrival a sherry reception on one night and Bucks Fizz on the Sunday evening, Unfortunately, I cannot confirm the final price until I know how many members have signed up. If you have not already done so, I do require a non-refundable deposit of £10 to secure your place on this brilliant weekend. I currently have 70 names on my list but can take another 20 or so. Please see me if you wish to be involved in this event.

Please phone or text Jean Mole on 07736 445 658 or e-mail to put your name down for this very popular trip. **A £10 non-refundable deposit is required**, with the balance due in October.

Jean Mole

## Madam Tussauds

I am in the process of organizing a trip to Madam Tussauds in London on Wednesday 21st June. The cost will be £50, to cover both the coach and entry to the exhibition. In this instance payment will be required, in full, at the time of booking. If you are interested please contact Jean Mole on 01933 626 608 or [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com)



Jean Mole



## 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.



## 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.

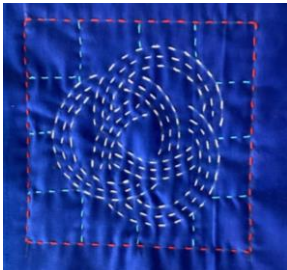
Jean Mole



## Handicrafts:

The next meeting of the Handicrafts Group is on Thursday, 29th June at 2 pm at Rushden Bowls Club.

We will be trying our hands at Sashiko embroidery. You will need a needle, any embroidery silks you may have and a ruler and pencil. Everything else will be supplied.



New members are always welcome if you fancy trying a new craft, Kathy and Jenny are here to welcome you.

Jenny & Kathy



## Garden Group:

Garden Group is going from strength to strength with 85 members. This month we undertook a trip to Beth Chatto's garden in Essex, with glorious weather, refreshments and of course many purchased a plant or two. Beth Chatto is famous for her drought tolerant garden.

We have two further outings to Deene Park Corby in July and Cambridge Botanical Gardens in August.

We then embark on our winter programme of speakers, more details will follow in due course.

Please see Lorraine, Lynn or Marlene at the meeting if you would like to join garden group or book on excursions.

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. For the next few sessions, we are revisiting topics requested by members, according to who is present on the day. Although recent attendance has been good and the topics well received, we can still find space for new and/or returning members.

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

Jim Morrison



### **Wine Appreciation:**

The group is suspended over the summer.

Steve Evans



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

The group where you can :-

Find some company for .....anything you fancy doing, but don't want to do it alone.

Find some information or advice on .....anything 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



## Bookmarks Again

Review of *“Into the Water”* by Paula Hawkins June 2023.

When picking up a book with a sticker on saying *“Thriller of the Year”* and noticing the author is Paula Hawkins who wrote *“The Girl On The Train”* one feels excitement and the anticipation of having a great book to read and a tale to be revealed. The book is a story based in a small northern town where the river bends and becomes a deep pool colloquially known as the Drowning Pool associated with a history of “troublesome women” from the witches of the past to suicide to possibly murder in the present day. Jules returns to the town to care for Lena her hostile, truculent, teenage niece after her estranged sister Nel’s death by drowning. Lena’s friend Kate has recently been found drowned only the previous year. A policewoman new to the town tries to find the truth of what has been happening in the closely knit community who are hiding family secrets..

The author uses many different voices to tell the story of past and present and it becomes difficult for the reader to follow the thread of mystery of death by murder or suicide. Those of the group who persevered with the book found the number of voices used confusing and there was a general feeling that this was a disappointing book. Would I be tempted to follow the trend for wild water river swimming where others have gone before in the pool? The answer would be NO.

Next time the book will be *“I Let You Go”* by *Clare Mackintosh*. We will meet in Waitrose at 10.30am, on the 3<sup>rd</sup> of July.

Ann Kemp



## History Group:

We had a great day out at Hever Castle. It is a beautiful setting the castle and grounds are exquisite. I recommend that anyone who hasn’t been visits.

The next trips are:

Thursday 6th July Anglesey Abbey

Thursday 7th September Windsor Castle

The next meeting at the Masonic Hall is Thursday 5th October at 2pm. The talk is on the Notorious Culworth gang of South Northamptonshire.

The December meeting will be Stanwick Handbells.

Brian Turner





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.



#### **A Little Aloud:**

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

A Little Aloud meets on the 2nd & 4th Wednesdays of the month at the leaders' home, between 10.00-12.00

New members welcome. Please contact leaders for more informatio;

Linda and Chris Walker @ [spidar.girl@btinternet.com](mailto:spidar.girl@btinternet.com)



## Walking in Country Parks/Lunch

It was a trifle warm for our June walk at Rushden Lakes but fortunately there was a fair amount of shade and the walk wasn't too long.

There were seven of us who did the

longer 'muddy boots trail' which was completely dry and a similar number did the shorter walk around Skew Bridge lake. It was noticeable that many of the willows were lacking leaves and looked like they do in winter, apparently this has been caused by a moth caterpillar. Lunch after was at the Stanwick Hotel with a total of 18 members attending.



The July walk will be on the 9th and we are planning to go to Fermyn Woods (formerly Brigstock) country park where we may see some interesting butterflies if it's sunny – lunch venue to be confirmed.

We walk once a month on the 2nd Sunday normally meeting at 10 30, usually walking about 2 -3 miles with Chris Ebden. Linda Walker takes the short walkers. We usually walk until the first person says they wish to return. So if you haven't walked for a while this is a nice safe way to start. We welcome those who want to just walk or those who just want to lunch. We lunch, whatever the weather, usually at 12 30 or slightly later in the winter. Please remember your u3a membership card. The leader will have a copy of everyone's contact details on the walk/lunch with them.

Essential - please book with Chris Ebden for the walk [c.ebden@btinternet.com](mailto:c.ebden@btinternet.com). Book with Linda Walker for lunch: [spidar.girl@btinternet.com](mailto:spidar.girl@btinternet.com)..



### Sunday Lunch group:

#### Important news:

We are now combined with the Walk in country parks group.

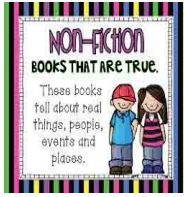
All members of each group will be emailed about the lunches. If you wish to be removed from a mailing list please let Linda know. Check the beacon calendar for news of the group.

**Date change:** now we 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](mailto: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](mailto:spidar.girl@btinternet.com).



### **Non-Fiction Book Group Monthly Meeting Date change:**

New members welcome. We have been meeting for over 2 years with members from H&R and Wellingborough u3as.

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 3rd Monday of each month 10.00-12.00, to discuss our choice of book and choose another. We meet bi-monthly. Please check the beacon calendar for news of the group.

Early booking please as Sunday lunches are generally getting more popular. We restrict numbers enabling us to remain a friendly group.

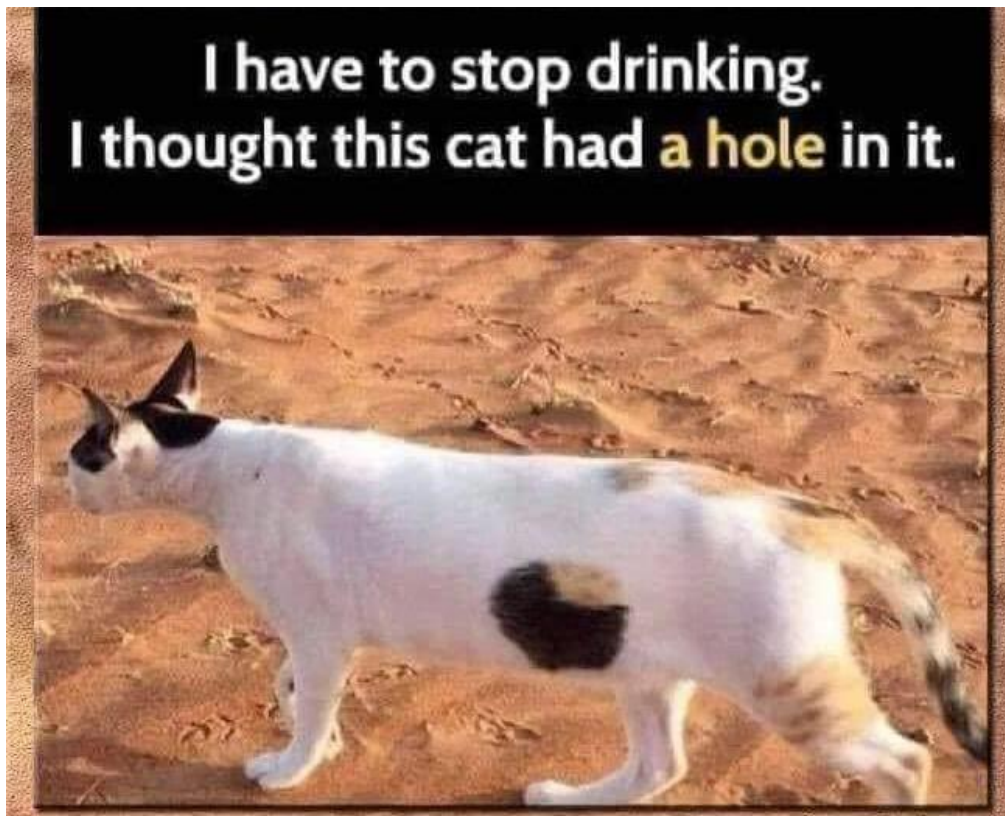
Maybe you need or could offer transport which would be very helpful. Venues usually require a small, non-refundable deposit. Please let us know if you are interested ASAP. Linda Walker [spidar.girl@btinternet.com](mailto:spidar.girl@btinternet.com).



### **Monday morning football chat**

Suspended until the start of the new season

Mike Gibbons 01933 631531





## **INFORMATION FROM LINDA WALKER ON THE SUBJECT OF AIR FRYERS:**

We finally succumbed to all the hype and bought a Tower dual 9.5 litre. The advice we found the most useful was:

Before you buy, check YouTube or Google for the makes/models in which you are interested and what type of food you want to cook. We found many lovely people sharing their experiences.

There are lots of second-hand sizes for sale on eBay, usually because owners have decided they need a bigger model. Buy the biggest you can afford. Ours is perfect for 2. Check out Aldi, Lidl and ASDA who have regular offers and they do save you money.

Check out the guarantee, ours is for 3yrs.

Don't buy any fancy liners. I use foil trays and pie cases from previously bought food. Line trays with greaseproof paper or grease them. Air fryers are very easy to clean. Also oven dishes can be used.

Don't be afraid to experiment. I have cooked a couple of cakes. One using Wrights cake mix. Half the mix in a 1lb loaf tin.

We have had our Air fryer for 4 months now and I have used my electric main oven once in that time for a rhubarb crumble. The air fryer cooks individual pies well once you know the trick. My husband loves it and is cooking Sunday lunch as I type this.

It is hard to see our control panel when the sun shines in our kitchen so check this out before you buy it was mentioned in a video we watched but ours was on its way to us by then.

If you have any questions? I am happy to answer from our experiences with our Tower dual.

Linda Walker [spidar.girl@btinternet.com](mailto:spidar.girl@btinternet.com)

**N.B** Amazon also have a huge range and if you are lucky to have a Prime subscription, you won't need to pay for delivery. I, too have a large Tower Air Fryer and can confirm that it is a wonderful thing to own and saves time and money, although I recommend buying some silicon liners which can be popped into the dishwasher, thus saving water & time. Maggie Morrison

### 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.

#### Speakers

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.

**Note: - The Speakers may be subject to change.**

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

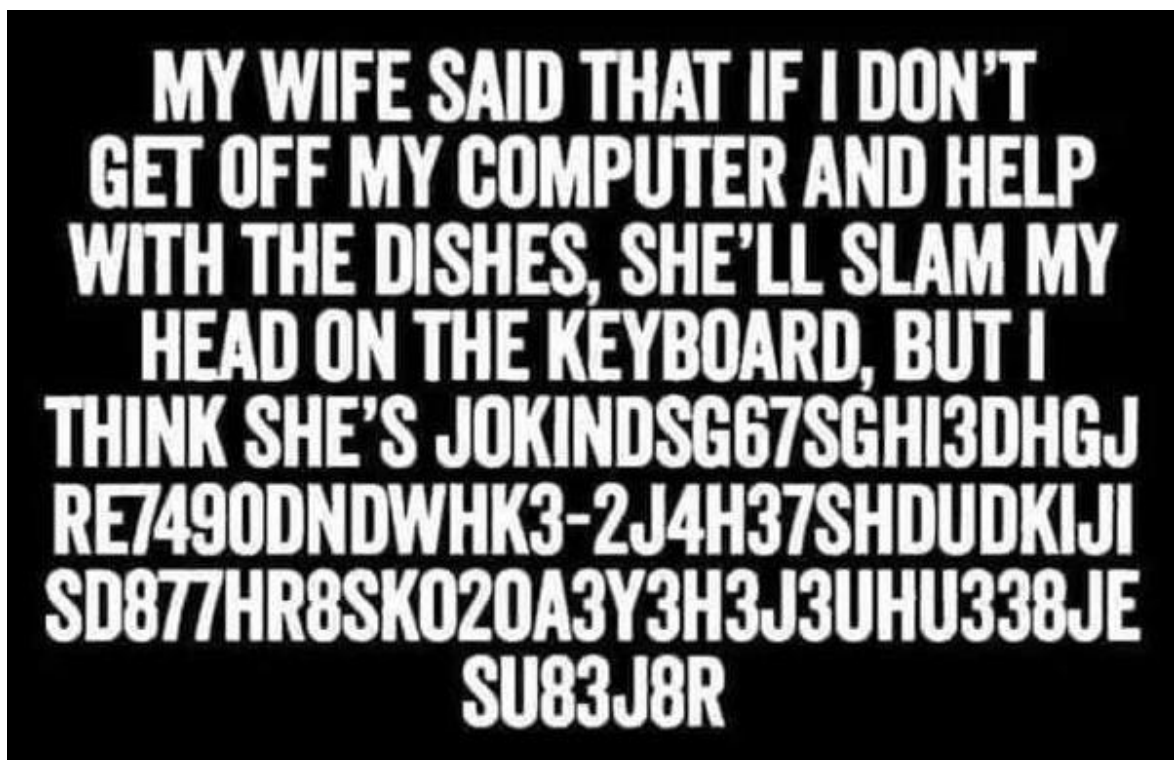
## GROUP LEADER CONTACT DETAILS –

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>. 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 <sup>nd</sup> & 4 <sup>th</sup> 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 <sup>st</sup> & 3 <sup>rd</sup> Thursday 10.00-12.00
Computing/Tech	St Peters RC Church Hall Rushden	10-12am 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday every month
Country Dancing	Hensman Hall Chichile St. NN10 8HT	Alternate Mondays 2 00-3.30pm
Country Park Walks	Various Parks	2 <sup>nd</sup> Sunday 10.30
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 <sup>nd</sup> Thursday 10.30-12.30
Golf	Various	Alternate Wed & Fri
Guitar Improvers	Rushden Windmill Club	Tuesday 4pm
Handicrafts	Rushden Bowls Club	4 <sup>th</sup> Thursday each month 2-4pm.
History Group	Rushden Masonic Hall	1 <sup>st</sup> 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	Suspended until next season starts
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	Second Sunday of the month
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

## WATER VOLES



The water vole is under serious threat from habitat loss and predation by the American mink. The water vole is found along our waterways, it is similar-looking to the brown rat, but with a blunt nose, small ears and furry tail.

### Statistics

Length:	14-22cm
Tail:	9.5-14cm
Weight:	150-300g
Average lifespan	6 months to 1½ years

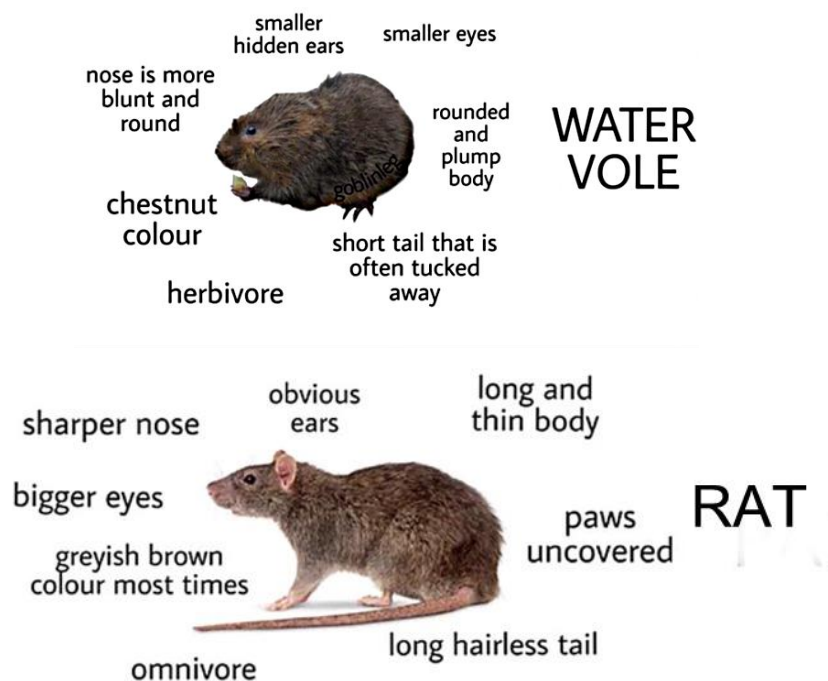
### Conservation status

Protected in the UK under the Wildlife and Countryside Act, 1981. Priority Species under the UK Post-2010 Biodiversity Framework. Water voles are listed as endangered on both the Great Britain and the England Red List for Mammals.

### When to see

January to December.

### How to tell the difference between a water vole and a rat.





## EDITORIAL

Suzie Dent has published a list of words she wants removed from the dictionary which resonates with me as I am old fashioned when it comes to the use of the English language and grammar. Here is an extract of her post:

*"No disrespect, but - going forward - it would be advisable not to start sentences with the word "So".*

This is according to responses to a tongue-in-cheek tweet from Countdown wordsmith and lexicographer Susie Dent.

The language expert asked her 1.1 million Twitter followers which words and phrases they would like to see "banished" from the dictionary.

Topping the list was *"Going forward"* - another way of saying "in the future", and often used in a business context.

Other common expressions the public said they most take umbrage at include: *"No disrespect, but"*, *"like"* as a filler word, *"I wanted to reach out"*, and *"I'm not gonna lie"*.

Dent posted what she described as an "unscientific analysis" of people's "excellent" responses:

1. Going forward
2. No disrespect, but...
3. ' Like' as a filler
4. I wanted to reach out
5. I'm not gonna lie
6. Basically
7. Let's go offline
8. 'So' at the start of a sentence
9. The 'optics' of something
10. My bad"

I will not add my own pet grievances, or start on grammar, as I don't want to disenfranchise readers, suffice to say number 8 is very near the top of my list along with the much misused apostrophe.



## SAT ANSWERS FROM LAST MONTH

As teachers across the country attest to the difficulty of this year's SATs papers, how you would fare. Answer the 10 questions below from previous papers to test your knowledge.

Year 6 pupils were left in tears after a series of difficult SATs papers.

### Question 1

A box of crisps contains three different flavours. A quarter of the packets are prawn cocktail flavour. The probability of picking cheese and onion flavour is 30%. What is the probability of picking salt and vinegar flavour? **45%**

### Question 2

Here is an equation.

$m - 2n = 10$  When  $n = 20$  what is the value of  $m$ ? **50**

### Question 3

What is 10% of a half? **5%**

### Question 4

Solve this equation.  $7y + 12 = 5y + 40$ . **14**

### Question 5

Runa and Jon each start with the same number. Runa rounds the number to the nearest hundred. Jon rounds the number to the nearest ten. Runa's answer is double Jon's answer. Explain how this can be. **If it's 50 or more but less than 55 it will round to 100 (nearest hundred) and 50 (nearest ten) and 100 is double 50 OR 0 is 0 to the nearest 100 and 0 to the nearest 10 and twice 0 is 0.**

### Question 6

You have 24 centimetre cubes. You use all 24 cubes to make a cuboid with dimensions 6cm, 2cm and 2cm. Write the dimensions of a different cuboid you can make using all 24 cubes. **Answer should give three integers other than 2, 2, 6 (in any order) whose product is 24.**

### Question 7

One gram of gold costs £32.94. What is the cost of half a kilogram of gold? **£16470**

### Question 8

You chose a number, then multiplied the number by 7. Then you added 85. Your answer was 953. What number did you start with? **124**

### Question 9

A machine pours 250 millilitres of juice every 4 seconds. How many litres of juice does the machine pour every minute? **3.75**