



APRIL 2022



NEW VENUE

FLUTTERS BINGO,

(College Street, just off Rushden High Street.)

Monday 25th April

Doors open at 1:30 and the speaker will start promptly at 2:00.

For members needing disabled access, you can access this by the brown wooden doors to left of the front of the building and hiding in the same left corner is a doorbell. If you ring that someone will come and let you in.

Chairman's chat:

The newsletter is being published early this month as Maggie and I will be in America on the normal publication day. We are very much looking forward to our trip after having 3 trips cancelled because of Covid and transatlantic travel restrictions. Part of our road trip is in (and through) the Rockies where snow is still plentiful (like this picture until the road is cleared in June or July):



but we are also spending time in Texas, New Mexico and California so are hoping for some warmer weather.

Although there have been a few teething problems with the setup in Flutters we are absolutely certain that moving there from the Goods Shed was the right decision, and I hope to see a lot of you there in May. Other committee members will be looking after the April monthly meeting in Flutters so if you are there, please be gentle with them! Look after yourselves and be careful online: Covid is still around, and the scammers are still intent on separating you from your money.

Jim Morrison

If you know of a u3a member who is celebrating a special anniversary, or who deserves a special vote of thanks please let us know via the contact form on the website. On a more sombre note, if you know of a member who has passed away, please use the same contact form so that we can send a condolence card to the next of kin/family.

The role of Higham and Rushden u3a Group Coordinator.

After running several interest groups, large and home-based, for 10 years or so. I felt I would like to put something back into H&R u3a.

I took on the role of H&R groups coordinator as Covid 19 was shutting down group activities.

During lockdown once a month I sent out a cheery email reporting to members and asking them how I could help during lockdown. How things were progressing with their groups. Some met on Zoom. or socially distanced outdoors when restrictions allowed.

Once lockdown was coming to an end, I completely updated the venues list. Now Covid is hopefully past my role is to be helping ear-to-group leaders, helping sort out issues with their groups.

Some Groups leaderships have changed. Some leaders took the opportunity to retire and hand over to fresh leaders after lockdown. My role is to support this changeover.

I have taken part in Head office Zoom meetings to get a feel for what is involved on a National level. I liaise with another Groups coordinator for support.

I look forward to helping new Groups starting up now things are returning to normal.

Linda Walker



Handicrafts:

It was lovely to see so many of you at our last meeting in March when we made an Easter card and little basket. Hope you enjoyed your chocolate treat!

The next handicrafts meeting is on Thursday, 28th April at 2 pm at Rushden Bowls Club when we are learning to crochet with Rosemary. You will need odd balls of wool and either a number 4 or 4.5 crochet hook, but do not buy anything specially as I'm sure we can provide these.

Kathy and Jenny.



Special Events Group:

Check our Special Events group page for details of the coach trips this year: *Wednesday 18 May to Syon House* for a guided tour of the House, Grand Conservatory and Gardens, and then *Thursday 14 July to Kew Gardens* with breath-taking natural beauty and 330 acres of gardens and greenhouses. Prices per person & itineraries to follow, contact Jean Mole or Sylvia Wright to reserve a place on any of the trips.

Sylvia Wright



Country Dancing:

Just a reminder that we still meet at the Working Man's Club in Higham Ferrers fortnightly 2.15 - 3.45. It is hoped that many of our dancers who supported before the pandemic took hold, may feel more comfortable to return and help the group keep going. My thanks to those who have continued to support in recent months. Contact me on 01933 622827 for more information.

George Hearnden.



MMFC Group:

The group meets every Monday to discuss the weekend's football, as well as some football history(!), over a cup of coffee. The venue is not permanent, and we book on a week-to-week basis. So if you want to join us, please check with Mike, the group leader on 01933 631531, first.

Mike Gibbon



Scrabble:

We play on alternate Tuesdays between 2pm and 4pm in the Waitrose Community Room.

We welcome new members for a friendly contest which keeps the brain cells active. If you wish to join us, contact John Ellingham or Sally

Morton via the u3a website.



Badminton for Fun

Tuesday 9-10am, and Friday 12-1pm. We are looking for new members to join our very friendly, group of players. Qualification required is to be a reasonable badminton player. Please come along and join us at the stated times above and have some fun.

Jennifer Carr



History Group:

Thursday 5 May - meeting at the Masonic Hall, Rushden 2pm-4pm. Our historian speaker is Jon-Paul Carr on "An illustrated history of Irchester" followed by socializing and refreshments

Thursday 23 June – Coach Trip to Banbury and Broughton Castle, Price £23 pp inclusive of coach and a private guided tour of Broughton Castle. Payment by cheque or cash to Sylvia Wright at the meeting or by post

to Sylvia. Cheques payable to Higham & Rushden u3a. This trip is open to all members of H&R u3a. We will be stopping off at Banbury in the morning for free time and you may like to visit the market (Thursday is market day), the town's museum set beside the Oxford Canal, and the Castle Quay shopping mall. There is a museum that connects to the 18th century Tooley's Boatyard, where you can take a guided tour (not included in the trip price) of the narrow boat workshop and dry-dock, followed by the afternoon at Broughton Castle, a moated and fortified Manor House, for a private, guided tour of the house, and to enjoy the delightful gardens.

We enjoyed a warm sunny day for our coach trip to Lincoln on Monday 28 March. Some members spent the day in Lincoln and others visited the Castle where we had a private, guided tour of the inner bailey, and free-flow time to visit the Magna Carta Vault, the Victorian Prison and walk along the Great Wall with stunning views of the Cathedral and the town. It was even warm enough to sit outside at the Cathedral restaurant to enjoy a leisurely lunch.

Sylvia Wright



Garden Group:

As we move into spring/summer we start our programme of garden visits, we have planned the following planned this year:

12th May - Coton Manor

9th June - Thornby Hall

14 th July - Kew Gardens

11th August - Kelmarsh hall

9th September - Boughton house

The garden group also needs helpers to ensure the continuation of the group, if you can help, please speak with Lorraine Brown.

Look forward to seeing you all soon.

Lorraine Brown



Computer Group A:

1st & 3rd Wednesdays 10am till 12pm

The group next meets on Wednesday 4th May at the normal time of 10:00 –12:00.

We have space for new members. For details contact Jim Morrison using the contact form on the H&R website.

Jim Morrison



Computer Group B:

2nd & 4th Wednesdays 11am till 1pm

Note: New timing for all sessions of this group will now always be held from 11:00am until 1:00pm throughout the year on request of the members.

Due to periods of absence of the leader in the next few months, Please check the calendar on the H&R website for actual reopening dates.

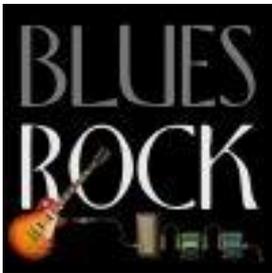
During the period that this group is closed, Jim with Computer Group A will welcome any members from group B to come along with their mobiles, but topics will be based on Winows10, 11 and PC.

Although actually out of the country, I shall continue to be contactable through all communication channels so please feel free to ping me (even with +10hrs time difference).

Email: c101776.3365@icloud.com

Phone: 07850 789447.

Alan Nixon Computer Group



Rock & Blues Group:

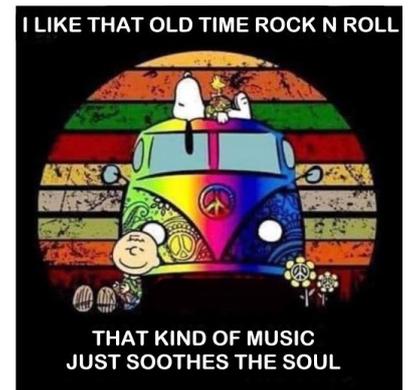
NEW MEMBERS SOUGHT!

Our next meeting is on Thursday 26TH May at 14:00 hours at the leader's house and the topic is the colour or word BLUE.

This is a friendly and relaxed group for those whose musical tastes are firmly rooted in the decades between the 60s and the 80s and who get together to listen to tracks they have chosen for a different topic each month.

We have space for new members so if you would be interested please let me know. See me or Maggie (at the newsletter table) at the monthly meeting or come along and see for yourself.

Jim Morrison 07403557556



Wine Appreciation:



Two Spanish wines from the Rioja region. One Red and One White. Both from Waitrose (buying local)

Cune DOC White £9.99 – Viura grape

Campo Viejo Tempranillo Red £8.39.

Both were enjoyed, some preferred white and some the red as usual. Some members thought the White would be better with food as it was a little acidic. But Steve did not like it at all.

Weather starting to improve should be able to have sessions in the Garden Room. Bring hats and glove!!!! Sunglasses just In case!

Steve and Denise 01933 356784

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

If you are new to our U3A and maybe looking to make friends and socialise more, why not consider joining the " Would Anyone Like To?" Group. W.A.L.T. for short!

The group offers the opportunity to find people to share an event or activity with. ANYTHING AT ALL - because if you want to do it, then there's a good chance that others also will. What a shame it will be if you decide not to do something you really fancy, just because you don't want to do it alone. Contact us through the website or at the monthly meeting at Flutters.

Janet and Ken. Group Leaders.



A Little Aloud:

A Little Aloud meets on the 2nd & 4th Wednesday of the month at the leaders' home between 10.15 -12.15 or on Zoom 10.00 & 10.45 - 11.30. New members welcome..

Please contact leaders for more information.

Linda and Chris Walker



Sunday Walk & Lunch Group:

We walk once a month on Sunday, normally meeting at 10 30, usually walking about 2 miles with Chris Ebdon. Linda Walker takes the short walkers, we usually walk until the first person says they wish to return.

Taking a rest regularly. So if you haven't walked for a while this is a nice safe way to start. Lunch is at a local hostelry near the country park. 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 summer. Please remember your u3a card. The leader will have a copy of everyone's contact on the walk/lunch with them.

Members new to u3a are very welcome, particularly if you are new to the area.

Essential - please book with Chris Ebdon for the walk, Linda for the lunch by emailing Grpscord@highamandrushdenu3a.org.uk



Sunday Lunch group:

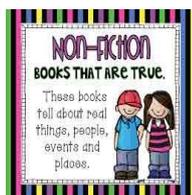
The 15 of us had a lovely Mother's day lunch at the Priory Wellingborough. Our next lunch is on 25th May, venue to be arranged. Can anyone recommend anywhere locally? The Star and Garter Chelveston is on our list.

Please feel free to put your name down as we will limit numbers to 15.

We know Christmas is a long way off but we would be happy to arrange a Boxing day lunch if there is enough interest. Maybe you need or could offer transport ,that would be very helpful. Venues usually require a small non-refundable deposit.

Please let us know if you are interested. More details to follow in late Autumn.

Grpscord@highamandrushdenu3a.org.uk



Non-Fiction Group:

We have been meeting for about 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 2-4pm, to discuss our choice of book and choose another. We use Zoom occasionally.

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

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.**

2022		
Date	Speaker	Topic
25 April	Sandy Leong	Black Cats New Moons & Ladders
A belief in luck and fate are key components of superstitions and that they can be controlled by various actions of humans. Do you throw salt over your shoulder if you spill it; know that it's good luck if you see two magpies together; wonder if things didn't go as planned because it was Friday 13th and touch wood for good luck? But where did these beliefs originate?		
16 th May	John Hope	Time Through the Ages
20 th June	Neil Hanson	Ghost Writer for Celebrities
He has led an extraordinary life in his own right, but as a professional ghost-writer of over 60 published books, he has worked with a diverse collection of interesting people, including household names. His hugely entertaining talk gives us privileged glimpses into the hidden worlds of his ghosting clients. It is revelatory, insightful and very, very funny.		
18 th July	Paul Robbins	Great British Eccentrics
15 th Aug	Rev. Kelvin Woolmer	Nicker to Vicar
19 th Sep		
17 th Oct	Dr Michael Leach	Animals behaving badly.
21 st Nov	Danielle Handley	I Did Not Know That
The talk looks at the history and origins of words and phrases, the societies that invented them and how they have become twisted/lost their meaning over time. For example, who originally came up with the phrase "a rolling stone gathers no moss" and did it always mean what it means today? Why do we talk about people receiving benefits to be living "on the dole"? Who is the Bob in "Bob's your uncle"?		
12 th Dec		

GROUP DETAILS

Most Group Leaders have tables at the monthly meeting where you can meet them and find more information.

GROUP	VENUE/DAY	TIME
A Little Aloud	Alternate Wednesdays	2 nd & 4 th Wednesday on Zoom 10.00 & 11.00
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 1400-1500
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks	Zoom	10.00-11.00 2 nd Wednesday every month
Canasta	Saxon Hall, Raunds	1 st & 3 rd Thursday 10.00-12.00
Computing/Technology Grp A	St Peters RC Church Hall Rushden	Mornings 10-12am 1 st & 3 rd Wednesday every month
Computing/Technology Grp B Beginners & Advanced		Mornings 10-12am 2 nd & 4 th Wednesday every month during British Summer Time & 11am -1pm in winter months
Country Dancing	HF WMC	Alternate Mondays 2 15-3 45pm
Country Park Walks	Various Parks	2 nd Sunday 10.30
Cycling multi-Groups	Rushden Lakes	Every Monday
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Rd	
Garden	To be advised	
Golf	Various	Alternate Wed & Fri
Guitar Improvers	ASDA Training room	Tue 17.00-19.00
Handicrafts	Rushden Bowls Club	4 th Thursday each month 2-4pm.
History	Masonic Hall, Rushden	1 st Thu 14.00-16.00
Home Dining	Various	Twice per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mah-jong for fun	Windmill Club	1st & 3rd Friday 19.00 – 21.00
MMFC	Rushden Golf Club	Weekly Mondays at 10am
Non-Fiction Books	Leader's Home	3rd Monday 14.15-16.00
Painting for Pleasure	Coleman's Craft Warehouse	Alternate Mondays 14.00
Play Reading	To be advised	1st Tue 13.15-
Reading Bookmarks	Waitrose Community Room	2nd Wednesday of the month
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Continued...		

GROUP	VENUE	TIME
Scrabble	Masonic Hall, Rushden	2-4pm
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Every two Months	Venue varies
Table Tennis	Pemberton Centre	Wed at 13.00
Ten Pin Bowling	AMF Bowl Wellingborough	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	4th Tues & 4th Thurs 14.00-16.00

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 don't need a password or username, 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.



HEDGEHOGS

Most hedgehogs will be active and building up the body fat lost over the winter. At the same time, they will be scouting for suitable nesting sites – so it's well worth building log piles or building/buying a hedgehog house if no natural materials are available.

Unfortunately, hedgehog numbers have declined greatly due to the actions of man. This decline has been due to habitat loss, use of chemicals such as pesticides and slug pellets and those killed on our roads amongst other things.

However, hedgehogs can survive well in gardens, especially when given a helping hand. We can help by avoiding the use of pesticides and slug pellets in favour of less damaging pest control methods such as a 'beer-trap'**.

In return for your kindness hedgehogs visiting your garden will do their very best to round up and remove many of your gardening enemies such as slugs and snails, and most likely provide you with some entertainment on the way!

***Follow these easy steps for making a beer trap for slugs:*

Gather up several inexpensive plastic containers, preferably with lids. Empty yogurt containers, plastic bottles or butter tubs are an appropriate size for making beer traps for slugs. Cut a few holes near the top of the plastic container. The slugs will use these holes to access the trap. Bury them in the ground with about 1 inch (2.5 cm.) remaining above the soil line. This helps prevent beneficial insects from falling into the traps. Concentrate the containers in areas of the garden where slug problems are the greatest. Pour 2 to 3 inches (5 to 7.5 cm) of beer into each container and put the lids back on. Check the traps regularly. Replenish beer as needed. Remove dead slugs regularly.

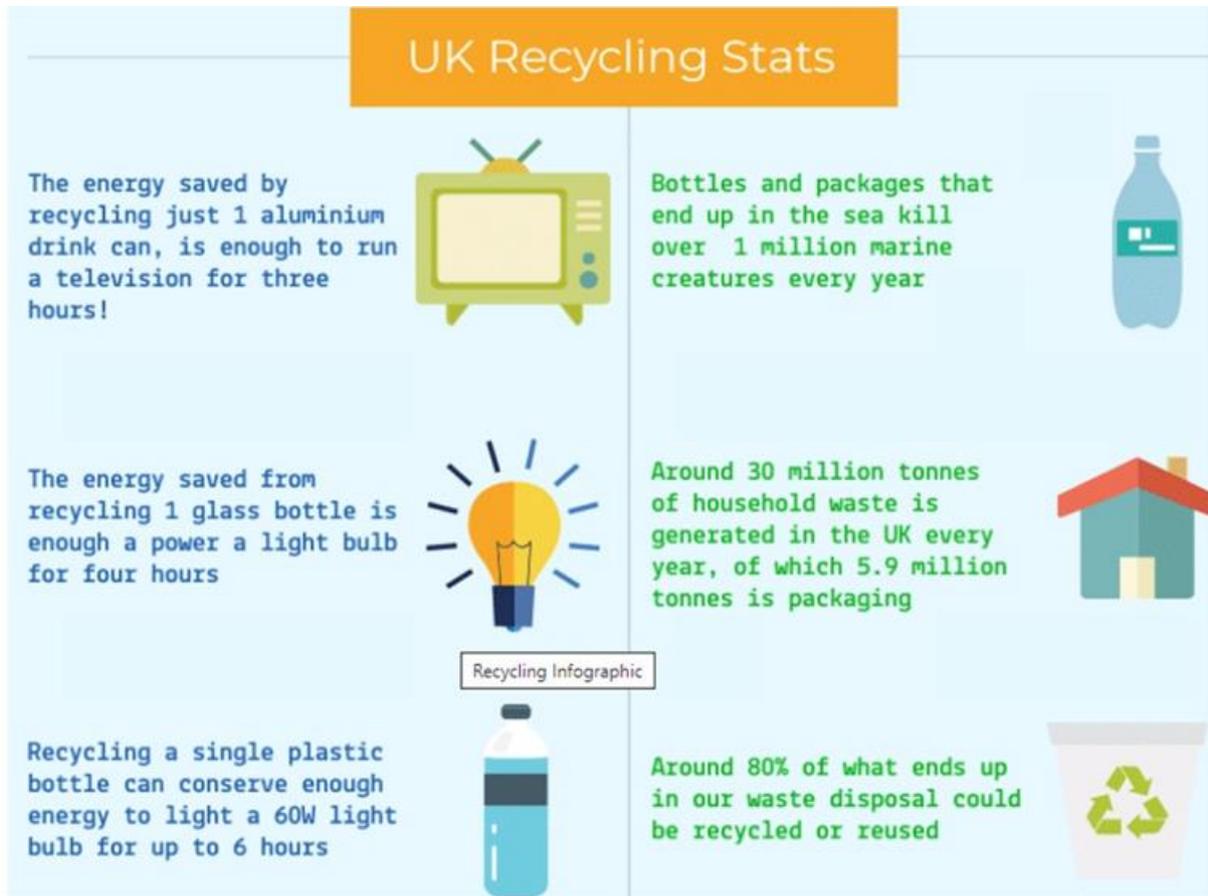




EDITORIAL

During our last monthly meeting, I was alerted a member to a programme she had seen which debunked all the misinformation about recycling in the UK. So, to set the matter straight I have done some research and my findings are set out below. However, if you are in any doubt, please contact your local council who will be able to advise you.

Editor



RECYCLING SYMBOLS EXPLAINED

 <p>Widely Recycled</p>	<p>This label is applied to packaging that is collected by 75% or more of local authorities across the UK, for example plastic bottles.</p>	 <p>Widely Recycled</p>	<p>Flattening the packaging means that you have more space in your recycling bin and having the cap on ensures all material get recycled.</p>
 <p>Widely Recycled</p>	<p>These items should be rinsed, and the lids left on, eg. food jars.</p>	 <p>Widely Recycled</p>	<p>Ensure that any food residue doesn't contaminate any of the other recyclable materials.</p>



Toilet roll tubes, egg cartons & non plastic fruit punnets

Toilet paper and paper towels cannot be recycled, but the cardboard can be recycled.

Plastic bottles

There is often confusion about which plastics can be recycled, but in the majority of cases, plastic bottles can be recycled. Washed plastic bottles (*lids on*) can be put in the blue recycling bin or taken to recycling centres and collection points.

Soap bottles

Like the majority of other plastic bottles, soap bottles can be recycled. Plastic soap bottles are commonly recycled in the UK, but you need to make sure they are empty, (*throw away the tops*), rinse out the remaining contents of the bottles and then recycle.

Glass bottles

Drinks bottles of any colour can be recycled (*green, brown and clear*), like wine and beer bottles. There are also less obvious non-food bottles that we have around the house that can be recycled such as perfume and aftershave bottles.

Food & drink cans

Metal packaging is widely recycled. Once empty and rinsed, food cans are ready for recycling, the labels can be left on, they are removed in the recycling process.

Milk cartons

Drinks cartons are made out of plastic and paper, both of which are recyclable materials. The plastic caps should be left on the cartons as they are removed in the recycling process.

Books

Being made out of paper, you'd have thought books can be recycled but unfortunately, they cannot because of the glue that is used to bind the pages. However they can be reused, old books can be donated to charity shops, libraries or schools. Alternatively you can break the books down and recycle the pages but not the covers.

Newspapers

Almost all form of clean/uncontaminated paper can be recycled. Newspapers can be recycled either in recycling bins or collection points.

Batteries

All household batteries can be recycled at recycling centres (*and there are facilities for recycling in most supermarkets*) such as watch batteries, laptop, and phone batteries.

Cardboard

Most uncontaminated cardboard is recyclable and used for many different types of packaging around the house. Recyclable cardboard includes cereal boxes, shoe boxes, and packaging.

Tin Foil

Foil trays, barbecue trays, takeaway containers, kitchen foil, aluminium pot lids & wrappers, and wine bottle screw caps are recyclable. Wipe or wash to remove any crumbs or food. Scrunch kitchen foil, aluminium pot lids and wrappers together into a ball - the bigger the better is easier to recycle. Leave aluminium screw top lids on jars and wine bottles.

PLASTIC FILM OR CLING FILM IS NOT WIDELY RECYCLED – CHECK YOUR LOCAL AUTHORITY FOR INFORMATION.