



CHAIR'S CHAT:

Welcome to our August newsletter. After the long dry spell, and very hot weather this summer, we are all hoping for some rain, (*something we do not often hear*). Our gardens certainly need it, although I hope it doesn't last too long, as I still enjoy sitting outside with my morning coffee. Whatever the weather, we hope you are keeping well, staying comfortable, and enjoying the longer days before the nights start drawing in.

At our July meeting, our speaker, Neil Hanson, encouraged us to record details of our lives so that our children and grandchildren would know more about us. This made me think how lovely it would be to learn more about the people in our u3a. For future editions, we will invite different members to write a short, potted history of their life — perhaps about where they grew up, the work they did, their hobbies and interests, memorable moments, or anything else they would like to share. These personal stories will help us get to know one another better and will make for enjoyable reading in the months ahead. If you would be willing to contribute, please email your write-up to chair@handru3a.org or news@handru3a.org. We look forward to receiving your contributions.

Jean Mole

AN OLD WIVES' TALE FOR AUGUST

'If the first week of August is warm, the winter will be white and long'

With the hedgerows full of fruit, and the farmer's fields bursting with crops, much of the tales for August focus not on the festivities of the Lammas festival but look instead to much later in the year.

A warm first week in August signifies a long and snowy winter, while an early appearance of rowan berries (not typically seen until September) signifies that a hard winter is already well on its way. Worse still, if the corn or onions harvested at the start of the month have thick husks and skins, you can be sure that the winter months will be tough. In fact, for every foggy morning you experience in August, you can expect a day of snowfall in winter!

Let's hope this is one of the old wives' tales which is false.



Turkey & Tinsel ~ Monday 23rd to Friday 27th November.

The good news is that we now have an (almost) full coach for our trip to Ilfracombe. I just have 4 spaces left. If you have already booked, please note that I now need a deposit of £55 per person as soon as possible, with the balance to be paid by the 22nd October, as I have to pay the resort one month before our stay.

As a reminder the full cost for the 5 days/4 nights is £385, (the same as last year). However, if you require a single room, there is an additional charge of £15 per night, making the total £445. Don't forget, if you want to share with a friend and get an apartment with 2 bedrooms but only 1 bathroom, there is no supplement. Just let me know who you will be sharing with.

Payments can be made to me at this month's meeting. I can take cash or cheque but am unable to take card payments. You can also pay online to Higham & Rushden u3a. Account No. 32986742. Sort Code: 54-41-05, putting "Turkey & Tinsel" in the Reference box. Please note that this is NOT the same account number that you use for your Membership Renewal.

I need to know where you want to board the coach and your preference for Red, White or Rose wine, as I intend to put complementary wine on the table for the "Christmas" supper. You can see me at the meeting or send me a text on 07736 445 658.

Jean.



Dine at Home Suppers: (24th -27th August)

I have a few spaces left for this month's suppers.

The menu is:

Prawn Cocktail or Garlic Mushrooms

Lemon dusted Plaice or Baked Gammon

Tiramisu or Raspberry Trifle.

Your choice of 3 courses plus a glass of wine and a cup of tea or coffee for £15. Always a very convivial evening with friends. See me at the meeting to book or send me a text on 07736 445 658.

There will no "Dine at Home" in September, but October (26th to 29th) will be Curry night with 3 curries to try:+

Thai Prawn/Indian Chicken/Vegetable Curry,
plus sides.

I will have the sign up sheets with me at Monday's meeting. Call me on 07736 445 658 or see me at the monthly meeting to book.

Jean

Canasta:



The next two Canasta meetings at my home will be on Thursday 20th September & Thursday 3rd October. From 10am to 12 midday. Let me know if you are coming ~ there is always cake!.

Jean x



MMFC (Monday Morning Football Chat).

We have resumed our sessions on Monday Mornings at 10am in Waitrose Cafe. A wide range of clubs & views are represented from AFC Rushden & Diamond to Ipswich to Chelsea & all stops in-between! Insightful punditry at its very best! MOTD eat your heart out!

Mike Gibbons



Mahjong & Cribbage:

Mahjong group will now be Mahjong and Crib group.. all welcome Still meeting at Waitrose community room, every other Monday .. next meeting being the 24th August - 2-4 pm.

Lynn Gale



Knit & Natter:

Unfortunately due to family illness I am resigning as leader of Knit and Natter. If anyone would like to take over or start another KNIT and Natter Group, they are free to do so. Kathy Arnold



Scrabble

We meet on alternate Tuesdays @ 2:00 pm in the Waitrose Community Room for friendly matches to keep our brains operational.

For details contact John Ellingham on 07833 017855



Rock & Blues Group:

Our next meeting is at 14.00 hours on Thursday 27th August. The topic is the letter "Y." Currently the group is full & there is a waiting list.

Jim Morrison



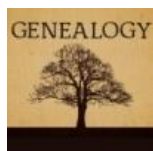
Handicrafts

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

We will be making a collage picture with sea shells.

Looking forward to seeing everyone.

Kathy & Jenny.

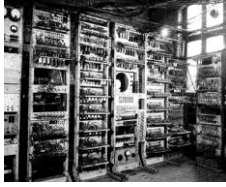


Genealogy:

The newly formed Genealogy group has decided to go ahead with communicating mostly through a WhatsApp group, with face-to-face meetings every few months only. If you are interested in this subject, but get frustrated & unsure how to proceed, feel free to join us & get hints & tips from other enthusiasts.

Please text in the first instance to:

Janet 07488351136 or Ken 07725055865.



Computer Group:

We meet once a month on the first Tuesday of the month from 10:00-12:00, in the Waitrose Community Room.

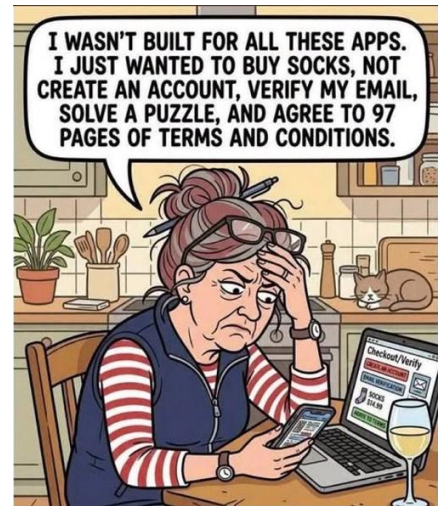
The next meeting will be on 1st September We are always willing to help with any computer-related problems you may have, no matter how trivial.

We cover Windows 10/11 & most office applications for all levels of computer knowledge & are happy to help Group Leaders with all aspects of Beacon.

Attendance at the group is very low at present and there is a risk that the leaders will decide it is not worth continuing.

Anyone who dropped out of the group when it changed to Saturday may consider rejoining, so why not come along, & try it out, who knows, you might just learn something, All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



Country Dancing

We continue to meet at the Hensman Hall in Higham Ferrers at 2 o'clock on alternate Mondays.

The group continues to grow, welcoming new members (we have no waiting list), No previous experience is needed, & it is suitable for people of all ages. A good way of keeping active with gentle exercise & meeting friendly people.

We are also very fortunate in being supported by three very experienced callers who take it in turns to walk us through the dances before calling out the moves to the music.

Richard Coles 07709737308 :



Wine and Dine Group: Programme September to December 2026

Wednesday 9th September -The Fox, Thorpe Waterville 1200 John Holdom-Eyles 387838 johnholdomeyles@gmail.com

Thursday 15th October -The Nags Head, Woolaston 1200 Chris & Brian Lawrence 07801 848790 chriswitch@btinternet.com

Tuesday 10th November -The Wheatsheaf, Titchmarsh 1200 Gwen Walpole 07806 454960 gwenwalpole@gmail.com

Tuesday 8th December The Olde Victoria, Burton Latimer 1200

Mike Gibbons 631531 janandmikegibbo@gmail.com.



Wine Appreciation:

In July we went to Veneto in Italy. Both wines were Valpolicella and were also DOC,

The first was a 2025 vintage which was good and the second was a 2023 vintage which was a bit better with the benefit of age,

Both wines were well liked.

If you would like to join us please phone me on 01933 356784.

Cheers Steve.



Greetings Cards

Our next meeting will be on Wednesday 2nd September Why not come along & try making 3D cards for special people or events. You can also order cards to be made for you if you prefer. We have an infinite number of designs available from which to choose.

It is never too early to start making your very own Christmas Cards.

All materials (including envelopes) are provided at a very small charge.

Please contact me at: tesscards@myself.com or 07899 695822 for details if you are interested in joining the group

PLEASE NOTE THAT AT THE SEPTEMBER MEETING WE WILL HAVE A SELECTION OF OUR HAND-MADE CARDS (INCLUDING CHRISTMAS ONES) FOR SALE IN THE TEA ROOM AFTER THE MEETING.

Tess Pratt & Maggie Morrison



Chatterbox:

The WALT group run a "just turn up" coffee morning on a Monday morning 10 till 12 in the Community Room in Waitrose. . It is a group that focuses on female-friendly chatter & discussions over a cup of coffee. If you are free and enjoy socialising, give us a try, and find out more about our outings.

Chris Murdin & Jenny Robertson.



Garden group:

Our last garden visit for this year will be Grimsthorpe Castle on 10th September. There are a few places left to book. You will need to see one of the leaders at next U3a meeting at the Salvation Army hall on Monday 17th August..

We then revert back to Rushden Hall usual time on 8th October .

Look forward to seeing you. Enjoy the lovely weather.

Lorraine Brown



Ten Pin Bowling:

We restart as normal two weekly intervals on Friday 4th September 2026.

The calendar on our HR website will show details of the future dates for the Autumn period.

Latest scores are always available to be seen on the HR website group page.

If you would like to know more about this group or advise us that you would like to join, then please get in touch via the website.

Contact page, Group Leaders – Alan Collinson, Martin Cromwell, or Alan Nixon

Alan Nixon (Group shared leader).



History Group:

On September 2nd we will be going by coach to the Shuttleworth Collection leaving Higham Square at 09.30 and then Rushden Lightstrung 15 minutes later.

October 7th we are visiting Blenheim Palace leaving Higham Ferrers Square at 09.30 and Rushden Lightstrung at 09.45. We are scheduled to be back at 16.45. In November we will be back at the Masonic Hall normal Thursday and time.

John Holdom-Eyles

Sunday Lunch Group Again:

We usually meet on the last Sunday of the month. New members are welcome to join us.

Please contact Linda Walker 07384 601603 or preferably email spidar.girl@btinternet.com to book or for more information.



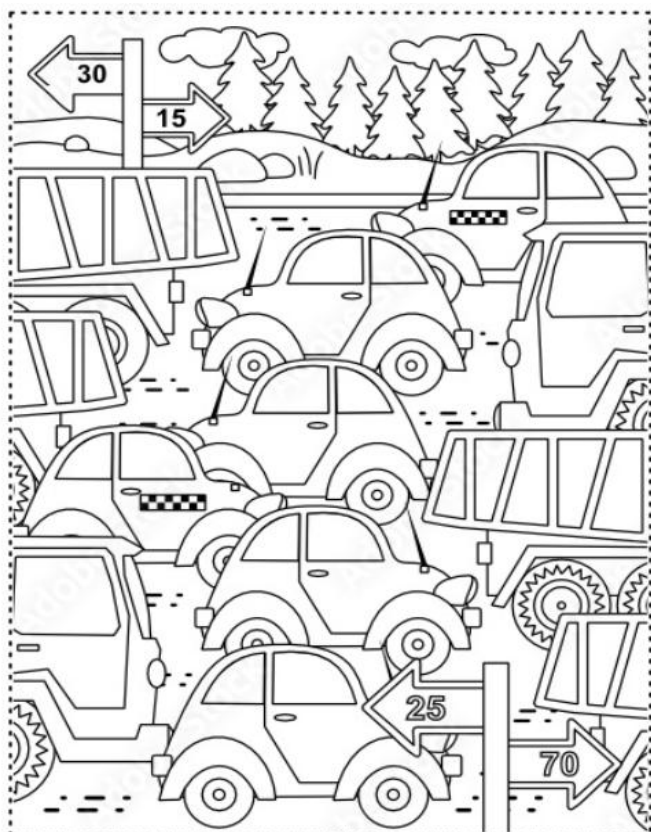
Non-Fiction Book Group, truth is stranger than fiction.

Our small, friendly group reads Biographies, History, Travel, Memoirs & Nature. etc. We are open to suggestions from members. New members to u3a are very welcome. We meet monthly at various members' homes.

New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com

A good book has the power to transform and transport. Wherever you are reading and whatever genre you choose, reading will put you under its spell.

CAN YOU FIND 10 DIFFERENCES?



JULY SUDOKU ANSWERS

9	6	2	3	4	5	1	7	8
4	5	7	2	8	1	9	3	6
3	1	8	7	6	9	2	5	4
2	9	6	8	5	4	7	1	3
5	8	4	1	3	7	6	2	9
1	7	3	6	9	2	4	8	5
6	4	1	5	2	8	3	9	7
8	2	9	4	7	3	5	6	1
7	3	5	9	1	6	8	4	2

GROUP DETAILS	VENUE	DAY/TIME
<i>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 & the group leader should contact you.</i>		
<i>Check the group calendar on the website for further details</i>		
Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 14.00-15.00
Intermediate Badminton	Pemberton Centre	Every Tuesday, 10.00 to 11.00. £2.50 per session
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1 st Monday of the month*
Canasta	Leader's Home	1 st & 3 rd Thursday of the month
Card Making	Leader's Home	1 st Wednesday/month.1000-1200
Chatterbox	Waitrose Community Room	Every Monday 1000-1200
Computing	Waitrose Community Room	1 st Tuesday of the Month 1000-1200
Country Dancing	Hensman Hall. NN10 8HT	Alternate Mondays 2 00-3.30pm
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
Genealogy	WhatsApp group. Face-to-face meetings every few months. Please text in the first to Janet 07488351136/Ken 07725055865.	
Golf	Various	1 st Wednesday & 2 nd & 4 th Friday monthly
Guitar	Rushden Windmill Club	Tuesday 4pm.
Handicrafts	Rushden Bowls Club	4 th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1 st Thursday monthly 14:00
Home Dining	Leader's Home	Three times per Month varying days
Knit & Natter	NEW LEADER SOUGHT	
Mahjong & Cribbage	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Café	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4 th Monday 10.30-12.00
Play Reading	To be advised	1 st Tuesday 13.15-14.15
Continued		

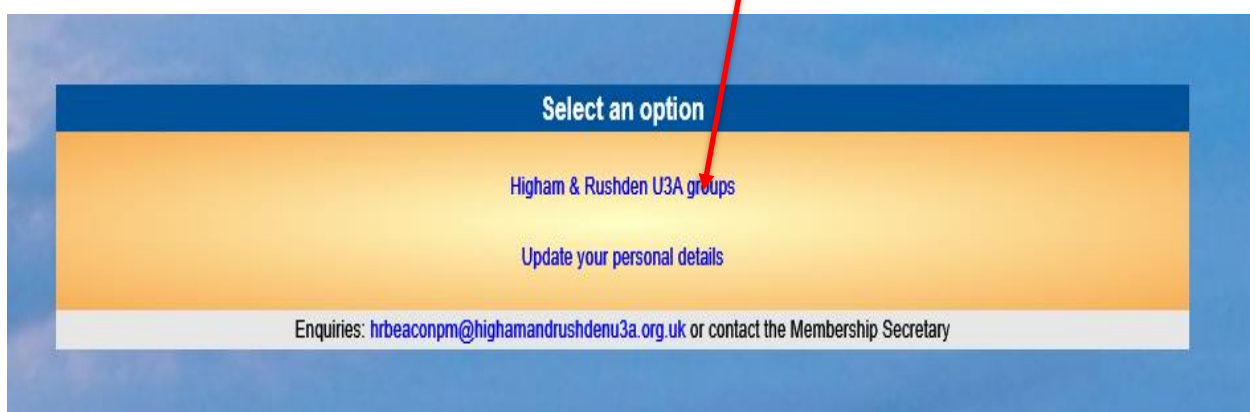
GROUP DETAILS	VENUE	DAY/TIME
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm Alternate Tuesdays
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Spanish	To be advised	
Special Events	Various	Various (see website for details)
Sunday Lunch	Various	Various (see website for details)
Table Tennis	Pemberton Centre	Wed 13.00-14.00
Ten Pin Bowling	Hollywood Bowl, W'boro	Alternate Friday 1100-1300
Ukulele	Rushden Working Men's Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2 nd & 4 th Tues 10.00-12.00
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

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 & 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 & full instructions are available on our u3a website.

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





EDITORIAL:

SOME PROVERBS AND QUOTES TO HELP YOU IN TIMES OF NEED:

Retain a calm heart, sit like a turtle, walk swiftly like a pigeon, and sleep like a dog.

These are suggestions from Chinese herbalist and martial artist **Le Ching-Yuen**. Although his true date of birth was never established, he claimed to be 197 years old when he died in 1933. The “calm heart” must have worked for him.



This guy retains a calm heart.

Raise your words, not your voice. It is rain that grows flowers, not thunder.

Shouting gets us nowhere. It is better to stay calm and select our words carefully as **Rumi**, the 13th-century poet, theologian, and Sufi mystic from Afghanistan puts so beautifully.

Those who are free of resentful thoughts surely find peace.

You might still be dwelling on that thing someone said, or how your partner ate the last chip when you nipped out of the room, but it's only you that will suffer from holding a grudge. As **Buddha** himself said, freeing your mind of resentful thoughts will result in peace and happiness.

He who is of calm and happy nature will hardly feel the pressure of age.

According to the Ancient Greek philosopher **Plato**, being a calm and happy person will keep you feeling young. Now if that's not an incentive.



Where there is peace and meditation, there is neither anxiety nor doubt.

Saint Francis of Assisi was an Italian Catholic friar, deacon, and preacher. A wise man, he's one to listen to. Focus on peace and practise a spot of meditation and there won't be much room left for anxiety and worries.

The fruit of silence is tranquillity.

An **Arabian** proverb. To achieve a state of calm and tranquillity, simply seek out some silence.

Don't be afraid to cry. It will free your mind of sorrowful thoughts.

This saying from the ancient **Native American Hopi tribe** (the “peaceful ones”) reminds us that it's OK to let our feelings show, and that having a good old cry when we're worried or upset can help us feel calmer and happier. Let it all out!

HOW TO COOK PERFECT SCRAMBLED EGGS

Ingredients

3 free-range eggs

A knob of butter (about 15g)

1 tsp crème fraîche or double cream

Salt and freshly ground black pepper

1 slice of artisanal bread (for serving)

Prepare: Crack the eggs into a bowl, add a pinch of salt and pepper, and whisk until just combined.

Start the eggs: Place a heavy-based saucepan over medium heat, add the butter, and let it melt.

Pour in the egg mixture. **Cook low and slow:** Lower the heat immediately. Use a spatula or wooden spoon to continuously stir the eggs, scraping the sides and bottom in a figure-eight motion. This prevents clumping. **Add the cream:** Just before the eggs are fully cooked (they should still look slightly wet, glossy, and soft), take the pan off the heat. Stir in the crème fraîche to halt the cooking process and add richness. **Serve:** Spoon the creamy eggs over freshly toasted artisanal bread and serve immediately.

DID YOU FIND ALL THE WORDS?

BEES
BUTTERCUPS
CAMPFIRE SINGSONG
CERULEAN
CLOUD WATCHING
CORAL
CRICKETS
DANDELION C;LCK
DRAGONFLY
DREAM
ENCHANTED

FAIRY RING
HAMMOCK READING
HAZY
KITE
LEMONADE
MEADOW
MERMAIDS PURSE
MIDSUMMER
PADDLE
PICNIC
PIMMS O CLOCK

SANDCASTLE
SHADY TREE
SHOOTING STARS
SOLSTICE
SPARKLING SEA
SPELL
SUNBEAM
TITANIA
WATER FIGHTS
WAVES
ZEPHYR

S	D	E	T	N	A	H	C	N	E	I	L	H	E	P	I	Q	G	F	F	<u>M</u>	A
C	R	V	S	O	L	S	T	I	C	E	K	C	O	L	C	O	S	M	M	<u>I</u>	P
C	E	B	H	A	M	M	O	C	K	R	E	A	D	I	N	G	E	P	B	<u>D</u>	L
Z	A	L	<u>C</u>	<u>L</u>	<u>O</u>	<u>U</u>	<u>D</u>	<u>W</u>	<u>A</u>	<u>T</u>	<u>C</u>	<u>H</u>	<u>I</u>	<u>N</u>	<u>G</u>	J	O	I	P	<u>S</u>	I
V	M	E	E	S	R	T	Q	K	A	O	C	N	I	S	I	A	R	N	M	<u>U</u>	R
N	D	R	A	G	O	N	F	L	Y	F	Z	A	F	P	P	E	L	W	M	<u>M</u>	S
L	C	A	M	P	F	I	R	E	S	I	N	G	S	O	N	G	B	E	I	<u>M</u>	R
M	A	V	N	B	B	P	R	U	Y	S	P	A	R	K	L	I	N	G	S	<u>E</u>	A
J	M	Z	L	D	V	A	I	Z	I	U	E	W	O	<u>I</u>	N	R	B	C	O	<u>R</u>	T
E	M	E	P	B	E	E	S	R	L	N	E	I	P	T	C	W	R	O	U	U	S
S	V	P	D	I	U	L	B	M	R	B	U	T	T	E	R	C	U	P	S	P	G
R	R	H	W	F	M	E	I	P	L	E	E	S	E	M	R	O	L	A	P	D	N
U	F	Y	A	A	T	K	P	O	I	A	E	S	L	E	Q	R	M	D	E	P	I
P	C	R	V	I	T	Z	M	D	N	M	B	A	E	A	P	A	U	D	L	C	T
S	V	B	E	R	H	E	L	N	A	C	F	J	P	D	R	L	E	L	L	Y	O
D	C	P	S	Y	E	V	R	J	G	E	L	E	M	O	N	A	D	E	P	Z	O
I	X	R	E	R	I	S	O	<u>F</u>	L	T	P	O	R	<u>W</u>	K	Q	U	P	E	F	H
A	N	B	P	I	C	N	I	C	<u>I</u>	P	T	P	C	E	R	U	L	E	A	N	S
M	K	R	O	N	T	R	L	P	Z	G	S	T	E	K	C	I	R	C	K	I	O
R	B	C	M	G	G	P	O	B	E	K	<u>H</u>	Y	K	M	E	H	N	O	L	L	P
E	L	T	S	A	C	D	N	A	S	R	I	T	I	T	A	N	I	A	M	L	V
M	C	G	S	H	A	D	Y	T	R	E	E	R	<u>S</u>	Y	P	E	H	A	Z	Y	F

u3a MONTHLY MEETINGS		
<i>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 experience as a speaker at other groups on topics which you think would be of interest to our members then please contact the Speaker Secretary.</i>		
2026		
17 Aug	Damien O'Dell	Chicksands Priory
Sep	Sweet FA	Musical Trio with clever ditties
Oct	Bharat Patel	The Secret Life of a TV Reporter
Nov	TBA	
Dec	TBA	
2027		
Jan	TBA	
Feb	TBA	
Mar	TBA	
Apr	TBA	
May	TBA	
Jun	TBA	

Having just been for a routine blood test which left my arm rather bruised, I was amused to see this cartoon. Hope you enjoy it as much as I did.

