

*August*

*Poor August, the number of days in August has changed quite a few times over the years. First it had 30 days, then an extra one was added to make it 31. When January and February came into the calendar in 700 BC August was reduced to 29 days. Finally, Julius Caesar changed it back to 31. Thankfully it has stayed at 31 ever since because it means we get longer school holidays!*

### **CHAIR'S CHAT**

Do you ever think about the u3a strapline? Do you remember what it is?

#### **LEARN LAUGH LIVE**

I hope that is what you are experiencing when you attend your groups and the monthly meetings. Remember, this is a joint effort – you and the group leaders do this every month. I never cease to be amazed at the time and effort the group leaders 'donate' to the Higham and Rushden u3a. Thank you.

I hope you also gain friends by being part of this organisation. Research has shown that having friends is good for our emotional and physical health – friends can help us when we're down, encourage us to learn new things and keep us on track to achieve our goals. Loneliness has real consequences for our health and wellbeing. The risk effect of loneliness and weak social networks is equivalent to smoking 15 cigarettes a day!

Remember it's not about the number of friends you have – quality is more important than quantity. I hope that is what you find by being a member of our u3a.

Trish  
Chair

At a recent committee meeting, several members attended to discover what they could do to assist. The discussions were very productive, and some "helper" roles were deemed suitable for job sharing between two or more volunteers. The committee is keen to further explore ways of splitting up roles to encourage members who would not feel comfortable taking up a full committee post to come forward. If you feel nervous about becoming a committee member but would be happy to help us out in some way, please speak to the Chair (Trish) or any of the committee members. We also have committee roles which will need to be filled very shortly so please have a long think about how much you want our u3a to continue.



(Special Events are now being booked through Lewis Harvey Events which is a company solely owned by Jean Mole.)

**Pretty Woman (The Musical).** I have booked 30 seats at The Royal & Derngate Theatre to see this brilliant show - 2:30pm on Wednesday 11<sup>th</sup> September. It is self-drive (no coach) but if needed, I am happy to try & match up drivers with those who can't drive. The ticket cost is £56 per person. Please see me at the monthly meeting or e-mail me on [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) to book your place. Jean

**Thursford Christmas Spectacular.** I still have a few seats left for this event @ £73 per person. However I have just received an email from Thursford advising me that all payments must be made by 15<sup>th</sup> September. Therefore if you haven't already paid, please can you do so as soon as possible..

**Buckingham Palace 2<sup>nd</sup> September.** I have had a couple of cancellations for this trip, which includes a Coach into London and a tour of Buckingham Palace State Rooms for £54. Please call or email me if you would like to be added to this trip.

**Buckingham Palace 19<sup>th</sup> September** If you are booked on this trip, please note that I require full payment by 18<sup>th</sup> August as I have to confirm numbers and pay the Palace by the 19<sup>th</sup> August. You can pay me by cash/cheque at the next monthly meeting. Cheques payable to Lewis Harvey Events or contact me for details of BACS payments. If you haven't already done so (but even if you have), please email me to let me know where you would like to board the coach. The options are Thrapston Co-Op, Higham Square or Orbit Tyres, Rushden.

**Turkey & Tinsel 6<sup>th</sup> – 9<sup>th</sup> December.**

I do still have availability for this very popular weekend in Bournemouth. The cost for the Coach, Dinner, Bed & Breakfast at the Suncliff Hotel, entertainment on each evening, plus Sherry reception, Bucks Fizz reception, Christmas presents, etc., just £265. On the return journey we hope to call into Winchester to visit their Christmas market ~ weather permitting

**Jack & The Beanstalk 7<sup>th</sup> December.** For those of you booked for Bournemouth, there is the option of coming to the pantomime on Saturday afternoon. The cost (to include a free ice cream) is £35. Please let me know if you would like to add your name to this event.

My contact details for all the above events are Mobile: - 07736445658 (either text or phone) ~ Email: - [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com).

### Deposits:

Unfortunately if members cancel an event after final costings have been calculated, it may put the event into a loss-making situation. Therefore in order to avoid this I am now asking for a £10 non-refundable deposit in order to secure your place on all trips that I organise. [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or contact Jean Mole on 07736445658



### Home Dining

If you would like to join us for a nice meal and a convivial evening, please contact me. First come first served. Email: [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or text/phone 07736 445 658. Jean



### **New Group: Make Your Own Greetings Cards**

The first meeting went well, 4 new members attending. The next meeting is at 10am on Wednesday 4<sup>th</sup> August. Please contact me at [davewpratt@sky.com](mailto:davewpratt@sky.com) or on 07899 695822 for details if you are interesting in joining this new group.

Tess Pratt



### **Rock & Blues Group:**

Our next meeting is at 14.00 hours on Thursday 29<sup>th</sup> August at the leader's house & the topic is "Technology". Currently the group is full.

Jim Morrison.



### **Computer Group:**

We continue to meet in the Community Room at Waitrose, on the 1<sup>st</sup> & 3<sup>rd</sup> Saturday each month from 10:00 until 12:00. The next meeting will be on 21<sup>st</sup> September.

We cover Windows 10/11 and most office applications for all levels of computer knowledge from beginners through to competent users.

Further information from Jim or Maggie Morrison.



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

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, & a companionship group, & 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, & Ken, via the website, or see us at the main u3a meeting.

Janet Embling & Ken Chambers, Group Leaders



### **Country Dancing:**

We restart September 6<sup>th</sup> usual venue; Hensman Hall Chichele St. Higham Ferrers. 2.00-3.30. We welcome new members. Dances to suit everyone of all ages, even those with two left feet. All dances are walked through, nothing complicated. Some dances are very gentle, and one can sit out if one wishes. Why not come for a taste.

First timers are free. Our group is very friendly, and we always help anyone who is struggling.

Please ring me for details George 01933 622827.



**Handicrafts:**

The next meeting of the Handicraft Group is on Thursday, 22<sup>nd</sup> August, 2 pm at the Bowls Club.

Kathy will be helping us to make will this cute ladybird, all materials will be provided

although a cutting board might be useful. The charge will be £2 for the room and £1 for the craft.

Kathy and I look forward to welcoming you.

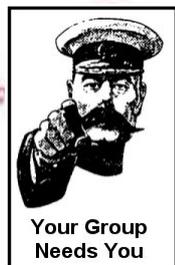
Jenny.



**Garden Group:**

The garden group has finished all its summer visits and is now looking forward to being back at Rushden Hall for the remainder of the year with our program of speakers. We start with “An Insight into Bee Keeping” and the meeting will take place at 10:30. We look forward to seeing everyone there.

Lorraine



**Golf:**

Following a review of the group members, emails had been sent out to determine the actual playing courses with details of the required number of holes to be played and frequency.

If you have an interest in joining the group, contact the leader:

Hensley 01933 805547 or via the website contacts.



**MMFC (Monday Morning Football Chat).**

We meet on Mondays in Waitrose Cafe at 10am. We celebrated England's achievement of reaching the Final of the European Championship, with Chelsea buns, coffee and enthusiasm!.

New members always welcome. Just turn up or contact me on 01933 631531.

Mike Gibbons



**Wine Appreciation:**

July's tasting is from Greece, Semeli Feast Red from the Peloponnese area at the end of the mainland, organically grown at around 600 metres.

Liatiko Queen, Lyrarakis, from Crete, Liatiko is a native grape. We did not like this as well as the first one. If you would like to join us please phone me on 01933 356784.

Steve



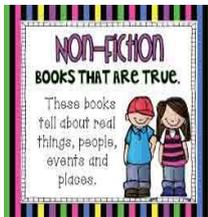
## **Bookmarks Again:**

### **All The Light We Cannot See By Anthony Doerr**

A book group is a space where the members can voice their opinions about a book, with often diverse ideas and feelings, about what they have read, the prose style, the accuracy or the imagination of the author. What a joy it was when we read “All The Light We Cannot See” and were unanimous in our response, in fact so much that we all said we wanted to read it again and have the novel to keep. The story won the Pulitzer prize for Fiction in 2015 and deservedly so. The novel, which was ten years in research and writing, centres around the life of a blind girl, Marie-Laure, during the 2<sup>nd</sup> World War. The daughter of an academic at the Natural History Museum in Paris who flees to relatives in St Malo as the Germans advance. A young German radio operator with a troubled background is sent to work in the town, tasked with tracing illegal broadcasts. Marie-Laure’s father has smuggled jewellery and stones from the Museum and the Germans wish to find one of the most valuable stones that they knew had been stored there, and then taken. The author through his writing makes us feel, smell and touch with Marie-Laure as she finds her way through St Malo and at night as she reads from Jules Verne on an illegal radio with messages that are listened to by Werner. This is a book that we can all recommend.

We will meet on the 2<sup>nd</sup> of September at Waitrose community room at 10.30a.m. Any new members will be welcome.

Ann Kemp



## **Non-Fiction Book Group**

New members very welcome. We meet on the 4th Monday of the month 10:30-12:00.at the leaders’ home. Details on the beacon calendar.

Are you a non-Fiction reader? Are you interested in Travel, History, Biographies etc. Members would need to commit to obtaining copies. listening as a talking book or reading on Kindle.

Our book choices are varied. Recently we have read Biographies,Diaries , Travel, & History, both newly published & from past years. We meet at the leaders' home in Rushden to discuss our choice of book & choose another.

More information from Linda & Chris Walker:



## **Sunday Lunch Group:**

Members new to u3a are especially welcome but be aware with our existing group members we have limited spaces. No deposit required.

Booking now open. 22<sup>nd</sup> September at the Priory Wellingborough 12 -15 for 12-30. They have a real carvery as well as a large weekday menu available - all reasonably priced.

We have booked the function room for 2hrs.

Forthcomings dates are the last Sundays of each month, and you can find them on the beacon calendar.

Inquiries to Linda Walker.



### Ten Pin Bowling:

If you would like to know more about this group or advise us of your interest, please get in touch via the website Contact page, or contact: Group Leaders – Alan Collinson, Martin Cromwell or Alan Nixson



### History Group

The trip to King Richard III Visitor Centre in Leicester was a huge success; everyone enjoyed it and was impressed by the exhibition'

The next meeting is on Thursday 3<sup>rd</sup> October at the Masonic Hall on Wellingborough Road Rushden at 2pm. The talk will be on Castles in the Air and other amazing inventions by Nick Brazil.

Now, one remaining trip:

### Thursday 5<sup>th</sup> September Black Country Living Museum.

Connect with stories of how the region made a big impact on the world. From metalworkers, miners, nurses, schoolteachers and even a pub landlord or two. There is a lot to get stuck into - talking to historical characters and bringing history to life. This is a stunning historical site. This will be a wonderful day out with a lot to see and do. There is still room.

The Black Country Museum. Coach £26. Entry £18.25

The balance of £34.25 to be paid by July 15th please.

PLEASE NOTE THE PICK UP TIMES ARE:

8:15am Higham Ferrers Market Place

8:25. Rushden Skinners Hill

Gerry Derbyshire and I will be at the general meetings to accept any payments. Alternatively you can pay by BACS Sort Code: 54-41-05 Account No: 32986742 Higham and Rushden u3a. if you pay by BACS please let me know the amount paid and put the trip reference on the payment.

You can pay by cheque made payable to Higham and Rushden u3a or by cash at the meetings or to me at 8 Broadlands Raunds NN9 6QL.

Contact Brian Turner on 07812514456 or brianitatu@gmail.com if you have any queries.

#### **TOMATO NUTRITION FACTS:**

**LYCOPENE\***: Tomatoes are as healthy cooked as raw. Because lycopene, the compound which gives them a nice red colour is increased by more than 50% during cooking. Lycopene has been linked with improved cardiovascular health and may be protective against some cancers.

**SOURCE OF VITAMIN C:** Important for immune health, vitamin C can help to increase plant-based iron absorption and prevent tiredness.

**SKIN DEEP:** Most of the phytonutrients\*\* in tomatoes are concentrated in their skin rather than the juicy pulp, so don't peel!

**5 A DAY:** Just 1 medium tomato or 7 cherry tomatoes makes up a portion of that vegetable goal.

\*Lycopene is an organic pigment called Carotenoid.

\*\*Phytonutrient chemicals help protect plants from germs, fungi, bugs, and other threats.

**Wellibus Transport Service (free to join).**

*This offers FREE travel for people with a concessionary (older and disabled people) bus pass.*

Call 01933 223636, 9am-2.30pm Monday to Friday to find out more.

The Dial-a-Ride, door-to-door minibus service is wheelchair friendly and fully accessible for those with mobility needs.

- book up to 5 days in advance or up to 12 noon the day before travel.
- Regular bookings can be taken if you attend a weekly group
- Membership joining fee is waived for the next year
- Transport is completely FREE OF CHARGE

Visit the Shire Community Services website to find out more about the service and to download a form: [www.shirecommunityservices.org.uk](http://www.shirecommunityservices.org.uk)

### SEEING DOUBLE

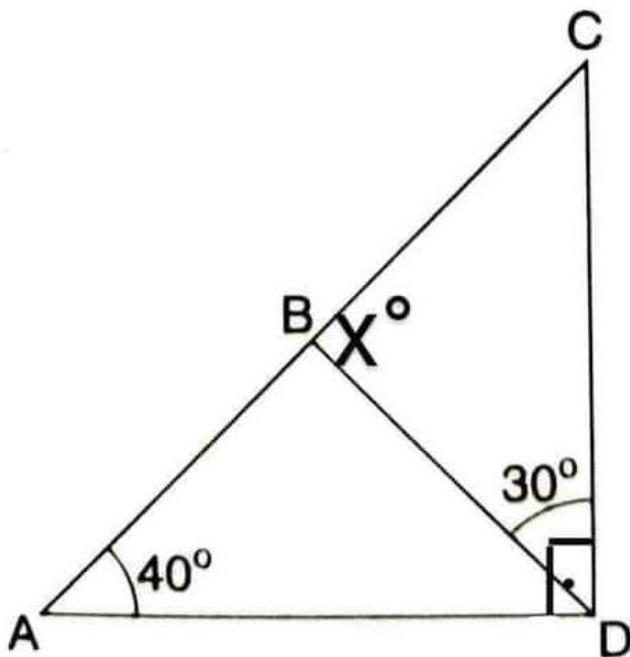
*Each pair of words shares two middle letters. The first has been filled in as an example. Complete the remaining words to find the mystery keyword, reading down the middle.*

<b>1</b>	<b>AL</b> _____	<b>MO</b>	<b>ST</b> _____
<b>2</b>	<b>RE</b> _____		<b>VE</b> _____
<b>3</b>	<b>DI</b> _____		<b>ER</b> _____
<b>4</b>	<b>AS</b> _____		<b>MA</b> _____
<b>5</b>	<b>CH</b> _____		<b>UB</b> _____
<b>6</b>	<b>ST</b> _____		<b>EO</b> _____
<b>7</b>	<b>BE</b> _____		<b>LD</b> _____
<b>8</b>	<b>SC</b> _____		<b>OL</b> _____

*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.*

<b>GROUP DETAILS</b>	<b>VENUE</b>	<b>DAY/TIME</b>
Check the group calendar on the website for further details		
A Little Aloud	Leader's home	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday at Leaders' home 10.00 – 10.
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, Rushden.	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	1st Monday of the month*
Card Making	Leader's Home	1 <sup>st</sup> Wednesday/month.10-12 am
Computing	Waitrose Community Room	10-12am 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday every month
Country Dancing	Hensman Hall Chichile St. 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 <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
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	Three times per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Cafe	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4th Monday 10.30-12.00
Continued		

GROUP DETAILS	VENUE	DAY/TIME
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 Alternate Tuesdays
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Various	Resuming 24 March 2024
Table Tennis	Pemberton Centre	Wed 13.00-14.00
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
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	Check calendar for information.



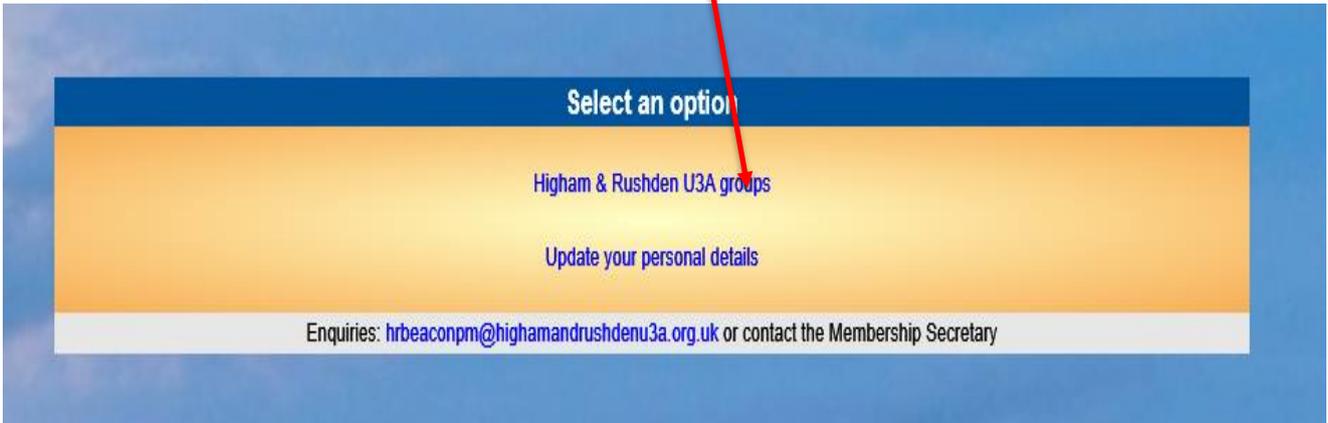
The value of X is 100

**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.



**If any H & R u3a member is a trained First Aider, can you please let any committee member know, so that we can compile a register.**

**Crossword Answers**

1S	E	2N	T	3E	N	4C	E	5E	
T		E		V		L		6B	A
7A	N	S	W	E	R	E	8D	A	R
N		T		N		A		8A	L
10D	R	E	S	S	11I	N	G		N
O		D			C			12M	T
U			13P	14R	E	15S	S	U	R
16T	17A	X		A		E		S	R
	T		18P	I	N	N	A	C	L
19B	O	Y		S		S		L	S
	M		20R	E	V	E	R	E	N

**ACROSS**

- 1. Prisoner's term for part of paragraph (8)
- 6. Criticise piece of luggage. (3)
- 7. Found the solution – wars need to be changed. (8)
- 8. Mr Baba is Italian at heart. (3)
- 10. Putting on clothes instead of bandage to cover wound. (8)
- 13. Sort of cooker or group that's measured in millibars. (8)
- 16. Make heavy demands on levy. (tax)
- 18. It's all downhill from here. (8)
- 19. On reflection, this youngster is a job. (3)
- 20. Reverend almost respectful. (8)

**DOWN**

- 1. I heard Stan doubt project. (5,3)
- 2. Howard left honest Edward, who made home in tree. (6)
- 3. Levels the odds? Hardly! (5)
- 4. Uncle Andy is pure at heart. (5)
- 5. Peer inside clearly. (4)
- 9. Concern about the charge on borrowed money. (8)
- 11. I see eastern diamonds. (3)
- 12. End-of-term clues about brawn. (6)
- 14. Bring up flag, children or funds. (5)
- 15. Detect wisdom in chosen seminar? Could be quite common. (9)
- 17. Tiny part of a cat? (4)

### 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.*

<b>2024</b>		
19 <sup>th</sup> Aug	Julie Kinnear	Wonderful Wicked Wallis
15 <sup>th</sup> Sept	Vince Eager	Life after Eurovision
21 <sup>st</sup> Oct	Alex Leger	Behind the Scenes at Blue Peter
18 <sup>th</sup> Nov	Keith Baldwin	When Doctors & Police start to look young
9 <sup>th</sup> Dec	AGM	H&R Singing for Fun
<b>2025</b>		
20 <sup>th</sup> Jan	Vince Eager	What Time's the Midnight Buffet?
17 <sup>th</sup> Feb	Steve Dimmer	Hercule Poirot
17 <sup>th</sup> Mar	Sweet FA	Musical Trio with Clever Ditties
14 <sup>th</sup> Apr	TBA	
19 <sup>th</sup> May	Roger Brown	Various Talks
16 <sup>th</sup> Jun	Nick Cosgriff	You do not have to say anything, but anything.....

#### **Something I found very funny:**

I recently bought a magnetic closing mosquito screen door curtain for my back door. Needless to say the screen was made in China. It is a great product (I have had one on my French windows for years and am very happy with it). However, when I read the "Features" on the paper which came with the package, I could not help but laugh. I quote it here.

"FEATURES,  
Bottom gravity sticks makes close quicker and prevents being blown away by wind."

What can I say?



## **EDITORIAL:**

### **How to be braver: (*find your inner adventurer*).**

Persuading yourself to be that little bit more adventurous can make you feel a lot happier and more alive - and summer, when our regular rules and routines slacken, is a good time to practice. Here is some advice for getting started.

#### ***Do what you love but be a little more adventurous***

Instead of walking think about climbing a mountain, changing swimming to wild swimming, and camping to wild camping.

#### ***Have more fun***

Enjoyment is different from fun. Do something a bit silly that makes you laugh. Jump off a rope swing into a lake. Ride a roller coaster. Make up a bed and sleep in your garden under the stars.

#### ***Feel the fear but don't let it control you***

Listen to it, thank it for alerting you to possible dangers and then tell it to move away so you can be in control of your life.

#### ***Enjoy the journey***

Think about where you enjoy the process not just the outcome. Go for a hike in the woods or a bike ride, not for exercise but to take in the sounds, sights and smells of nature. Who knows what you will see if you take time to savour your surroundings.

#### ***Find pockets of adventure***

Rather than waiting until you have time for a weekend away, find something that fits into your week, and include friends.

#### ***Listen to what's whispering to you***

Do you drool over travel or adventure programmes, lust after campervans or think fondly of horse riding or sailing boat memories? Act on these desires and impulses rather than finding reasons not to do things.

### **USED POSTAGE STAMPS**

If you save used postage stamps we can collect these for charity. Please cut them from the envelope and then hand them to any member of the committee who will ensure they are passed on. Thank you.

