



Chair's Chat:

What is a Podcast – well according to Google it's a digital medium consisting of audio [or video] episodes that relate to a specific theme.

I had never listened to a podcast until last week. A friend was talking about one that she listens to regularly. I have been happy listening to a variety of radio programmes over the years, but she challenged me to give it a go - or as she put it 'join the 21st Century'!

When I started looking I was amazed at the number of topics covered. Where to start was the biggest challenge. As local politics are on my mind at the moment I decided to start with *The Rest is Politics*. When I realised that the speakers are Alistair Campbell and Rory Stewart I thought that this could be interesting considering their political backgrounds. There are around 200 so far but the title that caught my eye was – 'Question Time: A new centrist party, Mafia Politics in New Jersey and was Jesus a socialist'!! Considering Christmas is nearly here I had to listen it when I saw 'was Jesus a socialist'. I really enjoyed it and have listened to a lot more. As I write this I'm listening to *The Rest is Entertainment* with Richard Osman and Marina Hyde. Very different from the *Rest is Politics* but just as entertaining.

I hope to see many of you at the last monthly meeting of the year on Monday where we will be entertained by our u3a Guitar Group, enjoy a mince pie and a cuppa **AND our AGM**

Wishing you all a Merry Christmas and Happy New Year

Trish Dewar
Chair

ICE

(In Case of Emergency)

Have you ever thought about what would happen if you had an accident or fell ill during u3a activity?

Please ensure we have a note of your "In case of emergency" contact details so that we can let them know.

I asked my girlfriend to bring me a screwdriver.
She asked: Flat head, Phillips, or Vodka?
That was when I knew she was the one for me and I
proposed there and then!



Special Events – Elvis exhibition

There is an iconic Elvis exhibition in London at the Arches, London Bridge, which features artefacts from Graceland, charting the King's humble beginnings to his meteoric rise to fame.

I intend to organize a coach for the exhibition on Thursday 22 February, but at this time I am looking to find out who would be interested in going. Group tickets are around £26.50 plus the cost of the coach, which will depend upon how many want to go, but I would estimate the total cost to be in the region of £50. Please let me know if you would like to be included on my pre booking list.

Contact Jean Mole on 07736 445 658

Buckingham Palace

I have booked 50 tickets for entry to Buckingham Palace on Thursday 19th September 2024 ~ I hope you all have your 2024 diaries to make a note of the date. The cost of Group entry and the coach into London will be around £55, once again depending upon numbers.

At this stage I am just asking for names of those members who think they would like to go and will be taking deposits of £10 per person early next year.

Please come and see me at the monthly meeting.

or e-mail me on peterandjeanmole@btinternet.com to register your interest.

Come From Away

I have booked seats at the New Theatre, Oxford, to see the matinee performance of Come From Away on Wednesday 24th April.

Tickets, including the coach, will be in the region of £50.

This show is likely to be very popular, and I currently have reserved just 37 seats, so please let me know as soon as possible if you are interested.

Deposit of £10 required to reserve your place, with the balance due at the beginning of February.

My contact details are mobile: - 07736 445 658

or e-mail: - peterandjeanmole@btinternet.com.

Jean Mole



Home Dining

Cost £12.50 to include a 3-course dinner, 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:

November wine tasting: this month we tasted 2 Chardonnays, one from France the other from Australia.

The Tuesday group liked the Sous le Soleil from France [Waitrose].

The Thursday group liked the Hardys from Australia [Amazon].

Next time will now be in January, if you would to join us please call me on 01933 356784.

Steve Evans



Rock & Blues Group:

Our next meeting is on Thursday December 28th at 14:00 hours at the leader's house and the topic is "Months".

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.

Jim Morrison

I hate it when people act all intellectual and talk about Mozart, while they've never even seen one of his paintings.....



MMFC (Monday Morning Football Chat).

MMFC will now meet at Waitrose Cafe for the foreseeable future. Same time 10am until 11. New members welcome.

Mike Gibbons



Handicrafts:

There is no meeting of the Handicrafts Group this month but we hope you enjoyed finishing your book Angel.

Kathy and I have already started planning the programme for next year and have a few ideas for new things to try. We hope you all have a good Christmas and look forward to welcoming you back in January. Best wishes.

Kathy and Jenny.





Computer Group:

DO YOU HAVE A COMPUTER THAT YOU RARELY USE BECAUSE YOU ARE UNSURE? WOULD YOU LIKE TO HAVE SOME HELP WITH THE ABSOLUTE BASICS?

Our next meeting on the 20th will be continuing the "back to basics" theme (although we will have some mince pies as well).

However, from January our meetings will change and will be in the Community Room at Waitrose, on the 1st and 3rd Saturday each month from 10:00 until 12:00. We appreciate that this may not be convenient for some of you, but the change to not having to pay to hire the room will mean that we can carry on the meetings for those who can attend, without losing money. (And of course you get an opportunity to do some shopping while you are there!)

Further information from Jim or Maggie Morrison.



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 Embling & Ken Chambers, Group Leaders



History Group: December meeting on Thursday December 7th. The Stanwick Handbells were very good. Everyone who turned up enjoyed the session very much and it put us all in the festive spirit. It was disappointing that only 40 members attended due to the bad weather.

The next meeting is on Thursday 4th January at the Masonic Hall. The subject is Wellingborough now and then. The meeting will start at 2pm.

Next Year's Trips will be:

Thursday May 2nd Stratford on Avon and backstage theatre tour

Thursday 6th June Sandringham House and Hunstanton.

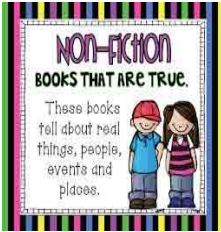
Thursday 4th July Donnington le Heath Manor House and King Richard III visitor centre, Leicester

Thursday September 5th Black Country Living Museum.

I am still awaiting pricing information etc from the venues at the moment.

Have a good Christmas everyone.

Regards Brian Turner



Non-Fiction Book Group

New members very welcome.

We meet on the 4th Monday in 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, and History, both newly published and from past years. We meet at the leaders' home in Rushden to discuss our choice of book and choose another.

More information from Linda & Chris Walker: spidar.girl@btinternet.com.



Ten Pin Bowling:

Our Tenpin bowling group will have had its last session of this year on the 8th December 2023.

The group leaders wish all of its members a very enjoyable festive season and look forward to the new year when bowling sessions will recommence from 5th January 2024.

We have been informed by Hollywood bowl of a price increase from the 1st November 2023, which will now be £6.65 for 2 games per session.

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 Nixon



Golf:

We have now completed and closed the official golfing season calendar within our u3a golf group.

The last booked event unfortunately at Rushden Golf Club had to be cancelled due to the bad weather storms.

We shall review the actual required group membership next March 2024 to determine the number of players interested and whether the group should continue.

Want to know more or advise us of your interest: Please get in touch via the website Contact page, or contact Group Leaders - Hensley on 01933 805547, Alan Nixon 07850 789447.Alan Nixon



Bookmarks Again: Wild Fire by Ann Cleeves

Many of us have watched episodes of Vera and Shetland on Television and these programmes are based on the talented detective novels of Ann Cleeves. The author manages to evoke the wild, bare landscape of the Shetland Islands in her writing of Wild Fire and the life of a small town and very rural community. The book Group mentioned how the complex character and foibles of the personalities were explored in the writing. What appeared to be a well thought of Middle-class family seemed to have little time for their children. A family with an autistic son, new to the island were regarded as outsiders. The detective Perez has his own family problems and work obsession to deal with. The long memories of the islanders and their gossip reminds us of the rumours that can flourish even before the time of social media. As in all detective novels there are “Red Herrings” to tempt the reader and draw them in.

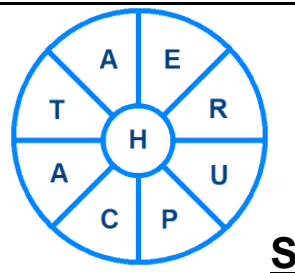
The group members found this easy to read and enjoyable (rather a strange comment about a death) and engaged with the actors in the story. The ending is, I felt, not easy to predict and therefore the book is an engaging read.

Next month we will meet on the 8th of January in the Waitrose community room at 10.30a.m. when we will have read The Clockmaker’s Daughter by Kate Moreton.

Any new members will be welcome.

Ann Kemp

WORD HUB ANSWER



Ache
 Apache
 Chapeau,
 Chapter,
 Chart
 Char
 Chat,
 Chateau,
 Cheap,
 Cheat,
 Chert (*Fine Grained Rock*)
 Chute,
 Earth,
 Hater,
 Heart,
 Hurt

Parachute
 Parch,
 Patch,
 Path
 Peach,
 Perch, Preach,
 Ratch,
 Rather,
 Reach,
 Retch,
 Ruth
 Teach,
 Theca (*Tendon/Muscle Sheath*),
 Threat.
 Trachea

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.

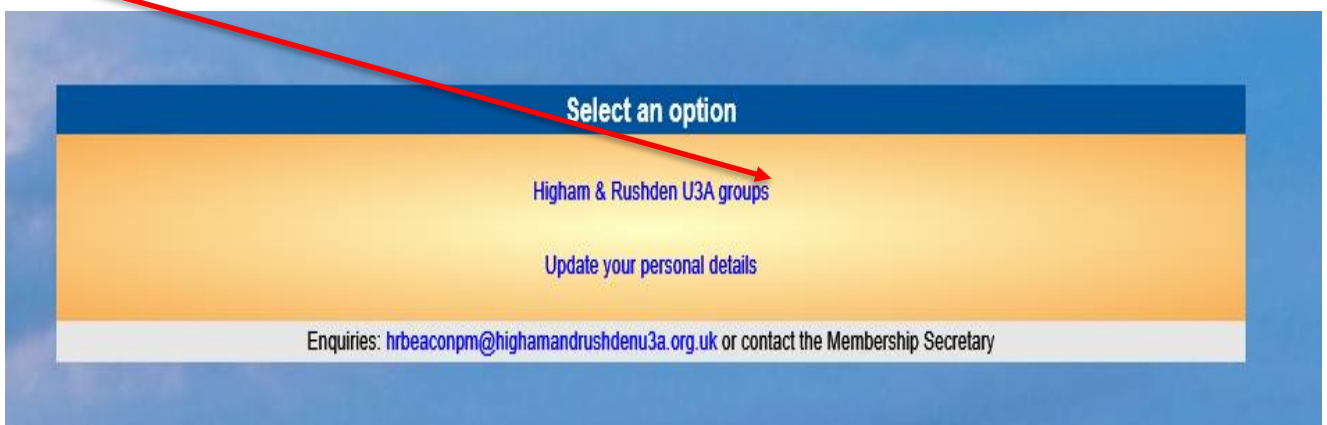
2023		
11 th Dec	Our u3a AGM & Guitar Group	
2024		
15 th Jan	Vince Eager	What time's the Midnight Buffet?
19 th Feb	Bernard Lockett	The Heritage of Gilbert & Sullivan
18 th Mar	Paul Robbins	A Step Back in Time (News. Events & Music of 60s)
15 th Apr	Susan Flipping	A Death in Time
20 th May	Tom Way	Wildlife Photography
17 th Jun	Mike Storr	Masters of Mirth
17 th Jul	Roger Prescott	Juke Box Jury 1960s
19 th Aug	Julie Kinnear	Wonderful Wicked Wallis

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 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 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*
Canasta	Leader's Home	1 st & 3 rd Thursday 10.00-12.00
Computing/Technology	Waitrose Community Room from Jan 2024	10-12am 1 st & 3 rd Saturday every month
Country Dancing	Hensman Hall Chichile St. NN10 8HT	Alternate Mondays 2 00-3.30pm
Country Park Walks	Group ended November	
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
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	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
Continued		

GROUP DETAILS	VENUE/DAY	TIME
Check the group calendar on the website for further details		
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	Various	Resuming in January
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
Walking	Various	Various
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	Now open again – check calendar for information.

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 and the group leader should contact you.





EDITORIAL

A GREAT SEA STORY

The passenger steamer SS Warrimoo was quietly knifing its way through the waters of the mid-Pacific on its way from Vancouver to Australia. The navigator had just finished working out a star fix and brought Captain John D.S. Phillips, the result. The Warrimoo's position was LAT 0° 31' N and LONG 179 30' W. The date was 31 December 1899. "Know what this means?" First Mate Payton broke in, "We're only a few miles from the intersection of the Equator and the International Date Line." Captain Phillips was prankish enough to take full advantage of the opportunity for achieving the navigational freak of a lifetime.

He called his navigators to the bridge to check and double check the ship's position. He changed course slightly to bear directly on his mark. Then he adjusted the engine speed.

The calm weather and clear night worked in his favour. At midnight the SS Warrimoo lay on the Equator at exactly the point where it crossed the International Date Line! The consequences of this bizarre position were many:

The ship's bow was in the Southern Hemisphere and in the middle of summer.

The stern was in the Northern Hemisphere and in the middle of winter.

The date in the aft part of the ship was 31 December 1899.

In the bow part, it was 1 January 1900.

This ship was, therefore not only in:

Two different days,

Two different months,

Two different years,

Two different seasons.

HERE ARE A FEW TIPS YOU MIGHT LIKE IN ADVANCE OF CHRISTMAS DAY:

Halve clementines, lemons or limes and pan-fry cut sides in oil until lightly charred, then use to dress roasts.

Shape uncooked stuffing into balls and freeze (open) then transfer to a freezer bag. Defrost overnight and bake while the turkey rests.

Peel whole shallots and roast for 30 minutes until tender. Serve tucked into pigs in blankets or stuffing balls.

Peel carrots, potatoes and parsnips in advance and store overnight in water in the fridge,

Make lemon and herb butter by zesting 2 lemons and combining the zest with 200g salted softened butter and chopped thyme and rosemary. Put into airtight containers and keep in the fridge until needed.

For a more flavourful turkey, stuff the interior with 2 lemons cut into quarters, some herb stalks and 4 onion quarters before roasting.

DELICIOUS VEGAN GRAVY TO MAKE IN ADVANCE OF THE DAY

Ingredients:

2 Onions
2 Carrots
2 Sticks Celery
25g Dried Porcini Mushrooms (or Fresh If Preferred)
Olive Oil
2 Sprigs of Fresh Thyme
2 tbsps Port/Marsala Wine
2 tbsps Blackcurrant, Bramble (Blackberry) or Cranberry Jam
2 tbsps Plain Flour
2 tpsps Marmite
1 tbsp Tomato Purée
2 tbsps Red Wine Vinegar
1½ litres Organic Vegetable Stock

Method

Peel the onions, wash the carrots, then roughly chop them with the celery and porcini. Place pan on a medium heat with a little oil and all the vegetables and herbs. Fry for 25 minutes until turning golden, stirring occasionally. Add the port/marsala and jam, and cook for a further 5 minutes, or until sticky and caramelised. Stir in flour, then Marmite, tomato purée and red wine vinegar. Add stock and boil. Simmer until thickened and reduced until you are happy with the consistency. Pour it through a coarse sieve into a large bowl, using the back of a spoon to extract all the lovely juices. Taste and season, cool to room temperature, then freeze, ready to finish off on Christmas Day. On the day, if frozen, take it out to defrost when the main course goes into the oven, then simply heat through in a pan ready to serve.



LEGENDARY CHASER & ALL ROUND BRAINBOX PAUL SINHA'S PUB QUIZ ANSWERS

Vincent Van Gogh is known to have sold only one named painting during his lifetime – but what was it called?

THE RED VINEYARD

Which British city was once called Duroliponte?

CAMBRIDGE

Sesquipedalophobia refers to a fear of... what?

LONG WORDS

CBD is a chemical found in the Cannabis sativa plant that is now found in oils, drinks and sweets – but what does CBD stand for?

CANNABIDIOL

Which celebrity has the word "Bacon" tattooed on the bottom of their foot?

CARA DELEVIGNE

What was the name of the last remaining Pinta Island tortoise who died in 2012 age 102?

LONESOME GEORGE

Artist David Shrigley designed the, somewhat unique, mascot for Partick Thistle Football club – but what is he called?

KINGSLEY

Pioneering 16th-Century Danish astronomer Tycho Brahe had what unusual body part?

SIX FINGERS ON EACH HAND

What does the "RR" in JRR Tolkien's name stand for?

RICHARD RELVIN

On a British Ordnance Survey map, what does a pink triangle represent?

YOUTH HOSTEL

