



CHAIR'S CHAT

Another year nearly gone! How did that happen? It's true – the older you become, the quicker time goes. I found this saying by the Silver Surfers, and it made me smile.

Top 10 Advantages of Getting Older

10. Your clothes have come back in style - twice!
9. You can no longer be cut down in your prime!
8. There's nothing left to learn the hard way
7. Plenty of time to catch up on your reading – in the bathroom.
6. In a hostage situation you'll probably be released first!
5. You repeat yourself without knowing it.
4. You're allowed to take a nap to get ready for bed.
3. You repeat yourself without knowing it.
2. You've made a lot of good memories – even if you can't remember them.

And the number one advantage to getting older – it beats the alternative!

Many of us have said a final goodbye to loved ones – family and friends. But also said 'hello' to the next generation. On a personal note I was lucky to meet my 2 great nephews born in January and April.

December can be a busy and expensive month. At the moment I'm thinking about the cost of sending Christmas cards – second class – 87p and first class - £1.70. Guess who won't be using first class??!!

We also say goodbye to 2 members of the Committee – they have 'done their time'. We have benefited from Maggie's and Jim's talents for the last 6 years. Without Maggie you would never know what's going on in our u3a – the monthly newsletter and up to date information on the website keeps us informed. Every month Jim amazes me with his use and knowledge of technology!! Thank You.

Merry Christmas

Trish.

HELP! Once again we are without a Treasurer. We desperately need someone to look after the financial side of running our u3a but please don't let the title of Treasurer put you off. You don't have to be a trained accountant, we have an IT system to do a lot of the work and other u3a committee members are always available to help. On the job training will be given. Please speak to a committee member if there is the slightest chance you could help us.



Turkey & Tinsel December 2025

I know some members didn't want to come on this year's Turkey & Tinsel as it wasn't in a hotel and some were also worried about the weather. What a shame for them, as they missed a brilliant week. Below is a selection of the comments made by members who joined us at Ilfracombe this year.

"Our very first T&T, what an incredible event. Enjoyable coach journey down to Ilfracombe and arriving to have our cases taken to our comfortable chalet/lodge, amazing.

The food has been exceptional, along with ALL the staff who have made this event so much more enjoyable and efficient.

The evenings' entertainments have all been superb with Bubl , local men's choir, Cliff and a Magician, followed by Santa with gifts for everyone!!

The location is surrounded by beautiful countryside and very near to the seafront and Harbour. Huge thanks to Jean for all her efforts in organising this event. Already wanting to book for next year, please." A.N.

"What a delightful break. North Devon Resort was exceptional. Food, rooms, and staff made for a brilliant break. Entertainment was wonderful with lots of laughter and song. Would love to return." G.D.

We are really enjoying Turkey and Tinsel this year on arrival the staff were very welcoming and helpful, the apartment is warm and spacious, the entertainment is varied and very good oh! not forgetting the food which cannot be faulted.

We are already looking forward to next year" C & K

"For the second year we were delighted with the organisation and excellent value for money that this trip represents. The bus, accommodation, entertainment, and food were good and better than we both expected." David.

"Five of us have all been on the Turkey & Tinsel break for the last three years and we would say this has been the best one yet. The food and entertainment have been absolutely brilliant. The accommodation was excellent, and the staff couldn't do it enough for us. We went out on a few day trips on the bus, but there was plenty going on in the resort. We particularly enjoyed the line dancing. We can't wait until next year. " From 5 happy customers (Irene, Bridget, Ann, Kathy & Rosemary). Jean Mole

Queen Elizabeth II: Her Life In Style

To mark the Centenary of Queen Elizabeth II's birth, the King's Gallery in London will play host in 2026 to the largest and most comprehensive exhibition of the late Queen's Fashion ever mounted.

I have provisionally booked tickets for Tuesday, the 4th of August. I am not sure of the final cost, which will depend on the cost of the coach and the number of members who want to go. At this stage, I just need to get an idea of how many people are interested in this event. If you would like to go, please see me at this month's meeting so I can add your name to the list. There is no commitment, but I will then be able to confirm costs.

Jean Mole

It may be useful for members to know that they can set up a standing order with their banks for payment of the annual u3a membership fees of £15 or £20. Doing so will ensure you don't forget to renew when the time arrives.

The details are as follows:

Bank: Nat West.

Sort Code: 54-41-05. Account Number: 32986734. Higham and Rushden u3a.

If you are unsure or in any doubt please contact any committee member.



Art for Fun

Brian Laurence has confirmed he will be continuing as Group Leader.



Garden Group:

There will be no meeting in January and we will resume 12th February 2026. Bookings and payment for our coach trip to National Trust Anglesey Abbey in March can be made.

Lorraine Brown



Rock & Blues Group: Our next meeting is at 14.00 hours on 18th December at the leader's house. The topic for this month is the letter "U."

Currently the group is full and there is a waiting list.

Jim Morrison



Computer Group:

We continue to meet in the Community Room at Waitrose, on the 1st & 3rd Saturday each month from 10:00 until 12:00. The first meeting will be on Saturday 3rd January, hangovers permitting!

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

Further information from Jim or Maggie Morrison, Group Leaders.



Guitar Group

The group meets on Thursday from 4 - 6 pm at The Windmill Club, Rushden. You don't have to be able to read music, but a few chords under your belt would be a great start. We play mostly 60s & 70s pop/rock songs & attempt to sing along.

Please get in touch with Andrew on 07879 577433 or by email: vancouvercresswelljenny@gmail.com should you be interested.

Karin Wilkinson



Wine Appreciation:

Novembers tasting was not very good!! It was more a case of which was disliked the least. I did prefer the second one to the first but not by much!!

Both wines where Sicilian, the first was just Nerello Masclese the other was the same plus Nero d Avola and Syrah. ***I do not want either again..***

MERRY XMAS TO YOU ALL.

Steve



Greetings Cards

Our next meeting will be on 7th January 2026. Why not come along and try making distinctive and unusual 3D cards for special people or events. We have an infinite number of designs available from which to choose. We also have crystal art cards for you to try. All materials

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

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

Tess Pratt



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



MMFC (Monday Morning Football Chat).

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



Canasta

We meet at my home in Stanwick on the 1st and 3rd Thursday of each month from 10 am until 12 noon for a friendly game (or two). Due to Christmas and my holiday the next session will not be until February when further information will be available on the website if you would

like to join us. There is always cake.

Jean Mole



History Report

**January Meeting at the Masonic Hall Wellingborough Road
Rushden 2pm. Thursday January 8th** - The life and times of Mrs Beeton by Sharn Matthews.

Please note that both Brian and Gerry are finishing in December. The good news is that John Holdom-Eyles and Philip Dennis are taking over. They have organised the January meeting as detailed above.

Please take note of the date.

Brian Turner



Ten Pin Bowling:

We continue to regularly have over 20+ bowlers each session who enjoy two games of friendly competitive bowling on a Friday morning, we are always able to accept and welcome new members as more lanes are available to us if required.

Our last 2 session before Xmas will be on the 5th & 12th December.

The calendar on our HR website will show details of the future dates after Xmas 2025.

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)

If GH can stand for P in hiccough (*pronounced hiccup*).
 And OUGH can stand for O as in dough (*pronounced doh*).
 If PHTH stands for T as in phthisis (*pronounced tysis or tisis*) and
 EIGH stands for A as in neighbour (*pronounced naybour*) and
 TTE is T as in gazette (*pronounced gazet*) and
 we accept that EAU is O as in plateau (*pronounced platto*)
 then surely
 GHOUGHPTHTEIGHTTEEAU
 Is how POTATO is spelled.



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, & 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



Non Fiction Book Group, truth is stranger than fiction.

Our small friendly group reads Biographies, History, Travel, Memoirs and 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



Sunday Lunch Group Again:

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

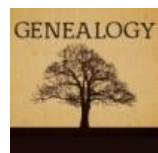
Please contact Linda Walker 07384 601603 or preferably email spidar.girl@btinternet.com to book or for more information.



Dine at Home Suppers:

Due to Christmas, followed by my holiday, the next Home Dining sessions will be in February. I will have further details at Monday's meeting.

Jean Mole



NEW: If anyone is interested in Genealogy and understands the frustrations of not knowing where to go next, would you be interested in being part of a group, communicating by email (rather than meetings), that supports and shares ideas with each other?

This will not be a teaching group as such (unlike the one we had many years ago) unless someone out there wants to take on that role? In the first instance please email the webmaster who will pass your details to the correct person.



Bookmarks Again:

Underground Railroad by Colson Whitehead

Too much imagination and emotion for what is being portrayed in film or novel can become overwhelming. Several fellow readers of this albeit excellent novel felt as I did as they tried to read it or dip into it to find out the narrative and the fate of the heroine Cora. Cora is a young slave brought up in an extremely, brutal, cruel, and harsh plantation in the cotton area of the south of the USA. She sets out to escape to freedom and the North aiming for freedom and respect. She is pursued by a Ridgeway who failed to recapture her mother when she too escaped. Through her journey she must escape the bounty hunters who not only will entrap her and the abuse of others. Those who help her are put in peril of being taken and hanged. The treatment of slaves is described in brutal detail and Colson Whitehead used original sources writing the book. The underground rail road was a code for a loose network of safe houses and helpers who would help those heading North. "Man's inhumanity to man" never fails to shock as it is evidenced in this novel.

Ann Kemp

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 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.

8 TH	AGM	SINGING FOR FUN
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2026

19 Jan	Leigh Bishop	Deep Sea Diver
16 Feb	Home Instead	Dementia
16 March	Sweet FA	Musical Trio with clever ditties
20 April	Roger Prescott	Juke Box Jury – 70s
18 May	Dave Pinion	Antarctica
15 June	TBA	
20 Jul	Neil Hanson	Champagne Breakfasts & Flying Pigs: How not to
17 Aug	TBA	

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.

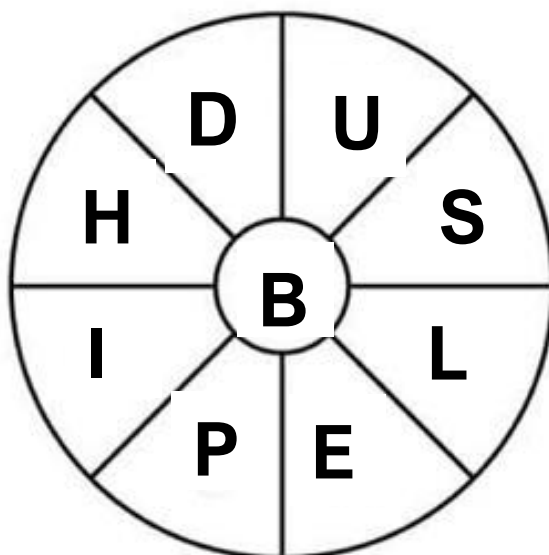
If you wish to telephone a group leader you will need to log into Beacon at <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>. You will need to create a password the first time you use the members' portal & full instructions are available on our u3a website.

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



WORD WHEEL

0-7 Poor, 8-14 OK, 15r-21 Average, 22-29 Good
30-30 Very Good, 40+ Outstanding
There is one 9-letter word.



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>		
Check the group calendar on the website for further details		
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	1st 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.10-12 am
Computing	Waitrose Community Room	10-12am 1st & 3rd Saturday every month
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	2nd & 4th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2nd Thursday 10.30-12.30
Genealogy	To be advised	
Golf	Various	1 st Wednesday & 2 nd & 4 th Friday monthly
Guitar	Rushden Windmill Club	Tuesday 4pm Thursday group, 4pm.
Handicrafts	Rushden Bowls Club	4 th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1st Thursday monthly 14:00
Home Dining	Leader's Home	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
Play Reading	To be advised	1st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm

Continued

GROUP DETAILS	VENUE	DAY/TIME
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 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 (see website for details)
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.



EDITORIAL:

My stint on the Higham & Rushden Committee comes to an end at the AGM on the 8th of this month. I have served for 7 years and enjoyed the camaraderie and friendship with the rest of the committee and will miss this.



However, I have been persuaded to continue doing the newsletter and artwork for the u3a, so you will carry on seeing me peddling newsletters at the monthly meetings. I have to say that I joined the committee with trepidation, not knowing what it would entail but I soon found that it was not a difficult job and has resulted in me making new friends, improving my skills, and enhancing my creativity.

Jim, my husband is also leaving the committee at the same time as me although he will continue as webmaster.

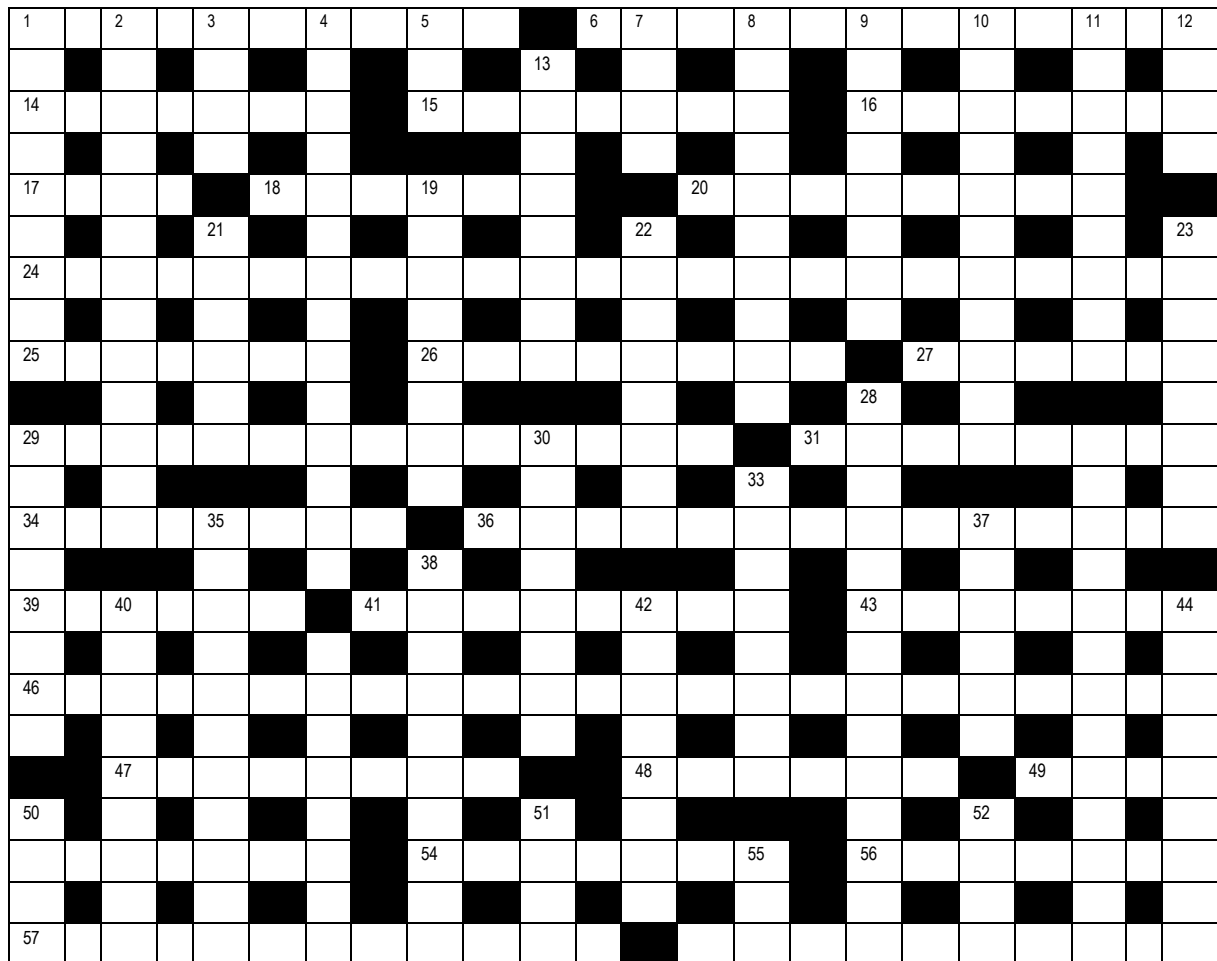
I am rather concerned that we will leave a hole in the committee as it will be reduced to 7 members when we can have as many as 12. So, if there is anyone in the H&R u3a who has a little spare time each month and who would like to see behind the scenes, why not apply to join the committee. The roles are simple ones and require very little effort.



Why not give it a go! You may find you enjoy being a committee member, I did, despite my misgivings.

JUMBO CROSSWORD

I have left the crossword in order to give you plenty of time to solve over the holiday period – get the whole family involved and see if you can solve it. I will give the answers in the January newsletter to give you plenty of time to work on it. Good luck!



ACROSS

- 1 Underwater attire (6,4)
- 6 Small spiny fish (12)
- 14 Spanish artist (7)
- 15 Self-importance (7)
- 16 Rock forming mineral (7)
- 17 Branch of Irish clan (4)
- 18 Large lizard (6)
- 20 Pancake-like bread (8)
- 24 Deprived area of town (3,,4,2,3,6)
- 25 Killing of divine being (7)
- 26 Name of saintly Scottish queen (8)
- 27 NZ toast for good health (3,3)
- 29 Branch of physics concerned with energy (14)
- 31 Comprehensive (3,5)
- 34 Poison for rodents (8)
- 36 Purchasable without prescription (4-3-7)
- 39 Lacking any fetters (6))

DOWN

- 1 Laid down)9)
- 2 Number two to 46, say (4,9)
- 3 Inquisitive (4)
- 4 Matrimony under duress (7,7)
- 5 Anger (3)
- 7 Cotton on to (4)
- 8 Coquettish (4-6)
- 9 Member of the House of Lords (4,4)
- 10 Breed of Dog (4,7)
- 11 Lively piece of music (9)
- 12 Traditional Indian garment (4)
- 13 Vessel for draining (8)
- 19 Presumptuous (8)
- 21 Platitude (6)
- 23 E.g. Shetland inhabitant (8)
- 28 Seaside landmark in NW England (9,5)
- 22 Purveyor of extravagant fiction (8)
- 29 Hypocrite created by Molière (8)

ACROSS continued

- 41 Adolescent (8)
- 43 Synthetic material (7)
- 46 Originator of the New Deal in America (8,6,9)
- 47 Author of Ode to Joy (8)
- 48 Former Spanish monetary unit (6)
- 49 A quarter of a pint (4)
- 53 Old trumpet, organ stop (7)
- 54 Attendance (7)
- 56 Preparatory exercises (4-3)
- 57 Symbol of the Knights Hospitallers (7,5)
- 58 Flowering plants: *ashy garden* (anagram) (10)

DOWN continued

- 30 In a way to evoke emotion (8)
- 32 The very latest (2-2-3-6)
- 33 French cathedral city (8)
- 35 Get social rapport going (5,3,3)
- 37 Edicts of tsars (6)
- 38 Law no longer enforced (4,6)
- 40 Province of South Africa (9)
- 42 Sum of units of heredity in interbreeding population (4,4)
- 44 Acceleration of chemical reaction by independent agent (9)
- 45 Ferocity (8)
- 50 Floating impurity (4)
- 51 Malaysian dagger (4)
- 52 Small bird (4)
- 55 Make severe demands on (3)

**NOW SOMETHING TO LOOK FORWARD TO:
HOGMANAY!!**

(Hogmanay is the Scottish word for New Year's Eve)



***And a Happy New Year
when it comes 🍷 🍺!
2026***