



# FEBRUARY



February is the third month of winter. In the Southern Hemisphere February is a summer month (the equivalent of August). It comes from the Latin word februum which means purification. Together with January, it was the last of the months added to the Roman calendar.

## IMPORTANT UPDATE

We have had to cancel the monthly meeting for March as the Salvation Army Citadel Hall which we use will be closed for repairs. Can you please spread the word & tell anyone you know who does not have access to a computer.

### Chair's Chat:

#### EMAIL HACKING WARNING

Several of our members have recently had their emails hacked.

If you receive an email from someone you know asking you to reply if you have received it, DON'T. If you do reply, you will then get a further message asking you to buy an Apple Gift Card.

**PLEASE DELETE BOTH and DO NOT buy a gift card.**

When your email account is hacked the hacker will send messages to everyone in your contacts/address book looking to make money from trusting people.

If you have any doubts about emails just delete them. If it is a genuine one or an important one, you will be contacted again and please remember that your bank, PayPal or other website where you have used your credit/debit card will NEVER ask you to click on a link or send account details.

Stay safe and protected.

Trish Dewar

Chair



## **COME FROM AWAY**

Coach trip to the New Theatre, Oxford on Wednesday 24<sup>th</sup> April to see a matinee performance of “Come From Away”. This smash hit show is based on the true account of what happened to the 7,000 passengers who were in the air when 9/11 happened, & the small community in Newfoundland that welcomed them into their lives. This show has won 4 Olivier awards for the best London musical & has excellent reviews.

Tickets including the coach to Oxford will be in the region of £50 to £60, depending on numbers.

I anticipate getting to Oxford around 10:30 so there will be plenty of time to wander around Oxford or just have lunch & a coffee before getting to the theatre at 2:15.

I am also happy to take bookings if you don't want to see the show, but just want to spend the day in Oxford.

Contact me for the coach only price.

Email [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or contact Jean Mole on 07736445658.

## **BUCKINGHAM PALACE**

Coach trip to Buckingham Palace on Thursday 19<sup>th</sup> September. Although this is 9 months away, I already have a lot of interest in this trip & am already taking names as reserves. However, from past experience I know that several members who have already put their names down for this trip will, for various reasons, cancel prior to the event.

Tickets, to include the coach & entry to the Palace, will be £55.

Please email [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or contact Jean Mole on 07736445658 to reserve your place.

Did you know that the correct name for a hashtag is “octothorpe”.

### **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.



### Home Dining

A three-course meal with a glass of wine & a cup of tea or coffee for £12.50. My contact details are mobile: - 07736 445 658 or e-mail: -.

Contact me on 01933 626 608 to book a meal with good company & good food.

Jean Mole



### Wine Appreciation:

This month we tasted two Malbecs

First was from Argentina made by the 4 Winemakers, a group of friends working together in the Mendoza area

Second was from France but from the Loire area, usually this comes from the South

Over both days it was 1/2 and 1/2 as to which was best.

Steve Evans



### Rock & Blues Group:

Our next meeting is on Thursday February 29<sup>th</sup> at 14:00 hours at the leader's house & the topic is "Deadly Sins"

Jim Morrison



### 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



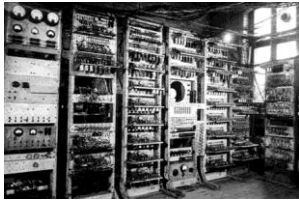
### Handicrafts:

The next meeting of the Handicrafts Group is on Thursday, 22nd February 2024, 2 pm at the Bowls Club, Rushden. Susan is hosting the meeting & we will be making two handcrafted cards & a little box. The cost for materials will be £3 plus £2 to cover the room hire. Susan always stretches us a little bit, but we are usually very proud of what we've achieved & I'm sure this session will be no different.

Kathy & Jenny.



Scientifically, a raven has seventeen primary wing feathers, the big ones at the end of the wing are called pinion feathers. A crow has sixteen. So, the difference between a raven & a crow is only a matter of a pinion.



### **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?**

We 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 is on 2<sup>nd</sup> March 2024.

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:**

Numbers are still static & with an increase in hall charges we do need a few new members. We meet at Hensman Hall which is well heated & spacious in Chicheie St. Higham Ferrers. Our group is very friendly. You don't need a partner so why not come along. Dancing is a great way to keep fit in a very sociable atmosphere.

If you need further information please ring George on 01933 622827.



### 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



### Sunday Lunch Group:

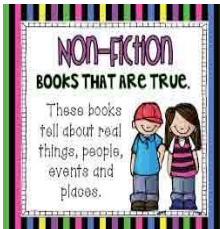
We have combined the Walk in Country Park group membership list with the Sunday lunch group.

Our first Lunch is on the 24th of March at 12 30 meeting at the Priory Wellingborough. One of our

favourite venues with an extensive menu including a Carvery.

New & existing members welcome.

Please book with Linda Walker [spidar.girl@btinternet.com](mailto:spidar.girl@btinternet.com) 07384 601603.



### 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, & 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: [spidar.girl@btinternet.com](mailto:spidar.girl@btinternet.com).

Linda Walker



### Golf:

We shall review the actual required group membership next March 2024 to determine the number of players interested & 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 Nixson 07850 789447.

Alan Nixson

When I was young and I watched the Wizard of Oz I wondered how someone could talk without a brain, then, as an adult, I joined Facebook!





### **Garden Group:**

Garden group is in full swing and with spring around the corner we have a full program for the year ahead:

14<sup>th</sup> March: Making Things Grow with Nicholas Warlicker at Rushden Hall

11<sup>th</sup> April: Coach trip to John Massey Gardens and Ashwood Nurseries cost is £33:00 and needs to be paid by 30<sup>th</sup> March. There are limited seats available.

9<sup>th</sup> May: Visit to Elaine and William Portch Garden in Barton Seagrave (you may remember them from our talk in February). Bookings being taken.

Further events next month.

Lorraine, Marlene and Lyn



### **Bookmarks Again:**

The Hound Of The Baskervilles By Arthur Conan Doyle

Inspired by a planned excursion to Sharnbrook Theatre in March the group decided to read the Hound of the

Baskervilles.

Over the years many famous actors have taken on the roles of Sherlock Holmes and his friend Dr Watson as they solve the most extremely difficult murder mysteries. The personality of Sherlock Holmes, who is rational, logical and observant, contrasts with that of Watson, who is gentler, emotional, supportive and trusting.

Sherlock delights in exhibiting his powers of deduction to Watson in the case. Henry Baskerville, worried that his life is in danger, and he will fall to the curse placed on him at his ancestral home, asks for help as he arrives from Canada to go down to Dartmoor. Holmes sends Dr Watson with the local Dr Mortimer to Baskerville to guard Henry and report back to London about the situation. An escaped prisoner is out on the bleak moors hiding in the mist and treacherous boggy terrain. The two aged servants seem sinister as they wait on Henry and supply information about previous deaths and legends about a wild and vicious hound. Sherlock solves the mystery and has in fact been hiding on the moors himself in secret.

The group's verdict was this was a rattling good yarn, well written, descriptive, entertaining and full of red herrings. Conan Doyle published this in The Strand magazine in episodes so as you read there are suspenseful cliff hangers. Well worth reading.

We will meet at 10.30 a.m. on the 4th of March. In March we will be discussing Munich by Robert Harris.

Any new members will be welcome.

Ann Kemp



## **History Group:**

February's meeting was well attended with 85 people. The talk on 100 Years' History of the BBC by Dave Andrews. was very interesting and enjoyed by all.

The next meeting is Thursday 7<sup>th</sup> March at the Masonic Hall on Wellingborough Road Rushden at 2pm. The talk is by Adrian Perkins, about the Ghost Detective: Thirty Years of Investigating and Researching on Northamptonshire This should be very interesting. Look forward to seeing you there.

Trips for this year have been decided. Costs are approximate. as I am awaiting final entry costs to the sites. Visits are as follows:

### **Thursday May 2<sup>nd</sup> Stratford on Avon and Theatre, Guided Tour. Coach £24.50. Theatre £10**

The tour is a 60 minute journey led by experienced tour guides starting at the Front of House. Looking at the hidden history and discovering more about the auditorium and backstage. Then Free Time in Stratford. This trip is now full, but names can be added to the reserve list. Payment due by end of February/beginning of March.

### **Thursday June 6<sup>th</sup> Sandringham House and Hunstanton. Coach £26. Entry to house and gardens £23**

The house, with Jacobean style exterior, was built by Edward VII and houses a collection of treasures ranging from the Victorian era to present day. This is a fascinating estate giving an insight into the Royal Family's heritage.

After Sandringham we visit Hunstanton for some free time, a stroll and perhaps fish and chips Trip is now full, but names can be added to the reserve list.

### **Thursday 4<sup>th</sup> July King Richard III Visitor Centre and Tomb in Leicester. Museum Entry free.**

The Manor House visit has been cancelled as we were given the wrong information by the person who took the booking in November of last year that our group is too large. It is their mistake, not ours, and they have apologised'

So, instead a visit in the morning (we arrive in Leicester at 10:30 approximately) to The Newmarket Museum in Leicester. A small Museum with a small street of shops and various rooms including an old mock-up of a cinema with some seats. Alternatively people can go straight to the Cathedral in the morning and look round the Cathedral and King Richard's Tomb, visit the Cathedral coffee shop have a leisurely coffee, and also visit the Guildhall Leicester's oldest building. The cathedral is opposite the King Richard Visitor Centre which we go to at 12:30. This shows the Richard III grave site and award winning exhibition about his life. Visit the tomb in Leicester Cathedral.

Continued/

**Thursday 5th September Black Country Living Museum. Coach £26. Entry £15.50.**

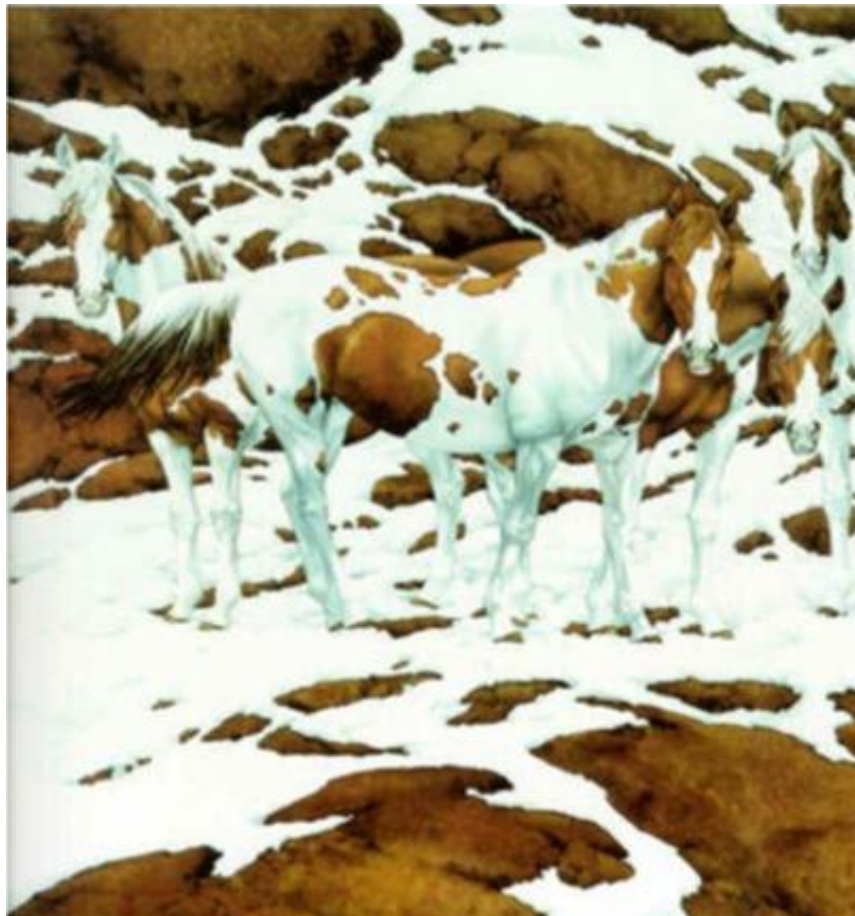
Connect with stories of how the region made a big impact on the world, from metalworkers, miners, nurses, schoolteachers and even a pub landlord or two. There is a lot to get stuck into, talking to historical characters and bringing history to life. This is a stunning historical site which has featured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

Head underground, glimpse the life of an 1850s miner, test your times table in a 1912 school lesson; watch a vintage film in 1920s cinema; enjoy 1930s traditional fish and chips; try 1950s confectionary; have a drink in one of the 2 pubs; take a ride on the heritage vehicles; and see live industrial demonstrations.

All detailed information regards payment etc will be available after the general meeting. Alternatively you can contact me Brian Turner on 07812514456 or [brianitatu@gmail.com](mailto:brianitatu@gmail.com)

Brian Turner

**HOW MANY HORSES CAN YOU SEE IN THIS PICTURE?**





## 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><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.



### 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.**

GROUP DETAILS	VENUE	DAY/TIME
Check the group calendar on the website for further details		
A Little Aloud	Leaders 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*
Canasta	Leader's Home	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 10.00-12.00
Computing	Waitrose Community Room from Jan 2024	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
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
Continued		

GROUP DETAILS	VENUE/DAY	TIME
Check the group calendar on the website for further details		
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
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 & the group leader should contact you.*

### ***TENDER HOOKS (A commonly confused phrase)***

*If you are in a state of nervous tension you might say that you are on tender hooks! However, how many of you know what a tender hook is, especially as hooks need to have some sort of rigidity. You are also probably wondering what tender means in this context as it can refer to money (legal tender) or part of a steam train. where the tender contains water & coal. To clear up the confusion what you are actually is on "tenterhooks." Wondering what a tenterhook is?: It is a type of nail used on a tenter & a tenter is a frame which was used in cloth production historically. After washing the cloth would be stretched out on the tenter, using tenterhook to prevent it deforming as it dried. That's why being on tenterhooks came to mean being "stretched," "uneasy" or "nervous." So now you know!*

I have had a request for an animal adjective quiz so here it is – good luck with some of them! Answers in the March newsletter.

ANIMAL	ADJECTIVE	ANIMAL	ADJECTIVE
hawk			
goose		peacock	
eagle		woodpecker	
bird		fish	
cow		pig	
buffalo		bat	
camel		frog	
crab		centipede	
dog		bull	
goat		tiger	
deer		bear	
crow, rook, raven		wasp	
crocodile		viper	
elephant		fox	
horse		vulture	
falcon		snake	
cat		spider	
goat		toad	
swallow		bison	
lizard		whale	
lion		swan	
hare		dolphin	
earthworm		fly	
wolf		alligator	
mouse		ant	
ape		chicken	
sheep		snail	
leopard, panther		worm	
sparrow		rat	
seal		badger	
butterfly		tortoise	
jellyfish		bee	
monkey		fish	

ANIMAL	ADJECTIVE	ANIMAL	ADJECTIVE
flea		reindeer	
fox		dove	
Gerbil, hamster		vulture	
mole		turkey	
moth		stork	
otter		songbird	
polecat		pigeon	
python		partridge	
rattlesnake		parrot	
rhinoceros		mallard	
slug		magpie	
squirrel		kite	
vole		kestrel	
orangutan		jay	
blackbird		finch	
falcon			

## THIS MONTH'S RECIPES

### SWEDE FRIES WITH HERBY MAYONNAISE

Fried swede is a lighter alternative to potato fries & also offers an excellent substitute for sweet potatoes (which come with alarming food miles). Swedes, in contrast, grow any & everywhere & are often a more sustainable option.

Fried Swede chlps are deliciously sweet, so the sour & herby mayonnaise helps to balance things out.

*Serves 2*

#### **Ingredients:**

3 tbsp good quality Mayonnaise (not salad cream)

1 tsp Capers (chopped)

1 tbsp Parsley (chopped)

250ml Oil to fry

½ large Swede or 2 small ones (peeled & cut into 5mm matchsticks)

½ tsp Cornflour

#### **Method:**

Combine the mayonnaise, capers & parsley & set aside. Heat the oil & while it heats pat the matchsticks dry with kitchen paper & toss in the cornflour. Shake off any excess & plunge the fries into the hot oil to cook for 4-5 minutes. This is best done in batches to avoid lowering the temperature of the oil (which would result in soggy chips). Drain on kitchen paper, sprinkle with salt & serve with the mayonnaise. Delicious!



## **APPLE JAM**

### **Ingredients**

1kg Bramley apples, peeled, cored & chopped  
250g caster sugar  
½ lemon, juiced  
1 cinnamon stick

### **Method**

Put a small plate in the freezer. Tip the chopped apple & caster sugar into a large saucepan along with 350ml of water & bring to a simmer, stirring to dissolve the sugar. Cook gently, stirring regularly, for 30 mins until the apples have collapsed. Stir in the lemon juice, add the cinnamon stick & simmer gently for another 2-3 mins until the mixture is thick & glossy. Remove the small plate from the freezer & drop a little of the mix onto it. Leave for a few seconds – it should be fairly firm. If it's still a little runny, put the pan back on the heat & simmer for another 10-15 mins. Put the plate back in the freezer & test again, it should now be ready.

Divide between clean, sterilised jars & seal. Will keep for three months in a cool, dry place. Once opened, chill & use within one month.

## **CHEESY, BROCCOLI SOUP**

### **Ingredients**

1 tbsp Olive Oil  
1 tbsp Unsalted Butter  
1 onion (about 250g), finely chopped  
1 large carrot (about 150g), grated  
1 large head Broccoli (about 500g), 175g florets separated  
900ml chicken or vegetable stock, made with a cube  
100g Mature Cheddar, grated  
100ml Milk

### **Method**

In a large saucepan, heat the oil and butter over a medium-high heat. Add the onion with a pinch of salt and fry for 2 minutes. Add the carrot and fry for 2 minutes more. Meanwhile, set aside the 175g broccoli florets. Roughly chop the remaining broccoli (florets and stalks) into small pieces and add to the pan, frying for 2-3 minutes. Add the stock, bring to the boil, then lower to a simmer for 5-7 minutes. Take off the heat and stir in 80g cheese and the milk. Blend until smooth, season and return to pan. Cut the reserved broccoli florets into small pieces, add to the soup pan and simmer gently for 5-7 minutes or until the florets are tender. Serve the soup in bowls, with the remaining cheese scattered over the top.



## **EDITORIAL:**

### **LEAP YEAR TRADITION:**

Our everyday calendar is an artificial medium that has been juggled through history in an effort to make it more accurate & more useful. The time it takes for the earth to rotate is  $365\frac{1}{4}$  days but the calendar year is 365 days, hence once every 4 years we have a leap year & an extra day, February 29<sup>th</sup> to balance this. Because such years are rarer than normal years, they have become lucky omens. Indeed, February 29<sup>th</sup> itself is an especially important day. Anything started on this day is allegedly sure of success (sic).

Certainly, February 29<sup>th</sup>, 1504, was very successful for Christopher Columbus. He had been marooned for months in Jamaica. Though the islanders had initially offered food & provisions, Columbus' arrogant & overbearing attitude had so annoyed them that they stopped this altogether. Facing starvation, Columbus came up with an inspired plan. Consulting a shipboard almanac & learning a lunar eclipse was due, he called together the native chiefs & announced to them that God would punish them if they did not supply his crew with food, & as an omen of God's intent to punish them, there would be a sign in the sky: God would darken the Moon. Right on cue, the lunar eclipse started. Columbus dramatically disappeared into his cabin as the islanders panicked & begged him to restore the Moon. An hour later Columbus emerged & announced that God was prepared to withdraw his punishment if the natives agreed to supply him & his crew with all they needed. The chiefs immediately agreed, & within minutes the Moon started emerging from shadow, leaving the natives in awe of Columbus' power. Columbus continued to receive food & supplies until he was rescued in June 1504.

Irish monks took the tradition to Scotland where, in 1288, it was made into a law that women could propose during leap years, that they must wear a red petticoat while proposing, & that refusals would result in a fine. This was supposedly decreed by the young, unmarried Queen Margaret, though she was only 5 years old. (Seems as if the name Margaret has a lot to answer for!)

However, under English law the leap year day was not recognised (the day was 'leapt over' & ignored, hence the term 'leap year') so it was decided the day had no legal status, meaning that a break in tradition on this day was acceptable. So, on this day, women can take advantage of the anomaly & propose to whomever they wish to marry.

### 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.

2024		
19 <sup>th</sup> Feb	Geoff Rowe	30 Years of British Comedy
<b>NO MEETING IN MARCH</b>		
15 <sup>th</sup> Apr	Susan Flipping	A Death in Time
20 <sup>th</sup> May	Tom Way	Wildlife Photography
17 <sup>th</sup> Jun	Mike Storr	Masters of Mirth
15 <sup>th</sup> Jul	Roger	Juke Box Jury 1960s
19 <sup>th</sup> Aug	Julie Kinnear	Wonderful Wicked Wallis
15 <sup>th</sup> Sept	Vince Easer	Rock & Roll – Part 2
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

