

FEBRUARY



CHAIR'S CHAT MANNERS!

As a child my mother would often say

“Good manners cost nothing” and I have done my best to live by this saying.

Last week I found the other half” of this saying – “Bad manners can cost you your reputation”.

This largely unknown part of this often used phrase is very apt for us i.e. Higham and Rushden u3a.

This quote has been going through my mind since receiving an email from last month’s speaker. He was concerned that he may have upset some people when he noticed several people chatting during his presentation!

Please give our speakers the respect they deserve. They have all put in a lot of time and effort into preparing their talk. If you are bored by the presentation please leave the hall.

I do not want Higham and Rushden u3a to get a reputation of being rude to speakers.

Trish
Chair

NEW WARNING ISSUED FOLLOWING LATEST COURIER FRAUD INCIDENT. A copy of the report issued by Northamptonshire Police is at the end of the newsletter. Please take time to familiarize yourself with the information

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 fee 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.

POSTAGE STAMPS

If you have any used postage stamps we can collect these for charity. Please remove them from the envelope and when you have a few hand them to any member of the committee who will ensure they are passed on.



(Special Events are now being booked through Lewis Harvey Events which is a company solely owned by Jean Mole. Please be aware that Jean's company has Public Liability Insurance, exactly the same as cover provided by u3a trips. Please note that neither cover includes travel or cancellation insurance.)

WATCH THIS SPACE FOR MORE EXCITING SPECIAL EVENTS LATER THIS YEAR. JEAN MOLE.



Dine At Home

Please contact me in March on 07736445658 or my email peterandjeanmole@btinternet.com for more information and to book your place and enjoy a convivial evening with friends.

Jean Mole



NEW – Guitar Group

The Tuesday Improvers Guitar Group has been at maximum capacity for some time. Consequently, a new Thursday group, 4 - 6 pm at The Windmill Club, Rushden, has just been started & is looking for new members who, preferably, have some experience of playing the guitar. 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



Greetings Cards

Please note the next meeting is on Wednesday 5th March from 10am – 12pm in the Leader's house. All materials will be provided for which there is 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



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. 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.



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



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



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



Golf:

Following a review of the group members, emails were 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.



Rock & Blues Group:

Our next meeting is at 14.00 hours on 27th February at the leader's house. The topic for this month is "Radio and Television" (not programmes).

Currently the group is full.

Jim Morrison



MMFC (Monday Morning Football Chat).

We meet on Mondays in Waitrose Cafe at 10am. New members always welcome.

Just turn up or contact me on 01933 631531. Mike Gibbons



Country Dancing:

We were very pleased to welcome two new members recently which enabled the group to dance a greater variety of dances. On Monday, keeping things light-hearted we included a couple of fun dances we would normally do at a Barn Dance. A very pleasant and welcome surprise was the return of one of our pre-covid

members. We know the problems caused by Covid, but it would be much appreciated if a few more of those experienced dancers could rejoin the group. Hensman Hall is a great venue for dancing. We meet on a fortnightly basis 2.00-3.30. Social events are held throughout the year including end-of-term parties with live music, social lunches, and cream teas in the summer.

First session is free!

All dances are walked through. Nothing complicated.

Please ring me for details George 01933 622827.



Wine Appreciation:

January tasting was from Bulgaria, the two wines are not well known here yet! They are both native to Bulgaria.

1st was Melnik from villa Melnik,

2nd was Mavrud. This is a bit more well known, it was richer & fuller and was liked more.

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

Cheers! 

Steve



Canasta

I'm hoping to restart the canasta group in March. It will probably be on a Thursday morning from 10 till 12 am. at my house.

If you're interested, please email me on peterandjeanmole@btinternet.com.

Jean Mole



Handicrafts

The next meeting of the Handicrafts Group is on Thursday, 27th February, 2 pm at The Bowls Club.

Susan is leading the meeting, and we will be making a decorated box along with 6 cards with different messages that can be used throughout the year. We always enjoy Susan's meetings as our finished items always look so professional.

Looking forward to seeing you there along with any new members that enjoy crafts too.

Kathy and Jenny



Bookmarks Again:

Unreliable memoirs by Clive James. Looking through a list of books for Reading Groups we thought this might be a light-hearted book to read for the gloomy days of January. The cover notes on the back told us that this book would be a "hilarious and touching introduction to the story of a national treasure." Clive James had an "unassailable sense of humour and self-effacing charm"

Clive grew up in an outer suburb of Sydney Australia with his long suffering widowed mother. He explores the world of boys growing up in 1940's and 1950's where he plagued his neighbours with pranks and showed little respect for any adults. He was undoubtedly academically able but wished to be popular by leading others in humour by being cruel and humiliating.

Perhaps some men reading this might smile at the sexual experimentation of the teenage Clive. Boys of 14 and 15 today may identify with some of its scenes. At University he was desperate to be one of the arty bohemian set who, in turn, let him write for their publications as he lusted after the female group members.

One or two passages did seem amusing, but the book group readers found him very arrogant entirely self-absorbed and condescending. Some found the awfulness to be amusing but several members found that they could only read one or two chapters at a time as it was not a pleasant read.

Next month we are reading Northanger Abbey by Jane Austen which I suspect will be quite a contrast in style and writing.

Ann Kemp

POTENTIAL NEW GROUPLOOKING FOR LEADERS - SPANISH

There used to be a Holiday Spanish Group and still have a lot of books and audio teaching aids. It would be good to restart the group, but we need a couple of interested members willing to be joint leaders. If you would consider doing this please have a word with Pat Bird or Mike Gibbons.



History Group

Thursday 6th February Eleanor of Castile a cycle through History by Andrew Tenet was excellent. A total of 85 people attended. It was thoroughly enjoyed by all.

Thursday 6th March Masonic Hall Rushden 2pm Northamptonshire on the big and little screen Movies and

TV, Film and TV Stars from Northants by Jon-Paul Carr

The trips for next year will be

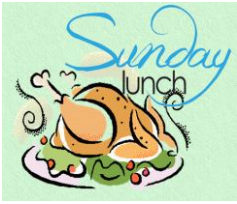
- 1 Thursday 1st May Oxburgh Hall Suffolk National Trust plus free time in Ely.
Coach £27 Entry NT members free Non members £12
Depart Higham (Market Square) 8:15
Rushden Skinners Hill (Orbit Tyres) 8:25
Now Full.
Some still have not paid their deposit of £10 Balance of Payment required by Friday 20th March.
- 2 Thursday 5th June Bury St Edmunds.
Coach £23 Cathedral Tour £6
Depart Higham (Market Square) 8:45
Rushden Skinners Hill (Orbit Tyres) 8:55
A non-returnable deposit of £10 is required, balance by Monday 21st April.
- 3 Thursday 3rd July Whitwick Manor Wolverhampton National Trust.
Coach £28 Entry NT members free Non-members £16
Depart Higham (Market Square) 8:00
Rushden Skinners Hill (Orbit Tyres) 8:10
Now Full.
Some still need to pay the deposit of £10, balance required by Monday 19th May.
- 4 Thursday 4th September Hampton Court Palace,
Coach £26 Entry £22
Depart Higham (Market Square) 8:05
Rushden Skinners Hill (Orbit Tyres) 8:15
A non-returnable deposit of £10 is required, balance by 21st July.

Payment can be made in cash/cheque or BACS. Cheques should be made payable to Higham and Rushden u3a.

Please note any payments by BACS must be paid to Sort code 54-41-05 Account Number 32986742. Anyone paying by BACS must let me know by email when the payment is made.

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

Brian Turner



Sunday Lunch Group Again:

We will be resuming Sunday Lunches on 23rd March at Priory Wellingborough. I have a private room booked for 16.

We usually meet on the last Sunday of the month.

New members are welcome to join us.

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



Non-Fiction Book Group

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:

If you ever have left-over mashed potato, don't throw it away, you can use it to thicken soups and stews or try using it to make the traditional Scottish tattie scone recipe.

TATTIE (POTATO) SCONES

Ingredients:

500g Potatoes
25g Butter or vegan spread
125g Self-raising Flour
Pinch Salt

Method:

Peel & cut the potatoes into small pieces. Boil until soft, drain & allow to air dry for a few mins before adding the butter & mashing until smooth. Season with salt. Transfer to a bowl, add the flour & using a wooden spoon, mix through the potatoes to create a dough. You may need more/less flour depending on how moist the potatoes are. Warm a non-stick frying pan over a medium heat (with no oil/butter). Turn dough out onto a floured surface. Knead lightly & roll out to a ½ inch-thick circle. Cut into 6 equal wedges. Cook scones in batches on the hot pan until golden brown, 4 to 5 mins/side.

They are delicious direct from the pan, dripping with butter or vegan spread.

They also make an integral part of a full Scottish breakfast, either toasted or fried crisply.



Fascinating Fact:

Sir Christopher Lee (27th May 1922 – 7th June 2017) met Rasputin's assassins, saw the last guillotine execution, hunted Nazis, recorded a heavy metal album, spoke 9 languages, was Ian Fleming's cousin (James Bond) & was the only actor in “The Lord of the Rings” to have met J.R.R. Tolkien. Wow!

SEE IF YOU CAN FIND THE EMPTY MUG



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.



The world's smallest vertebrate has been discovered in an Atlantic Rainforest. It is a species of flea toad which is smaller than a fingernail. It is named *Brachycephalus Dacnis* in honour of Project Dacnis, an organisation dedicated to preserving regions within the Atlantic Rainforest.



Anyone know where I can buy these please?

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		
A Little Aloud	Leader's home	2 nd & 4 th 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	STARTING MARCH Date & time to be confirmed
Card Making	Leader's Home	1 st Wednesday/month.10-12 am
Computing	Waitrose Community Room	10-12am 1 st & 3 rd Saturday every month
Country Dancing	Hensman Hall Chichele St. NN10	Alternate Mondays 2 00-3.30pm
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 nd Thursday 10.30-12.30
Guitar Improvers	Rushden Windmill Club	Tuesday 4pm
Continued		

GROUP DETAILS	VENUE	DAY/TIME
History Group	Rushden Masonic Hall	1 st Thursday each month 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
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 (see website for details)
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 (see website for details)
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

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.

2025		
17 th Feb	Steve Dimmer	Hercule Poirot
17 th Mar	Sweet FA	Musical Trio with Clever Ditties
14 th Apr	Home Instead	Dementia
19 th May	Roger Brown	Various Talks
16 th Jun	Nick Cosgriff	Jail Tales from a Prison Chaplain
21 st Jul	Stephen & Viv	Race Around the World
18 th Aug	Graham Short	Hand of Genius (Micro Engraver)
15 th Sept	Paul Barwick	Eddie Chapman Double Agent
20 th Oct	Dr Nick Barrett	Various on Family History
17 th Nov	TBA	
AGM		
GROUP LEADERS PLEASE SAVE THE DATE AND ENSURE NO ACTIVITIES OR GROUP MEETINGS CLASH WITH THE AGM		
8TH Dec	AGM	SINGING FOR FUN

DID YOU KNOW?



Treble Clef

On a 5-line piece of music it is placed at the beginning of the staff to show the pitch. It originates from the letter "G". Over time it turned into the fancy treble clef we know today.

SUDOKO SOLVED

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

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



EDITORIAL: GRIEF

Grief takes many forms and talking about it often helps to make sense of this frequently misunderstood emotion.

To be alive means things come to an end and grief is the response to that loss. The term “grief-stricken” is no accident – when you experience a profound loss, it can feel like you have been hit by a sledgehammer. It affects all aspects of life, it can stop you sleeping, it affects your appetite, memory, and focus. It can unleash fast-changing emotions, from anger to denial, sadness to loneliness. When someone you love is gone, life can feel cruel, empty and uncertain.

We not only grieve loved ones who have died but we also grieve people from whom we are estranged. We can also grieve leaving a home or retiring from a loved job because of accident or illness. We also profoundly grieve the loss of much loved pets. Grief is no longer seen like it was when we wore black armbands. Now we feel like we are walking around in bubble of hurt when the rest of the world continues as normal. Those who don't know of our grief will ask innocent questions which will leave us feeling as if the world is spinning. The brain fog (or grief brain) can make simple tasks overwhelming and insurmountable. During this period just learn to focus on what you know. Starting close in helps you remember that you have experience and wisdom, and even friends, which can help.

You may have heard of the 6 stages of grief: *Denial, Anger, Bargaining, Depression, Acceptance and meaning*. However, they rarely follow a straight line because everyone's experience will be different. The 6th stage is crucial to the healing process, which many know to take, and others find helpful: finding meaning which can take many forms. It might mean finding gratitude for time spent with loved ones or channelling intense emotion into some kind of change. The search for meaning will lead each person along divergent paths. Wherever you find it, meaning heals.

Grief can complicate life. It can feel entirely solitary as we retreat into ourselves. We also often leave a grieving person alone as we don't know how to act. However, interacting with others is a very important part of dealing with grief. People who know and care for you can help you from becoming stuck in a place of sadness. Seek out those who “get it,” the ones who understand it doesn't just go away after a few weeks. When we share grief it lessens its burden.

Everyone's experience will be different but over time it will hurt less often and with less intensity. When you are ready to hope again, you'll be able to find it. It doesn't mean your grief goes away, it just means you deal with it and get on with your life.

The following information has been copied from Northamptonshire Police web site:

NEW WARNING ISSUED FOLLOWING LATEST COURIER FRAUD INCIDENT.

Published: 15:1127/01/2025

Officers at Northamptonshire Police are encouraging people to make their elderly relatives or vulnerable members of the community aware of courier fraud after two incidents last week.

Courier fraud involves fraudsters telephoning a potential victim, claiming to be from their bank, the police, or another law enforcement authority, and tricking them into revealing their PIN number, bank card, and personal details.

The latest incidents occurred on Wednesday, January 22 and Thursday, January 23, after two separate vulnerable people in the area were contacted by fraudsters claiming to be police officers from the MET and Scotland Yard, who told them their bank accounts had been compromised.

In one of the incidents, the victims were informed it was a scam after attempting to withdraw money at a supermarket. Unfortunately fraudsters were able to use the bank card of the second victim, who handed them over along with the PIN.

Fraudsters tend to target a specific area over a short period, which has prompted officers from the Force's Economic Crime Unit to raise awareness of this incident. They would like to hear from anyone who may have been approached in a similar manner recently.

Detective Sergeant Matthew Crick of the Economic Crime Unit said:

"The criminals carrying out these scams are exceptionally clever and know how to manipulate their victims by making them feel panicked and rushed into actions they will later regret." "We would urge everyone who is involved in a caring or supportive role for a loved one to discuss the tactics used and the warning signs to look out for."

"Just having that conversation, especially if their loved one is not particularly tech savvy, could be the difference whether someone becomes a victim of this trust-eroding crime." "Under no circumstances would the police or banks ask you to withdraw money from your account, or transfer funds into another account for fraud reasons, nor would they ever ask you to become part of an undercover investigation"

"Our advice is that if you receive any call where you are asked to provide personal or financial information, take a few moments to reflect on the situation and stay calm. Never assume a phone call is genuine, even if the caller knows basic details about you, such as your name and address." "You should also know that criminals can make any telephone number appear on your phone handset, so even if the number shown seems authentic, never trust this." "If you receive a phone call of this type, have the confidence to end it. A genuine organisation will never mind you thinking things over or contacting them back on a verified number, for example from your bank statement or payment card." "If the caller is claiming to be a police officer, the relevant force can be contacted on 101 and will be able to verify if a caller is a genuine officer or member of staff".

Signs of courier fraud are:

- Courier fraud usually starts with an unsolicited telephone call
- Typically, the suspect will pose as a bank official, police officer or a computer or utility engineer
- Courier fraudsters will usually request the victim purchases high value items such as Rolex watches and gold bullion, withdraws cash or provides a bank card for collection from a courier
- Fraudsters will instruct victims not to tell any family or friends about what they are doing
- When carrying out courier fraud, criminals will request the victim hangs up the phone to ring their bank for confirmation while they keep the line open. The suspect then pretends to be a bank official and provides false confirmation
- Fraudsters will also plan for a courier to meet the victim to collect the item they have purchased.

If you think you have been a victim of fraud you should report it to Action Fraud, the UK's national fraud reporting centre online at www.actionfraud.police.uk or call 0300 123 2040.

It's also important to report all fraud-related incidents to Action Fraud to help build a national picture and help prevent others falling victim to scams.

FOR INFORMATION:

Nene Park Clinic provided the following information which may be useful:

KETTERING GENERAL HOSPITAL (KGH) MEET AND GREET PRE- BOOK SERVICE

Do you require additional support in attending your hospital appointments?

Our volunteer will meet you at your chosen entrance of the hospital and assist you with your outpatients appointments.

Mon.-Fri.9-3.30 Excluding Bank Holidays Subject to volunteer availability.

Contact us 01536 491599 or kgh-tr.volunteering@nhs.net