



JANUARY 2026

Happy New Year

CHAIR'S CHAT

A Belated Happy New Year

Have you made any New Year Resolutions?

Have you stuck to them, or have they gone by the wayside already?!

MY New Year Resolutions? NOT to make any!

Rather than thinking about what I haven't done I'm thinking about the positive things that I have achieved 😊

As you know we had our AGM last month – the result?

We do not have a full committee – yet.....so watch this space. We have lost Maggie and Jim Morrison as Committee members – they had served the maximum time – but we are lucky to have them still carrying out their roles 😊

I spent some time this week looking back at the various Chair's Chats that I have written since taking on this role – I found them, except for January 2024. I am very good at putting things in a safe place – so safe that I never find them again! Realised that as everything is saved on my computer – I couldn't lose that item.

Then after a few cuppas I remembered that we 'moved' to the Salvation Army for our monthly meetings in 2024 and that we didn't meet in January!

We are definitely in a better place!

Do you remember how cold the Goods Shed was? And how uncomfortable is/was in Flutters??

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.



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



Garden Group:

The next Garden Group meeting will be held on 12th February @ Ruston Hall where we welcome Russell Attwood.

We will be taking bookings and payment for our coach outing in March to Anglesey Abbey Cambridgeshire.

Kind Regards.

Lorraine



Rock & Blues Group: Our next meeting is at 14.00 hours on 29th January at the leader's house. The topic for this month is music with the words "Rock" or "Blues" in the title.

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

Jim Morrison



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!

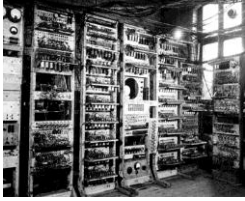
Mike Gibbons



Dine at Home Suppers:

The next Home Dining sessions will be in February.

Jean Mole



COMPUTER GROUP: NEW DETAILS

WE HAVE CHANGED OUR MEETING DATE – we now only meet once a month on the first Tuesday of the month from 10:00-12:00, still in the Waitrose Community Room.

The next meeting will be on 3rd February 2026.

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.

We had a very successful first meeting on 6th January. Anyone who dropped out of the group when it changed to Saturday may reconsider rejoining, so why not come along, and try it out, who knows, you might just learn something, All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



Guitar Group

The group meets on Thursdays 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:

December wine was a “Do It Your Self” job, as it coincided with Christmas.

Looking forward to 2026 to see what we can find!!

Steve



Greetings Cards

Our next meeting will be on 4th February 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



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



Handicrafts

The first meeting of year of the Handicrafts group is Thursday, 22nd January, 2 pm at the Bowls Club as usual.

We will be making button pots and having a discussion about crafts for the year ahead.

You will just need to bring a cutting board and any flat buttons you may wish to use, but don't worry as we have plenty of buttons too.

Kathy and Jenny look forward to seeing you there.



Ten Pin Bowling:

We continue to regularly have over 24+ 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 first session in 2026 was on January 9th and then following on every 2 weeks.. The calendar on our HR website will show details of the future dates for the first quarter of 2026.

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).



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



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

Janet Embling & Ken Chambers have made a decision to stand down as group leaders. So unless someone else comes forward to replace them, the group will be in abeyance. If anyone is interested please let the Groups Co-ordinator know.



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.

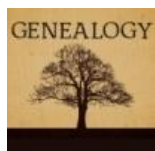
New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com



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.



NEW: The newly formed Genealogy group has decided to go ahead with communicating mostly through a WhatsApp group, with face to face meetings every few months only.

If you have an interest in this subject, but get frustrated and unsure how to proceed, feel free to join us and get hints and tips from other enthusiasts. Please text in the first instance to – Janet 07488351136 or Ken 07725055865



Bookmarks Again:

Apologies, but due to technical issues with IT, there is no book review this month.

Margaret Shelton/Ann Kemp



Art for Fun

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

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.

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	
Sep	TBA	
Oct	TBA	
Nov	TBA	
Dec	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.



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.

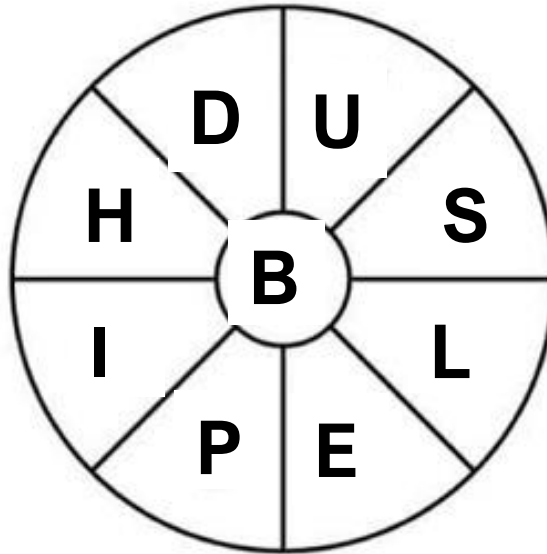
If you are unsure or in any doubt please contact any committee member.

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.



ANSWERS

Beds

Bedu

Bels

Bide

Bides

Bids

Bile

Biped

Bipeds

Bise

Bled

Blip

Blips

Blue

Blued

Blues

Blueish

Bluish

Buds

Blush

Blushed

Build

Builds

Bused

Bush

Bushed

Bushel

Busied

Blushed

Debs

Dibs

Dubs

Hubs

Libs

Lubed

Lubes

Lube

Pleb

Plebs

Pubes

Pubis

Pubs

Publish

PUBLISHED

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	1ST TUESDAY OF THE MONTH 10-12
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	WhatsApp group. Face-to-face meetings every few months. Please text in the first to Janet 07488351136/Ken 07725055865.	
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

Continued

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

JUMBO CROSSWORD

1 D	I	2 V	I	3 N	G	4 S	U	5 I	T		6 S	7 T	I	8 C	K	9 L	E	10 B	A	11 C	K	12 S	
E		I		O		H				13 C		W		O		I		U		A		A	
14 P	I	C	A	S	S	O		15 E	G	O	T	I	S	M		16 F	E	L	S	P	A	R	
O		E		Y		T					L		G		E		E		L		R		I
17 S	E	P	T		18 I	G	U	19 A	N	A			20 C	H	A	P	A	T	T	I			
I		R		21 T		U		S		N		22 R		I		E		E		C		23 I	
24 T	H	E	W	R	O	N	G	S	I	D	E	O	F	T	H	E	T	R	A	C	K	S	
E		S		U		W		U		E		M		H		R		R		I		L	
25 D	E	I	C	I	D	E		26 M	A	R	G	A	R	E	T		27 K	I	A	O	R	A	
		D		S		D		I				N		R		28 B		O				N	
29 T	H	E	R	M	O	D	Y	N	A	30 M	I	C	S		31 A	L	L	R	O	32 U	N	D	
A		N				I		G		O		E		33 C		A				P		R	
34 R	A	T	S	35 B	A	N	E		36 O	V	E	R	T	H	E	C	O	37 U	N	T	E	R	
T				R		G		38 D		I				A		K		K		O			
39 U	N	40 T	I	E	D		41 T	E	E	N	A	42 G	E	R		43 P	L	A	S	T	I	44 C	
F		R		A		45 V		A		G		E		T		O		S		H		A	
46 F	R	A	N	K	L	I	N	D	E	L	A	N	O	R	O	O	S	E	V	E	L	T	
E		N		T		O		L		Y		E		E		L		S		M		A	
		47 S	C	H	I	L	L	E	R			48 P	E	S	E	T	A		49 G	I	IL	L	
50 S		V		E		E		T		51 K		O				O		52 W		N		Y	
53 C	L	A	R	I	O	N		54 T	U	R	N	O	U	55 T		56 W	A	R	M	U	P	S	
U		A		C		C		E		I		L		R		E		E		T		I	
57 M	A	L	T	E	S	E	C	R	O	S	S		58 H	Y	D	R	A	N	G	E	A	S	

Well done if you managed to solve it!

Now time for a language lesson!

DIACRITICALS

(How many of you know what they are? Wonder no more.....)

ACUTE ACCENT

The acute accent is used over the letter **E** in French to indicate that the vowel should be pronounced as **AY**.

In Spanish, this character is used over vowels to indicate which syllable in a word is stressed.

In English, a number of French loanwords may use this mark.

Café

Purée

Flambé

CEDILLA

The cedilla is a mark that is used in several different languages. It is used in French and Portuguese to indicate that a **C** should be pronounced like an **S**.

In Turkish, this mark indicates a **CH** or **SH** sound.

In English, some French loanwords might use this mark, although it is often dropped.

Façade (Facade)

François (A French Male First Name)

Çay ("Tea" In Turkish)

Şeker ("Sugar," In Turkish)

Exceção ("exception" in Portuguese)

GRAVE ACCENT

The grave accent is another diacritical mark found in French loanwords. This left-leaning mark is used in French to indicate that e is pronounced as **EH** or is used over an **A** or **U** to distinguish between words with otherwise identical spelling and pronunciation.

Déjà Vu

Crème de la Crème

Pièce de Resistance

CIRCUMFLEX

The circumflex is yet another diacritical mark used in French as well as some other languages. In French, it is used to indicate that vowels should be pronounced in specific ways.

In English, this mark appears in a variety of French loanwords.

Coup de Grâce

Crème Brûlée

Côte D'Ivoire

DIAERESIS/UMLAUT

We've come to the last diacritical mark used in French: the dieresis or diaeresis. People familiar with German and/or heavy metal music might know this mark by a different name: the umlaut. These may look the same, but they are two distinct marks with different uses in each language.

In German, an umlaut can change the meaning and pronunciation of a word; in French, the dieresis denotes that a vowel is pronounced as a separate syllable. In English, this mark is usually dropped from French loanwords that originally used it.

Naïve (Naive)

Noël ("Christmas" In French)

Äpfel ("Apples" In German)

BREVE

The breve is a mark used in a few different languages, such as Romanian and Vietnamese.

In English, the breve is used in some pronunciation guides to indicate a short vowel or unstressed syllable.

Frantūzoaică ("French woman" in Romanian)

Cái chăn ("blanket" in Vietnamese)

Kūt (one possible pronunciation guide to the English word cut)

HACEK

The haček is a diacritical mark used in letters of the alphabet of certain Baltic and Slavic languages.

Kuře ("chicken" in Czech)

Četvrtak ("Thursday" in Croatian)

Žvaigždė ("star" in Lithuanian)

MACRON/STRESS MARK

The macron is a mark typically used in pronunciation guides to indicate long vowels.

Kāk (Possible pronunciation guide of cake)

Skrēm (Possible pronunciation guide of screen)

Lōn (Possible pronunciation guide of loan)

TILDE

The tilde is a mark used in letters from the Spanish and Portuguese alphabets to indicate nasal sounds. Spanish or Portuguese loanwords sometimes retain their tildes in English.

Piñata

Mañana

São Paulo, Brazil

TITTLE (*One of my favourites*)

Finally, we get to a diacritical mark that is actually used in English. In English, a tittle is any dot or small mark used in writing. When speaking about English, the dot over the lowercase **i** and **j** is called a tittle.

jelly

inside

jiggle

There are more but I think this is enough for now.

Here is the latest in the series:

MEMORIES OF THE 70s/80s.

I suppose you could say that these were the years when the real explosion of youth took place because, oh boy didn't it all happen then. But before I go on let's take a quick look at one or two momentous happenings at that time:

First, Margaret Thatcher became our first woman prime minister, and

Second, On 15th February 1971. we lost our lovely pound shillings and pence to be replaced with the dreaded 'P.' One shilling and sixpence became 7½ p - doesn't have the same ring does it?



It was the time of the Crackerjack Pencil, Blue Peter Badge, and those cheap Spanish holidays. Oh a cheeky little thought has just popped into my head; hands up all those whose dads came home from Spain with big sombreros on their heads and a straw donkey tucked underneath their armpits.

Now let's have a look at some of the subcultures that were dominant in the 70s and 80s: teddy boys and girls were still there, as were mods and rockers, the hippies, skinheads punks, and goths. As well as the northern soul cult that was gaining momentum in the late 70s. These were all new kids on the block. There were many more, but I can't fit 20 years of happenings onto one small page.

So let's just look at one or two, Flower folk or hippies as they were known had the obligatory long hair parted in the middle and preached peace and harmony, as they puffed on their wacky-baccy. They were also very fond of giving everyone they met a flower and some free love if you wanted it; some did, most didn't.



Now what about those Punks and Skinheads? These two subcultures seem to overlap a little. Whilst Punks went for a total rejection of society, Skinheads were what could be described as little neo-Nazis with militant ethics. I am going to leave that there because talking about these two subcultures can be quite emotive and I really don't want to get into that.

So let's continue our stroll on down memory lane for a while and look at that strange subculture the Goths. This was a culture which rejected main stream ethos, in other words most of us. They harked back to the Victorian and Edwardian eras and were certainly a very odd lot.

Now just imagine a mum and dad coming home from work one day to find their sixteen year old daughter had turned overnight into a goth. Gone was their pretty, blue-eyed, golden haired little princess. What they were looking at was something that looked as if it had scrambled out of the waste bin. It was Doc Martens or army boots and black leathers. Instead of blonde curls there were long multi-coloured plaits hanging down the back with a face that would frighten Satan made up of mascara and enough black eyeliner to sink a battleship, with black lipstick painted on a very white face. Their attitude was that we, the rest of the human race, were all going to the dogs in a multi coloured space ship never to be seen or heard of again. Then goths would rule the world and all would be well, REALLY?



Let's look at what music we were listening to at that time. Well for a start we had Top of the Pops and the Tube pumping out all the latest sounds. For the 70s like the Beatles the Rolling Stones the Who the Kinks, Gerry and the Pacemakers, Bay City Rollers and of course Cliff. In the 80s it was Boy George, Madonna, Queen, Guns and Roses, Duran Duran, and Van Halen. Yes I know there were many, many more but it's down to space again.

What were we drinking then, or should I say what were we smoking? No let's skip that and move on to look at the night clubs of the time, like Cinderella Rockafella, Northampton, Castaways on Bedford Road or the Windmill Club, Rushden that opened on Monday and Thursday nights. What a time that was. We were young, free, and slightly crazy doing our own thing no matter what. As I read this I am sitting at my desk wondering was I ever that young and idealistic, did I ever have all that energy? Getting out of bed in the morning these days and looking in the bathroom mirror I find it hard to believe.

So let me leave you with this: *HOLD ON TO YOUR YOUTHFUL HEART AND SPIRIT, NO MATTER HOW OLD YOU ARE.*

Tat Ta

We'll talk again next month.

G.G.



EDITORIAL:

Well, here we are in 2026. Now that Christmas is behind us and all the decorations are put away till the end of the year, what does January mean for me? Unfortunately I suffer from mild SAD (Seasonal Affective Disorder) and find both January and February difficult to endure. Thank goodness then that the days are noticeably getting longer and also I have a Burns' supper to plan for 25th January. This always cheers me up as I do enjoy planning my table setting, selecting which wines and whiskies to serve and, of course, choosing which food to prepare. This last item should never be an issue as it is always the same: starting with Cullen Skink (a wonderful fish soup named after the town of Cullen), Haggis, Chappit Tatties and Bashed Neeps, followed by the traditional Cranachan (see below for explanations). There is comfort in preparing the same things year after year, anticipation of the evening and enjoyment of the food and sharing it with company. It makes January easier and gives me something to look forward to in the depth of winter.

(Chappitt Tatties – mashed potato/Bashed Neeps – mashed swede/Cranachan - is a traditional Scottish pudding made of cream, toasted oatmeal, and Fresh raspberries with a hit of Drambuie).

Make this to accompany your Haggis on Burns' Night (Sunday, 25th January 2026) (It is jolly good):

WHISKY CREAM SAUCE

Ingredients:

3-4 tbsp whisky
100ml Double cream
50ml stock – vegetable, lamb, or chicken.
Knob of butter
1 tsp English mustard
Salt and pepper to taste

Method:

Heat your pan to medium and add the knob of butter and let it melt. Add 3 tbsp of your choice of whisky, then light the whisky with a match/lighter/blowtorch) ** and allow it to burn off the alcohol. This makes the sauce less bitter. **Be careful at this stage, the flame can be quite aggressive but will burn out quickly.** Once the flame is out add the cream, stock, and mustard to the pan and stir well. Wait until it thickens then reduce on a low heat while continuing to stir, then add salt and pepper to taste.

If you would like a stronger whisky taste, then you can add another tablespoon of whisky at the end too! This won't have the alcohol burned off, so will be a much stronger taste. Adding the stock and reducing on a low heat while stirring will thicken up the sauce. If you go too far, you can add a little more stock.

** When you flambé (light and burn off) the whisky, it gets rid of some of the alcohol content but leaves all of the flavours. However, if you don't fancy this, just turn up the heat under the pan for a couple of minutes, then turn the heat down again.



MEDITERRANEAN WHITE BEAN STEW (an easy recipe for the month of January)

Ingredients:

Olive Oil

1 Onion, finely chopped

2 Garlic Cloves, minced

3 Carrots, Chopped

Salt & Ground Black Pepper

3 cans Cannellini Beans, drained and rinsed

2 cans Chopped Tomatoes

1 tsp Ground Coriander

½ tsp Sweet Spanish Paprika

½ tsp Ground Cumin

½ tsp Urfa Biber or Crushed Red Pepper Flakes

½ Lemon, Juiced

3 tbsps finely chopped fresh Parsley



Method:

Sauté the vegetables. In a large sauté pan or large frying pan, warm 2 to 3 tablespoons oil over medium-to-high heat until just shimmering. Add the onion and cook for 3 to 5 minutes, stirring regularly, until golden. Add the garlic and carrots and season with a big pinch each of salt and black pepper. Cook, stirring often, until the carrots have softened, about 5 more minutes. Add beans, tomatoes, and spices. Season with the coriander, paprika, cumin, and Urfa biber or red pepper flakes. Add another big drizzle of olive oil and a big dash each of salt and black pepper.

Bring to a boil for about 5 minutes, then turn the heat to low. Partially cover the pan, leaving a small opening at the top. Simmer for about 20 minutes until the beans have softened and the sauce has thickened slightly. Stir in the lemon juice and parsley.

HAVE A QUICK CHORTLE BEFORE YOU FINISH READING:

1. What happens when a strawberry is run over when crossing the street? - A traffic jam!
2. What do you call a false noodle? – An impasta!
3. Why do oranges wear sunscreen? – So they don't peel!
4. What do you call a pig who does karate? – A pork chop!
5. What kind of sweet do astronauts like? – Mars bars!
6. What do you call it when a Snowman has a tantrum? A meltdown!
7. How can you tell if a tree is a Dogwood? – By the bark!