



# January 2022



## NEW YEAR, NEW VENUE

From January our meetings will be held on the third Monday each month in FLUTTERS BINGO, College Street, just off Rushden High Street. Doors open at 1:30 and the speaker will start promptly at 2 o'clock.

### Front of House

We are moving to Flutters on Monday 17<sup>th</sup> January. As with all moves there may be some disruption but hopefully this will settle down as we go along.

**PLEASE** do not arrive too early as we need time to set up.

The signing desk will be right by the front door as you enter.

If you could time your arrival between 1.30 and 1.45 pm it would be much appreciated, especially as this is our first time in the new venue.

No chairs to put away, heating and indoor toilets!

Many Thanks.

Steve Evans 01933 356784



## **CHAIR'S CHAT:**

In a moment of folly 😊 I have agreed to be the acting Chair of our u3a. Hopefully this will take some of the load from our Secretary Denise Evans who has undertaken the 2 roles very capably for the last few months. Some of you may know me as Webmaster, as leader of the Rock and Blues Group or as leader of Computer Group A: all roles in which I will continue. For those who don't know me I am a retired Civil Servant and with my wife Maggie (Newsletter Editor) joined the u3a in 2016.

I am writing this on the eve of our first monthly meeting in our new permanent home in Flutters Bingo, and everyone in the committee is looking forward to the move tomorrow. We took the decision to change venue to make the monthly meeting a much more comfortable event, something I am sure those of you who are able to attend will agree is the case. As mentioned in Front of House above, there has been no dress rehearsal for the first meeting so please bear with us if things do not run quite as smoothly as they could.

There are a few other things I would like to point out as follows:

- Masks must be worn during the meeting.
- If you have not had any Covid vaccinations or if you feel unwell, please consider the welfare of other members by staying away.
- Due to bereavement, there will be no raffle at the January meeting but we hope this will return in February

I hope to see a lot of you tomorrow.

Jim Morrison

## **Anne Edwards.**

It with great sadness we report pass on the news of the death of Anne Edwards, an early member of H&R u3a. Anne was active in the Bookmarks Group and the Sing for Fun group from their very beginnings. She had a lovely cense of humour and lively interest in both groups. Once Sing for Fun meet again, they will sing Edelweiss from The Sound of Music in her memory. Anne will be much missed.

**Please be aware that if you lose your membership signing in card, there will be a £5 charge for a replacement.**

**If you know of a u3a member who is celebrating a special anniversary, or who deserves a special vote of thanks please let us know via the contact form on the website. On a more sombre note, if you know of a member who has passed away, please use the same contact form so that we can send a condolence card to the next of kin/family.**

## NEW GROUP

### Meditation and Mindfulness

I am hoping that to start this new group sometime in February and will soon be contacting the people who have already given me their email addresses. The intention is to have group meetings at the leader's home in Earls Barton where a special room has been set up which is be very quiet and 'fit for purpose'! A preliminary meeting will be set up to discuss times, venue and any other issues before we start. If your details are already known you will be advised of when and where. Sorry about the delay but hopefully we can get going soon.

Judy Cooper



### Special Events Group:

Last year 2021, we started our coach trips in June to the Newmarket National, Horse Stud combined with a guided tour of Bury St Edmunds and finished the year with a trip in December to the Thursford Christmas Spectacular show, and it was very spectacular, quite a few members said they would like to see the show again so we will try to reserve tickets in advance for December 2022.

Our next special event is the musical show "Singing in the Rain" at the Milton Keynes theatre on Wednesday 13 April, afternoon matinee. All the tickets have been sold, but sometimes we get last minute cancellations so if you would like to see the show just put your name down as a reserve. Check our Special Events group page for details of the trips this year, and one you may be interested in is a trip to Kew Gardens on Thursday 14 July, details, and prices to follow.

Sylvia Wright



### Country Dancing:

Country Dancing meets on alternate Mondays at 2 15-3 45pm. The venue is Higham Working Men's club, Westfield terrace, Higham Ferrers.

Country dancing: in case you haven't tried it, is a sociable, fun way of exercising the body and mind to music. The group welcomes returning and new members. Covid guidelines are taken into account at every meeting, Please pass this on to any u3a members you feel would be interested. Contact George on 01933 622827 for more information.

George Hearnden.



### MMFC Group:

The group meets every Monday to discuss the weekend's football, as well as some football history(!), over a cup of coffee. The venue is not permanent but we book on a week-to-week basis. January meetings start again on the 17th, so if you want to join us, please do but it would be as well to check with Mike, the group leader on 01933 631531, first.

Mike Gibbon



### Front of House:

The Front of House is a face at the front door welcoming members and helping with queries. Other duties include:

- : Liaises with Meet and Greet team to ensure new members and visitors are looked after.
- : Coordinates with the Venue to ensure Group Tables, Checking in Table, Microphones, Projector and Screen are all available.
- : Confirms with the Venue availability of refreshments and disabled access.
- : Supports workers at venue to ensure safety and deal with any Health and Safety Issues arising. Maintains Venue Checklist and have a supply of Accident Report Forms available.

Steve Evans, Front of House



**History Group:** The History Group meets monthly on the 1st Thursday at the Masonic Hall, Rushden 2pm-4pm, come and join us and listen to a Historian speaker and socialise, with refreshments after the talk

The speaker for the February Meeting will be Stuart Orme, Curator of the Oliver Cromwell Museum in Huntingdon. Stuart will be talking about the Peasants' Revolt of 1381. There is so much for us to understand about this era in our history and we have a coach trip to the Cromwell Museum, and Ely on the 25 April.

28th March, our first coach trip is to Lincoln Castle which will include a guided tour of the Inner Bailey and free flow time to enjoy the rest of the Castle, or if you prefer you can spend the day in Lincoln. The cost for the Castle Visit including the guided tour of Inner Bailey and coach fare is £29 pp and if you would prefer to spend free time in Lincoln, the coach fare is only £14 pp. Cheques payable to Higham and Rushden U3A. There are only a few spaces left on this trip, contact Sylvia Wright (joint group leader)

Sylvia Wright



### GARDEN GROUP – NEW SHOOTS

The Garden Group will hold its first meeting on the 10th of February 14:00 @ Rushden Hall, our speaker is giving us an insight into the Gardens of Monet and Majorelle.

Lorraine Brown



### Computer Group A:

The group next meets on Wednesday 19<sup>th</sup> January at the normal time of 10:00 –12:00. We have space for new members. For details contact Jim Morrison using the contact form on the H&R website.

Jim Morrison



## **Computer Group B:**

**2nd & 4th Wednesdays 11am till 1:00pm**

**Note:** New timing for all sessions of this group will now always be held from 11:00am until 1:00pm throughout the year on request of the members.

Due to periods of absence of the leader in the next few months, Please check the calendar on the H&R website for actual reopening dates.

During the period that this group is closed, Jim with Computer Group A will welcome any members from group B to come along with their mobiles, but topics will be based on Winows10, 11 and PC.

Although actually out of the country, I shall continue to be contactable through all communication channels so please feel free to ping me (even with +10hrs time difference).

Email: [c101776.3365@icloud.com](mailto:c101776.3365@icloud.com)

Phone: 07850 789447.

Alan Nixson Computer Group



## **Bookmarks Again:** A Month In The Country by local author J L Carr.

Omicron reared its ugly head and although we had all been thinking of meeting in a suitable venue to have face-to-face discussions about our book reading, we were able to continue with a Zoom meeting thanks to Mavis's excellent skills. A very short novel, the story takes place in a country church where a First World War veteran has been commissioned to uncover a painted mural removing all the whitewash from the walls. As the paint is removed the story unfolds step by step; so Tom Birkin recovers his health and composure as the gentle rhythms of the August summer pass in the village of Oxgodby in Yorkshire. Moon, a fellow soldier, is working in the churchyard on uncovering a grave and they are able to understand their experiences of War. Tom is drawn into the life of the village and the events of the harvest and Methodist church. The Vicar of the church where Tom is living, and working is distant and difficult but has a beautiful young wife Alice Keach to whom Tom is drawn. This is an elegant, tender story with wonderfully descriptive passages. All the members enjoyed the book and as soon as it was mentioned they smiled. This reaction has to be the best recommendation of any book. J L Carr was a headteacher in Kettering as well as an author and Publisher. I read again "The Last Englishman" which is the biography of his extraordinary life which give insights into the events described in A Month In The Country.

Next month we plan to read "The Nightwatchman" by Louise Erdich  
Ann Kemp



## **Pilates Group:**

Please be aware that the Pilates Group is now cancelled, due to the sudden resignation of the Group Leader and is no longer available.



**Rock & Blues Group:** Our next meeting is on Thursday 27<sup>th</sup> January 2022 and the topic is 'communication' at 14:00 hours at the leader's house..

We have space for new members and if you would be interested please let me know, using the contact form on our website.

Jim Morrison.



"A tour sounds good. Assuming we can afford the extra bus to haul your medication."



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

The W.A.L.T (Would Anyone Like To) group continues to enjoy their regular, well attended, coffee mornings which are organised by one of our members. Each get together sees us introducing new people to each other and last week two members got along so well, they decided to arrange an activity for the whole group.

W.A.L.T. is ideal if you are new to U3A - especially if you enjoy socialising and having the opportunity to meet different folk. We are a very friendly group who welcomes new members. Because of the format of W.A.L.T. we will never say the group is full. In fact, the more, the merrier!! We are all only too aware of how Covid has affected our social lives. However, the scope and flexibility of W.A.L.T. means that if you prefer to participate in outdoor activities only, then you can. So, if you have a burning desire to start " Couch to 5K," or just go for a regular walk (but probably won't because you need the motivation of others) you could find like minded people at W.A.L.T.

Our contact details are on the website - or see us at the main U3A meeting on the 17th. Group Leaders - Janet and Ken.



**Wine Appreciation:**

No tasting in December but hope everyone had a good Christmas and New Year.

We, of course, were working hard on your behalf, tasting new wines, including some from our local Co-op on the Grangeway. They do have some good bargains. Hopefully we will be able to carry on our tastings without disruption. We still have some spaces on 4th Tuesday or Thursday of the month.

Prost! Steve and Denise Evans 01933 356784.



**Driving:**

Are you feeling a bit rusty or cautious about driving after lockdown? I am a retired Driving Instructor, Advanced instructor and RoSPA trained so if you need any help or advice, please email

[dsgrangeway@sky.com](mailto:dsgrangeway@sky.com) and leave a phone number and I will be in touch. There is no charge, and it can be as little as a phone call or several hours in your car as required.

Steve Evans



### **Scrabble:**

We restart on Tuesday 18<sup>th</sup> January 2022 at 2pm at the Masonic Hall on Wellingborough Road. Cost will be circa £3.00 per member for 2 hours.

We welcome previous or new members for a friendly contest which can keep the brain cells active.

If you are interested, please leave your name & contact details with John Ellingham or Sally Morton or contact us via the u3a website.

John Ellingham



### **Handicrafts:**

Just a reminder that the next Handicrafts Meeting has been brought forward this month to next Thursday, 13th January 2022 at the Bowls Club as usual at 2 pm.

We are making Styrene Bowls and you will need to bring a ballpoint pen and some good scissors. The cost will be £1 for each bowl made plus the usual £2 contribution towards the hire of the venue.

We look forward to seeing you all again and are hope it will be an enjoyable afternoon.

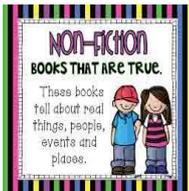
Jenny and Kathy.



**Sunday Walk & Lunch Group:** the next venue is Stanwick Lakes Country Park Jan 9th, 2022, with a meal at the Stanwick hotel. All walks are weather permitting. Please check the u3a calendar at 8am the day of the walk for late cancellation. The lunch will

take place unless really adverse weather conditions occur.

**Essential** - please book with Chris for the walk, Linda for the lunch by emailing on Grpscord@highamandrushdenu3a



### **Non-Fiction Group:**

We are looking for new members for our Non Fiction book group. We have been meeting for about 2 years with members from H&R and Wellingborough u3as. Our book choices are varied. Recently we have read biographies, travel and history, both newly published and from past years. We meet at the leader's home in Rushden on the 3rd Monday of each month 2-4pm, to discuss our choice of book and choose another. We use Zoom occasionally.

More information from Linda and Chris Walker spidar.girl@btinterent.com



**A Little Aloud** meets on the 2<sup>nd</sup> & 4th Wednesday at leader's home between 10.15-12.15 or on Zoom 10.00 & 10.45-11.30. New members welcome. Please contact leaders for more information.  
Linda and Chris Walker



### **Days Out/Car Share Group.**

Any ideas from members gratefully considered.

Linda and Chris Walker

## 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.

### Speakers

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. **Note: - The Speakers may be subject to change.**

2022		
Date	Speaker	Topic
17 <sup>th</sup> Jan	Simon Michael	Barrister to Best-Selling Author
21 <sup>st</sup> Feb	Dave Eagle	Astronaut Tim Peak & ISS
21 <sup>st</sup> Mar	Craig Fisher	Stranded in Gambo
Apr		
May		
June		
July		
Aug		
Sep		
Oct		
Nov		

TO BE ADVISED



### HEDGEHOGS

Hedgehogs used to be seen everywhere, even in gardens. However, a recent report says that is no longer the case with their population in the UK steadily declining. From around 30 million in the 1950s, there are now just a million left. Some of the reasons for their decline in number are destruction of habitat due to intensive farming and road

There are 17 different species of hedgehog, none of which is native to America. Australia also has no indigenous hedgehogs. Those in New Zealand were introduced by humans.

A group of hedgehogs is called an "array."

A hedgehog has between 5000 and 7000 quills.

Unlike porcupine quills, hedgehog spikes are not barbed, and they're not poisonous.

## GROUP DETAILS

GROUP	VENUE/DAY	TIME
A Little Aloud	Alternate Wednesdays	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday on Zoom 10.00 & 11.00
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 1400-1500
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 11.00-13.00
Bookmarks	Zoom	10.00-11.00 2 <sup>nd</sup> Wednesday every month
Canasta	Saxon Hall, Raunds	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 10.00-12.00
Computing/Technology Grp A	St Peters RC Church Hall Rushden	Mornings 10-12am 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday every month
Computing/Technology Grp B Beginners & Advanced		Mornings 10-12am 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday every month during British Summer Time & 11am -1pm in winter months
Country Dancing	HF WMC	Alternate Mondays 2 15-3 45pm
Country Park Walks	Various Parks	2 <sup>nd</sup> Sunday 10.30
Cycling multi-Groups	Rushden Lakes	Every Monday
Digital Photography A	Rushden Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Rd	
Garden	To be advised	
Golf	Various	Alternate Wed & Fri
Guitar Improvers	ASDA Training room	Tue 17.00-19.00
Handicrafts	Rushden Bowls Club	4 <sup>th</sup> Thursday each month 2-4pm.
History	Masonic Hall, Rushden	1 <sup>st</sup> Thu 14.00-15.30
Home Dining	Various	Twice per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mah-jong for fun	Windmill Club	1st & 3rd Friday 19.00 – 21.00
Meditation & Mindfulness	Dates, times & venue to be advised	
MMFC**	Rushden Golf Club	Weekly Mondays at 10am
Non-Fiction Books	Leader's Home	3rd Monday 14.15-16.00
Painting for Pleasure	Coleman's Craft Warehouse	Alternate Mondays 14.00
Play Reading	To be advised	1st Tue 13.15-
Reading Bookmarks	Waitrose Community Room	2nd Wednesday
**Monday Morning Football Chat		Continued...

GROUP	VENUE	TIME
Rock & Blues Appreciation	Leader's Home	Last Thursday 2-4pm
Scrabble	Masonic Hall, Rushden	2-4pm
Settlements	Vestry Hall, St Mary's Church Rushden	4th Tue 14.00-16.00
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Every two Months	Venue varies
Table Tennis	Pemberton Centre	Wed at 13.00
Ten Pin Bowling	AMF Bowl Wellingborough	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	4th Tues & 4th Thurs 14.00-16.00

## GROUP LEADER CONTACT DETAILS

In accordance with GDPR we don't publish contact details for group leaders on a publicly available website or newsletter. There is a contact form on the website which can be used to email group leaders and u3a officers. If you wish to telephone a group leader you will need to log into Beacon at <https://www.u3abeacon.org.uk/u3aportal.php?u3a=118&sc=LUDE>. You don't need a password or username, just your own personal details.

Your membership continues until 1st March 2020

Select an option

Higham & Rushden U3A groups

Update your personal details

Enquiries: [hrbeaconpm@highamandrushdenu3a.org.uk](mailto:hrbeaconpm@highamandrushdenu3a.org.uk) or contact the Membership Secretary

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

## **SOME NOTEABLE JANUARY BIRTHS:**

### ***JOAN OF ARC: 06 JANUARY, CIRCA 1412 – 30 MAY 1431***

Jehanne d'Arc grew up in Domrémy, a village in north-eastern France. Around the age of 12 or 13, Joan of Arc apparently began hearing voices and experiencing visions, which she interpreted as signs from God.

### ***DAVID BOWIE: 08 JANUARY, 1947 - 10 JANUARY 2016***

David Bowie was born David Robert Jones in Brixton. In 2003, Queen Elizabeth offered to knight Bowie, but he respectfully declined

### ***ELVIS PRESLEY: 08 JANUARY 1935 - 16 AUGUST 1977.***

He had an identical twin brother, Jesse Garon, who was stillborn. Elvis was distantly related to two former US presidents, Abraham Lincoln and Jimmy Carter.

### ***SIMONE DE BEAUVOIR: 09 JANUARY 1908 - 14 APRIL 1986.***

She was a French existentialist philosopher, novelist, and feminist theoretician. She is perhaps best known for *Le deuxième sexe* (The Second Sex), a ground-breaking examination of the female condition through an existentialist lens and a key text to the Second Wave feminist movement of the 1960s and 70s.

### ***ALEXANDER HAMILTON: 11 JANUARY 1755 - 12 JULY 1804.***

He was a founding father of the United States of America. Hamilton was born out of wedlock to Rachel Faucette and James Hamilton on island of Nevis in the Leeward Islands, then part of the British West Indian colonies.

### ***MARTIN LUTHER KING JR.: 15 JANUARY 1929 - 4 APRIL 1968.***

Assassinated by James Earl Ray. His first major role in the Civil Rights Movement came in 1955, after an African American lady – Rosa Parks – was arrested for refusing to give up her seat to a white man on a bus. He was a great believer in peaceful protest, inspired by the Indian activist Mahatma Gandhi. His protests used no-violent tactics, even when the protesters themselves were met with violence from the police.

### ***MUHAMMAD ALI: 17 JANUARY 1942 - 3 JUNE 2016.***

Muhammad Ali was an American professional boxer, activist, entertainer, poet and philanthropist. Nicknamed The Greatest, he is widely regarded as one of the most significant and celebrated sports figures of the 20th century and is frequently ranked as the greatest heavyweight boxer of all time. He was born Cassius Marcellus Clay, Jr. and named after his father, who had in turn been named for a white abolitionist. He fought twenty-two professional heavyweight championship bouts. He has been married four times and has nine children.

### ***VIRGINIA WOOLF: 25 JANUARY 1882 - 28 MARCH 1941.***

One of the most celebrated authors of the 20th century, she was an incredible literary figure who was far ahead of her time. She is widely recognized as one of the most innovative writers of the modern era and a trailblazer for her narrative use of "stream of consciousness". Though she is most well known for her novels, —such as *Mrs Dalloway* and *To the Lighthouse*—she wrote prolifically throughout her life. She left behind a treasure trove of essays, biographies, diaries, and letters.



## EDITORIAL

I'm Covid vaccinated and had my booster.

No, I don't know "what's in it/them".

Neither this vaccine nor any I had as a child.

Nor do I know what's in the 11 secret herbs and spices at KFC.

I also don't know exactly what's in Ibuprofen or any other painkiller-- they just treat my headaches and my aches and pains.

I don't know what's in tattoo ink, botox and fillers, or every ingredient in my soap, shampoo or deodorants.

I don't know the long-term effect of mobile phone use, or whether or not that restaurant where I just ate REALLY used clean foods and if staff washed their hands.

There's a lot of things I don't know.

I do know one thing: life is short - very short, and I, personally, still want to do things. I want to travel and hug people without fear and find a little sense of what life was like "before the pandemic".

Throughout my life I've been vaccinated against many diseases. measles, mumps, rubella, polio, chickenpox, hepatitis, influenza, tetanus, but not against stupidity (there isn't a vaccine for that sadly nor for ignorance).

We trusted the science, and I've never had to suffer through or transmit any of those said diseases (specifically I didn't have any of the childhood illnesses even though my elder sister had them all).

I'm vaccinated.

Not because I'm a sheep or to please the government.

Not to make other people do it.

However, I don't want to:

- \* die from Covid-19
- \* clutter a hospital bed if I get sick
- \* not be able to hug my loved ones
- \* not be able to travel & enjoy events
- \* live my life in fear

I did it but because I wanted to. Can't say it any clearer

Editor