

**PLEASE NOTE THAT, DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, THE MONTHLY MEETING SCHEDULED FOR 21<sup>ST</sup> JULY HAS BEEN CANCELLED.**

**NOTICE:**

It has been agreed by the Committee that all members who renewed their subscription in the year March 2020 to end February 2021 will receive a year's free membership, commencing when their next renewal is due. This is a gesture of thanks to all who kept the faith and appreciated the work going on behind the scenes. You will be notified by e-mail at the beginning of the month in which your renewal is due, with a reminder of your next renewal date. Those who do not have e-mail will be contacted by phone.



The "DOG DAYS" of summer last from July 3 to August 11 .

*Dog Days bright and clear  
Indicate a happy year;  
But when accompanied by rain,  
For better times, our hopes  
are vain.*

**What are the dog days of summer?**

"Dog Days" traditionally refers to a period of particularly hot and humid weather occurring during the months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, they were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat. Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the summer's peak temperatures and humidity.

**Why are they called the "dog days" of summer?**

This period of sweltering weather coincides with the year's heliacal (means *at sunrise*) rising of Sirius, the Dog Star, which is part of the constellation Canis Majoris. This is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient times it was believed that the dawn rising of Sirius in mid-late summer contributed to the season's extreme weather. Thus, the combined heat of super-bright Sirius and our Sun was thought to cause the summer's sweltering temperatures. The name "Sirius" stems from Ancient Greek *seírios*, meaning *scorching*.

For ancient Egyptians, the dawn rising of Sirius (known to them as *Sothis*) also coincided with the Nile river's flood season. They used the star as a "watchdog" for that event.

Of course, the appearance of Sirius does not actually affect seasonal weather here on Earth but its appearance, during the hottest part of summer, ensures that the lore surrounding the star lives on today!

## What to do if you get pinged by the NHS Covid app

What do I do if I am pinged by the NHS Covid-19 app?

You are advised to self-isolate for ten days because you will have been in close contact with someone who has tested positive. Close contact is claimed to mean that you have been within two metres of someone with Covid-19 for 15 minutes or more. The app provides a countdown so that you can keep track of how much longer you must stay in self-isolation.

If you take a test within those 10 days and test positive, you might need to self-isolate for longer. You can get a PCR test to check if you have COVID-19 on GOV.UK if you get symptoms while you're self-isolating.

You must not leave your home if you're self-isolating, whether that's because you've tested positive or been pinged by the app.

You cannot:

- go to work, school, or public places.
- go on public transport.
- go out to get food and medicine – order it online or by phone or ask someone to bring it to your home.
- have visitors in your home, including friends and family – except for people providing essential care.
- go into public to exercise.

The NHS recommends that you tell people who you have been in recent contact with that you have to self-isolate. While they won't have to do the same unless they receive a message from the app, they may want to watch out for symptoms.

### LATEST CHOWNS MILL CLOSURES:

#### July 17-18 (8pm-5am)

A45 Westbound closed from Stanwick Lakes to Rushden Lakes Roundabouts.

A6 Northbound & Southbound closed between Chowns Mill & Kimbolton Road Roundabouts.

#### July 19-23 (8pm-5am)

A45 Westbound closed from Stanwick Lakes Roundabout to Rushden Lakes Roundabout.

A6 Northbound & Southbound closed between Chowns Mill & Kimbolton Road Roundabouts.

#### July 26-30 (8pm-5am)

Full closure A45 Eastbound closed from Rushden Lakes Roundabout to Stanwick Lakes Roundabout.

A6 Northbound & Southbound closed between Chowns Mill & Nene Park Roundabouts.

## Be Alert About Phishing and Other Scams

The Third Age Trust wants to share information about the latest scams. Below are two experiences from u3a members who contacted us to share with other u3as.

A u3a member got in touch to tell us she had received a phishing email supposedly from Norton, an anti virus software company, about payment to renew an account she does not have. It says that they will deduct over £220 unless she cancels within 48 hours. If you receive an email like this, please don't click on the links and please take independent advice before paying any unexpected requests for money.

Another u3a member got in touch to tell us about a company who had taken extra money out of her bank account without her knowledge. The company involved specialises in products aimed at older adults. She contacted the bank who stopped any further charges on the card and gave advice on what to do next, eventually the company paid back the money. Please encourage your members to check their bank accounts regularly and immediately report any suspicious debits that they do not recognise. Most banks are able to put a stop to any charges and give advice on how to get refunds where appropriate. Another good practice is to search for reviews and credit ratings before buying from a new company.

**For support, tips and advice please go to Barclays Digital Wings initiative. You do not have to bank with Barclays – they have information on scams. Follow the link below - sign up and when asked, your code is U3A (in capitals).**

**You can find them at this - [Barclays Digital Wings address](#).**





## SPECIAL EVENTS GROUP:

### NEW TRIPS

- Wed 27 Oct – St Albans free time (market day, Cathedral etc).
- Wed 13 Apl 2022 - MK theatre, Singing in the rain (good seats).

3 August	London Courts of Justice (guided tour) & Covent Garden - £33pp inclusive
1 Sept	Highclere Castle (2nd trip) £35pp inclusive
30 Sept	Hampton Court Palace (guided tour) price TBA
27 Oct	St Albans, free time £19 pp (or less depending on numbers)
7 Dec	Thursford Christmas show, centre stage tickets £55 inclusive
13 April	MK Theatre, Singing in the rain (2022) £57pp inclusive

Contact Jean Mole or Sylvia Wright for information/booking

Saturday 10 July, a small group of us enjoyed a day at the Brightwell Wine & Food festival, with Vineyards from across the Thames & Chilterns region offering tastings of their wines and champagne and several members bought bottles of wine from the vineyard stands, and there were stands selling locally sourced and produced food which was delicious. The festival is run annually

Wednesday 14 July, a large group of 51 enjoyed a day at Highclere Castle, as we approached the sight of the castle was amazing and breath-taking. There were Covid procedures in place which meant that there was a long queue and social distancing to limit the numbers entering the house, but once inside we were able to freely move through the well-furnished rooms that are so familiar to those of us who are Downton Abbey fans, and there were display boards and photos showing which rooms were used in making Downton over the years. The Egyptian exhibition is superb and there are many exhibits on display. The grounds, designed by Lancelot Capability Brown, are stunning. There is a reasonably price café (no picnics are allowed in the grounds), and a small gift shop. We had plenty of time to enjoy the house and the gardens.

If you missed this trip, we are running a second trip on Wednesday 1 Sept

Contact Jean Mole or Sylvia Wright to book your place on any of the trips on offer.



## HOME DINING

I am pleased to say that my Home Dining suppers will now recommence in July. The dates are:- Wednesday 28th & Thursday 29th July. I have also pencilled in Monday 23rd & Tuesday 24th August.

**July Menu** ~ Smoked Mackerel Pate or Asparagus Soup/Chicken with Mushroom sauce or Salmon with Teriyaki glaze, (both with a selection of vegetables)/Summer Pudding or Tiramisu.

**August Menu** ~ Vegetable Samosas or Prawn Cocktail/Fish Pie or Lemon Chicken/Chocolate Mousse or Crème Caramel.

I live in Stanwick and my suppers start at 7.30 pm and usually finish around 10.00 pm. I offer a choice of two starters, two mains and two desserts, (all pre-booked), a glass of wine and a cup of tea or coffee for £12.50.

Please email me at [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or telephone 01933 626 608 if you would like to reserve a place at my table for an enjoyable evening with good company (*and no washing up!*).

Jean Mole



## THEATRE TRIPS:

The first of our Theatre trips next year is for a matinee performance of Ian Waite & Victor Simone Act 2 at the New Theatre, Peterborough on Sunday 17th April. Having seen their previous show, *The Ballroom Boys*, we can really recommend this show. The promotional blurb is as follows:-

"After the roaring success of their 5-star rated 2019 tour "The Ballroom Boys", double act Ian Waite and Vincent Simone are set to return with a brand new show - *Ian Waite and Vincent Simone ACT TWO*. The fabulous Strictly Come Dancing stars promise another wonderful evening of old-fashioned variety - dance, comedy & song! With beautiful costumes, gorgeous lighting and world class routines, including the Viennese Waltz, the Foxtrot, the Rhumba and (of course) there has to be another incredible Argentine Tango routine by the master! The boys will be joined by their stunning dance partners and a world class singer. If you enjoyed *The Ballroom Boys*, then make sure you don't miss the hilarious dancing duo when they bring you....ACT TWO!"

We have reserved just 16 seats in front stalls. The cost, including mini coach will be in the region of £55 to £60 per person. At this stage we are just looking for members to confirm their interest. Payment will be requested at the end of January 2022, once we know how many are booked. My contact details are [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or telephone 01933 626 608 .





### **COUNTRY PARK WALKS:**

Our August walk, due to the 1 August being the public bank holiday, will change to Sunday 8 August (for this month only) and will be at Priory Marina MK41 9DJ on the banks of the River Ouse, meeting at 10.30am for a 2-mile walk, with lunch at The Toby Carvery, Goldington Road, Bedford MK41 0DS,

and you are very welcome to join us. We can arrange to share cars for the journey from Rushden to Bedford.

We enjoyed restarting our Country Park Walks, with the first one in June being at Stanwick Lakes and afterwards we enjoyed lunch at the Stanwick Hotel, and our July walk was a circular walk around Kinewell Park with lunch at the Axe and Compass.

You are very welcome to join us for an enjoyable social walk, we are not ramblers so do not walk fast, and we do not do any field walking, keeping to made up paths for safety reasons.

Sylvia Wright.



Gillian and I are looking forward to restarting the History Group meetings at the Masonic Hall, Wellingborough Road, Rushden NN10 9YJ (plenty of private car parking) on the first Thursday, 2nd September, and monthly thereafter on the first Thursday each month. We have already booked the speakers between September 2021 and April 2022 and hope that you enjoy the variety of talks as well as socialising with a cup of tea/coffee after the talk.

Gillian is going to give the first talk, with slides, on the history of Yelden Castle in the village of Yelden that is in the Hundred of Stodden, near the borders of Northamptonshire and Cambridgeshire. The centre piece of the village is the Castle Mound or Yelden Castle, the site of a Norman motte-and-bailey castle which was built sometime in the Norman Conquest and mentioned in historical records in 1173 but was in decay by 1360 and now one of the most well-preserved motte-and-bailey castles in Bedfordshire. The High Street has demonstrated an almost continuous sequence of activity from the neolithic period through to the 18th or 19th centuries.

Our speaker in February 2022 is Stuart Orme who is based at the Huntingdon Museum, and next spring we are hoping to visit the Oliver Cromwell Museum, Huntingdon in the morning and then Ely in the afternoon. The monthly speaker programme is on our website History group page. New members are very welcome, and Gillian and I can be contacted via the contact link on the website group page.

Sylvia Wright

## **PILATES GROUP:**



Classes at the Masonic Hall, Wellingborough Road, Rushden NN10 9YJ

The Pilates classes are moving from the Waitrose Community Room to the Masonic Hall, Wellingborough Road, Rushden, NN10 9YJ and will restart on Friday 2 July

and weekly thereafter, with three one-hour classes.

Class A-1pm,

Class B -2pm and

Class C - 3pm

We have an external qualified body Pilates instructor, Paula Donovan who makes the exercises enjoyable as well as beneficial. The class details are on the Higham & Rushden website Pilates group page. At the moment all of the classes are full, but please put your name on the reserve list and I will let you know when there is a space.

The 1pm is a beginner's class, and has mostly chair exercises, the 2pm has more freestanding exercises, but you can use a chair for extra support and balance, and the 3pm class is floor mat exercises for those members who are experienced in Yoga or PilatesWebsite, Pilates Group Page, and contact details.

Sylvia Wright



**Ukulele Group:** The Ukulele group will be re-starting it's first session on the 26 July (1:30 - 3:30).

Ron Smith



**Beading:** Are you like me, ready to return to a saner way of life? Ready to enjoy a hobby and make new friends? We are a small group. I keep numbers down to



help everyone. Day, venue, and projects to suit all levels. Looking forward to hearing from you. [sherry\\_calvert@msn.com](mailto:sherry_calvert@msn.com)

Sherry Calvert.



**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.

If you have not used your car for a while make sure tyres, brakes, oil and water are checked before you set out, as cars do not do well parked for long periods.

Steve Evans



**Wine Appreciation:** We start back with A Pop and A Bang: sparkling wine with a difference, to brighten up the summer. Looking forward to welcoming members back either Tuesday 27, or Thursday 29 July. Spaces on Wednesday 28 July for newbies. Phone 01933 356784 for

directions.

Reading on the news about the really terrible floods in the Ahr wine region of Germany. Steve and I have stayed there many times. Very good red wine unusual for Germany. Had planned on visiting next year. I hope the area recovers after this and Covid.

Cheers Steve and Denise



**Country Dancing.** It is hoped to restart dancing on Monday 6th September at the normal venue, Higham Ferrers WMC at 2.00pm. I appreciate some members may be reluctant to restart in the present situation. Hopefully, everyone will have had their second jab. I will

check with the hall as to what precautions they have taken regarding Covid. If at least 10 can make it, this will cover cost of hall. Of course, we welcome new members. We are very sociable, and all dances are walked through. The intention is to provide a range of dances from the 17th century to modern longways, circles and squares to suit all tastes. Should anyone have any concerns or queries please do not hesitate to call me on 01933 622827. Happy dancing.

George Hearnden



**Canasta:**

I understand the previous Group Leader has now contacted previous members of the Canasta Group, to confirm that she is still running the Group, but outside of Higham & Rushden u3a. I have therefore cancelled all bookings at the Saxon Hall.

However, if anybody is still interested in playing canasta in a small social group at my home on the 1st and 3rd Thursday of the month (starting from 5th August), please let me know.

My email is [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or telephone 01933 626 608.

Jean Mole





**W.A.L.T. (Would Anyone Like To?):** This group gives members the opportunity to find someone to share an activity or event with. Something you fancy doing - but probably won't because you don't want to do it alone. It can be anything - a walk, a bike ride, fishing, bird watching - or maybe an event of some sort. If

you want to do it and want some company, this is the place to find it!

The success of this group relies solely on members being proactive. Suggestions are made via email or at the monthly meeting, where you can swap ideas with everyone else. Every W.A.L.T. member has access to everyone else's email details (subject to the signing of our Data Protection form ) and we have a Buddy system in place to ensure technology doesn't exclude anyone. So please don't be put off because you don't do emailing.

You will find more information on the U3A website or you can contact Janet on 01933 317715, [janandpoppy@gmail.com](mailto:janandpoppy@gmail.com) or Ken on 07725055865.



**Walking Football:** Now restrictions have eased this is to remind everyone that walking football is on every Tuesday 12 till 1pm - open to everyone - £3 per session Qualified Coach and referee supplied by the Pemberton Centre.

For information please email Bob Eames @

[Roberteames142@gmail.com](mailto:Roberteames142@gmail.com)




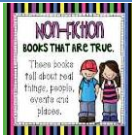




**Rock & Blues Group:** Our next meeting is on Thursday 29th July at 14:00 hours. We have no set topic this month as it is Members' Choice. If you are not one of the regulars, please let me know if you want to join us, as we have a 6-person limit.

Jim Morrison

## Linda Walker is the Groups Coordinator.

Group leaders should contact her. Has your group has lapsed ? Please let her know. Linda's own groups are:

	Popular Music Appreciation. We meet on the first Friday in the month at 10am-12 at leader's home. Our theme will be free choice. Perhaps Covid lockdown has inspired a new music interest: bring some to share.
	Sunday lunch Group. Resuming on the last Sunday in July. New members welcome. See calendar as from August we will be meeting on the 3rd Sunday in the month Booking essential with leaders..
	A Little Aloud meet on the 2nd & 4th Friday at leader's home between 10.00-12.00 or on Zoom 10.00 & 10.45-11.30. New members welcome. Please contact leaders for more information.
	Non-Fiction Group 3rd Monday in the month at 2pm at leader's home or on Zoom at 2pm. New members welcome. Contact leaders for inquiries.
	Days out/car share group. At present we will not be arranging any trips this year. Keep safe.
	
	Linda and Chris Walker

The long-awaited opening of Northampton Museum took place on July 10th. Many of us will remember visits though the years particularly to the shoe collection. [www.northamptonmuseums.com](http://www.northamptonmuseums.com).

It has lots of new museum space a coffee shop and sales gallery for local artists. It is a nice trip on the bus direct from Higham and Rushden.

Linda Walker

### NEW LEADERS REQUEST.

As lockdown is easing. New leaders required for the following groups.

- Bridge
- Family History, Genealogy
- Handicrafts
- Settlements.



## **GARDEN GROUP IN NEED OF A NEW LEADER**

Our u3a's Garden Group needs a new Leader starting this September. Sandra and Roger are both retiring as Group Leaders with effect from 31st August, their decisions being very much head over heart.

The Group was set up at the very beginning of our u3a and has been popular with a supportive membership (currently 61), some of whom have been with the Group since the early days.

Yes, leading a Group does have its responsibilities but also brings a great sense of "job satisfaction" knowing your programme gives pleasure to your members. We hope new Leaders will be forthcoming and are happy to help them get started. If you'd like to know more do contact Sandra Cox (01933 624948) or Groups Co-ordinator Linda Walker via the website.

I did think of entitling this plea "Head Gardener (with own tools) required, with job share option" but decided that would give the wrong impression, require a CV and a list of your qualifications since the year dot!

Sandra Cox (*See Linda's appeal for leaders below*):

The Garden Group needs new Leaders. Their newsletter last publishing month will be August 2021.

You do not need to have any expertise in a particular group. A willingness to learn and share is a great start. Part of my role is to assist Groups to function. I started the Singing for fun group with no ability to sing, read music or play an instrument. After handing it to a new leader it is one of the most flourishing groups in our U3A, Please contact the me or present leaders for more information.

Linda Walker, Groups Co-ordinator



## BEE FACTS:

I feel I have now exhausted my knowledge of bees so, from this month until further notice, I will be taking a light-hearted look at one of our most endangered mammals – the hedgehog. If you have any interesting tales on the topic which you would like to share, please let me know and I will endeavour to include it in future newsletters.

So, here it goes:



## HEDGEHOGS

This is my resident hedgehog and I have been encountering him in my garden for several years now and, hopefully, will continue to do so for many more (although I don't know how old he/she is).

1. Hedgehogs belong to the class Mammalia, under the subfamily Erinaceinae. It is a spiny critter which is often mistaken as a cousin of porcupine. While they both have spines, these animals are not genetically related.
2. They are capable of living in different habitats, from forests to deserts. In the UK, they can be found almost everywhere, except in the Scottish Isles. One of the best places to see hedgehogs in the UK is the Gilfach Farm in Wales. Additionally, they live on the ground. Some build nests and others settle on nests left by other animals like otters and foxes. Other hedgehogs dig burrows.
3. The hedgehog got its name because of the way it gathers its food. They meticulously go through hedges to search for insects, snails, worms, frogs and even snakes. As it walks slowly and carefully along these hedges, it makes a piglet-like sound.





# Hedgehog Body Language



## EXPLORING

elongated body,  
flat spines



## INTRIGUED

approaching with  
twitching nose



## INTERESTED

licking nose when smelling  
or tasting something yummy



## RELAXED

flat spines

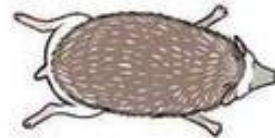


## SLEEPING, COMFORTABLE



## ABOUT TO POOP

tail up



## SPLOOTING

on the ground:  
too warm, uncomfortable  
on you: relaxed



## UNSURE

head lowered,  
looking away



## FURROWED BROW

raised forehead spines,  
eyes covered: scared



## BALLING UP

on the ground or in a hand:  
unstable, unsafe



## BALLED UP

feet on the ground:  
extremely scared



## SPIKES UP

needing space



## CHIRPING SOUNDS

happy, interested



## HUFFING, PUFFING SOUNDS

waking up, or  
adjusting to their space



## HISSING/POPPING SOUNDS

extremely distressed



## 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 for 2021

*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*

21 <sup>st</sup> July	Sandy Leong	Black Cats, New Moons & Ladders <b>CANCELLED</b>
18 <sup>th</sup> Aug	Neil Dickenson	Coming Back to Butterflies
15 <sup>th</sup> Sep	David Sweeney	Every Body Tells a Story
20 <sup>th</sup> Oct	Michael Long	TV Licencing Officer
17 <sup>th</sup> Nov	Lucy Swales	History of Madame Tussauds
15 <sup>th</sup> Dec	Singing for fun group	Carols & Other Seasonal Songs

### 2022

19 <sup>th</sup> Jan	Dr. Michael Leach	Animals behaving Badly
16 <sup>th</sup> Feb	Dave Eagle	Astronaut Tim Peak & ISS
16 <sup>th</sup> Mar	Craig Fisher	Stranded in Gambo
20 <sup>th</sup> Apr	Charlie Haylock	The History of Spoken English.
18 <sup>th</sup> May	John Hope	Time Through the Ages
15 <sup>th</sup> June	Neil Hanson	Ghost Writer for Celebrities
20 <sup>th</sup> July	Paul Robbins	Great British Eccentrics

GROUP	VENUE/DAY	TIME
A Little Aloud	Alternate Fridays	2 <sup>nd</sup> & 4 <sup>th</sup> Friday 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 12.00-13.00
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	Afternoons 13:00-15:00 & 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday every month.
Computing & Technology Grp B Beginners		Afternoons 13:00-15:00 2 <sup>nd</sup> Wednesday & 4 <sup>th</sup> Thursday every month
Country Dancing	HF WMC	Alternate Mon 14.00-15.30
Country Park Walks	Various Parks	2 <sup>nd</sup> Sunday 10.30
Cycling multi Groups	Rushden Lakes	Every Monday
Days Out Car Share	Ad hoc	No Fixed Venue
Digital Photography A	Rushden Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Rd	
Garden	Rushden Hall & Visits	Garden visits Summer. Otherwise Hall 2 <sup>nd</sup> Thu 14.00-16.00
Golf	Various	Alternate Wed & Fri
Guitar Improvers	ASDA Training room	Tue 17.00-19.00
History	Masonic Hall, Rushden	1st Thu 14.00-15.30
Holiday Spanish Beginners	Alternate Mondays	10.00-12.00
Holiday Spanish Intermediate	Alternate Wednesdays	10.00-12.00
Home Dining	Various	Twice per Month varying days
Jewellery Making	Members' Homes	1st Mon 13.30-15.30
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mah-jong for fun	Windmill Club	1st & 3rd Friday 19.00 – 21.00
Non-Fiction Books	Leader's Home	3rd Monday 14.15-16.00
Painting for Pleasure	Coleman's Craft Warehouse	Alternate Mon 14.00
Pilates Grp A	The Masonic Hall, Rushden	Fridays 1pm – 2pm
Pilates Grp B		Fridays 2pm – 3pm
Pilates Grp C		Fridays 3pm – 4pm
Continued...../		

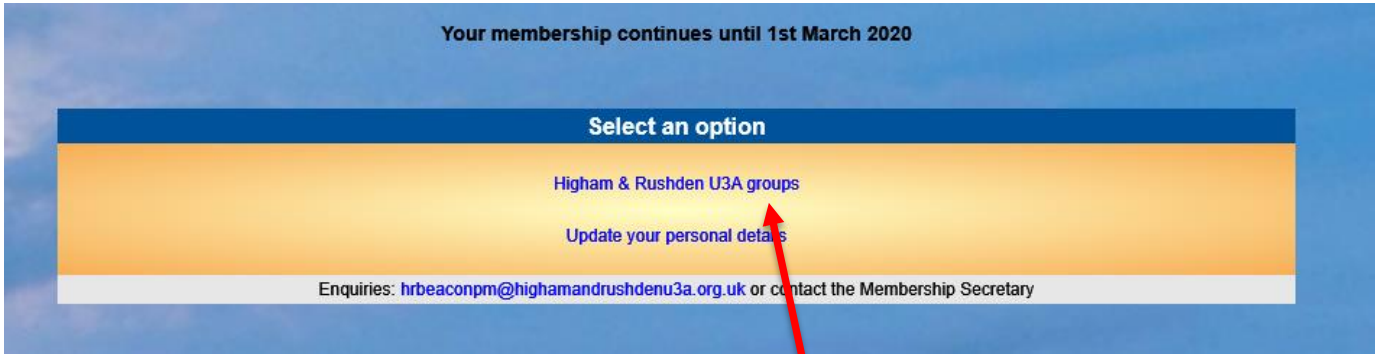
<b>GROUP</b>	<b>VENUE</b>	<b>TIME</b>
Play Reading	To be advised	1st Tue 13.15-
Popular Music Appreciation	Leader's Home	1st Fri 10.00-12.00
Reading Bookmarks	Waitrose Community Room	2nd Wednesday
Rock & Blues Appreciation	Leader's Home	Last Thursday 2-4pm
Scrabble	Residents Lounge, Kilburn Place Higham Rd Rushden	Alternate Tue 14.00-16.00
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 2 Months	Venue varies
Table Tennis	Pemberton Centre	Wed at 13.00
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tue 10.00-12.00
W.A.L.T.	Various	Various
Walking	Various	Various
Walking Football	Pemberton	Tuesday 13.00-14.00
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 do not 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 do not need a password or user name just your own personal details.



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

o o o o o o o

## SCHOOL KID HOWLERS

- Teacher: How old is your father?  
Child: He is 6 years old.  
Teacher: What? How is this possible?  
Child: He only became a father when I was born.  
Teacher: Maria. Go to the map and find North America  
Maria: Here it is (pointing).  
Teacher: Correct. Now, Class who discovered America?  
Class: Maria.  
Teacher: How do you spell crocodile?  
Child: K-R-O-K-O-D-I-A-L.  
Teacher: No, that's wrong,  
Child: Maybe, but you asked ME how I spell it.  
Teacher: What is the chemical formula for water?  
Child: H I J K L M N O  
Teacher: What are you talking about?  
Child: Yesterday you said it's H to O.  
Teacher: Your composition on "My Dog" is exactly the same as your brothers. Did you copy his?  
Child: No sir, it's the same dog.  
Teacher: What do you call a person who keeps on talking when people are no longer interested?  
Child: A teacher.