

## **CHAIR'S CHAT SYNCHRONICITY**

Question – what is it?

Answer – well the best that I can come up with – hearing something – usually new to you – and then hearing it repeated over and over!

I experienced this last month after our speaker at the monthly meeting.

He talked about and read some of Marriott's Monologues. I don't think I'd ever heard of them before, so when I turned on the radio the following day – what did I hear? Roy Hudd reading some of Marriott's Monologues and then every day at the same time for the remainder of the week! I just love when that happens.

Just think of the number of times you thought – I must phone/call .....and then they contact you. At first I was happy thinking – what a coincidence – but now I prefer – SYNCHRONICITY!

**Trish Dewar**  
**Chair**

At the committee meeting last week, several members attended to discover what they could do to assist. The discussions were very productive, and some “helper” roles were deemed suitable for job sharing between two or more volunteers. The committee is keen to further explore ways of splitting up roles to encourage members who would not feel comfortable taking up a full committee post to come forward. If you feel nervous about becoming a committee member but would be happy to help us out in some way, please speak to the Chair (Trish) or any committee member.

## ICE

*(In Case of Emergency)*

**Have you ever thought about what would happen if you had an accident or fell ill during any u3a activity?**

**Please ensure we have a note of your “In case of emergency” contact details so that we can let them know.**

### **New Group: Make Your Own Greetings Cards**

It has been agreed that this new group will go ahead, and It is planned to have the first meeting at the home of one of the leaders at 10am on the first Wednesday of the month, starting on 7<sup>th</sup> August. Please contact Tess Pratt ([davewpratt@sky.com](mailto:davewpratt@sky.com) or on 07899 695822) for details of the address for the meeting.

Tess Pratt



### **Rock & Blues Group:**

Our next meeting is at 14.00 hours on Thursday 25<sup>h</sup> Junly at the leader’s house & the topic is the letter “M”.

Jim Morrison



### **Computer Group:**

We continue to meet in the Community Room at Waitrose, on the 1<sup>st</sup> & 3<sup>rd</sup> Saturday each month from 10:00 until 12:00. The next meeting will be on 20<sup>th</sup> July.

We cover Windows 10/11 and most office applications for all levels of computer knowledge from beginners through to competent users.

Further information from Jim or Maggie Morrison.



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

Find some company for .....anything you fancy doing, but don't want to do it alone. Find some information or advice on .....anything you want to know about. Find someone to take away.....anything you don't need (but someone else might).

The new look W.A.L.T group is a bit of an amalgamation of social media, recycling, & a companionship group, & with 70+ members, you stand a good chance of some responses from your fellow group members.

Don't worry if you are hesitant about using email - we have a very successful Buddy system in place to ensure no one is excluded because of technology.

For more information either contact the group leaders, Janet, & Ken, via the website, or see us at the main u3a meeting.

Janet Embling & Ken Chambers, Group Leaders



### **Pretty Woman (The Musical)**

I have booked 30 seats at The Royal & Derngate Theatre to see this brilliant show at 2:30pm on Wednesday 11<sup>th</sup> September. It is self-drive (no coach) but if necessary, I am happy to try and match up drivers with those who can't drive. The cost of the tickets is £56 per person. Please see me at the next monthly meeting or e-mail me on [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) to book your place. Jean



### **Thursford Christmas Spectacular**

I have booked 50 matinee tickets for this event on Friday 15<sup>th</sup> November. Unfortunately the cost of the tickets has jumped since our last visit and the price for the coach & entry to the show is now £73. However I have managed to get really good seats in the front centre section of the auditorium. For those of you who have never been to this show, it is the biggest variety show in the UK and people come from all over the country to see it. A non-stop extravaganza of singing, dancing, dazzling costumes, humour and variety from a cast of over 130 professional singers, dancers and musicians. Thursford Christmas Spectacular is a unique show that's guaranteed to get you into the festive spirit. Please see me at the next monthly meeting or e-mail me on [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) to book your place.

### **Buckingham Palace**

This trip is currently overbooked and unless anyone drops out or is willing to change to the earlier trip to on 2nd September, several members will not be going anywhere. I will be contacting these members over the next few weeks to let them know that they have been cancelled and to refund any deposits that may have been paid. However there are still places available on the 2nd September should anyone still wish to book, and if you are booked on the 19th September trip and are willing and able to transfer, please let me know as soon as possible. My mobile is 07736445658, email [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com).

Jean



### **Turkey & Tinsel**

This year's Turkey & Tinsel is from Friday 6<sup>th</sup> to Monday 9<sup>th</sup> December, and the cost will be £265 to include the coach and 4 days/3 nights at The Suncliff Hotel in Bournemouth. If you haven't been before, full details for this very popular event will be available at the next monthly meeting.



### **Jack & The Beanstalk**

For those of you who are coming to Turkey & Tinsel, I have booked 50 seats to see the pantomime, Jack & the Beanstalk, on Saturday 7<sup>th</sup> December at the Bournemouth Pavilion. The cost of the tickets is £35 per person, to include a free ice cream! Jean

### **Deposits:**

Unfortunately if members cancel an event after final costings have been calculated, it may put the event into a loss-making situation. Therefore in order to avoid this I am now asking for a £10 non-refundable deposit in order to secure your place on all trips that I organise. [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or contact Jean Mole on 07736445658



### Home Dining

If you would like to join us for a nice meal and a convivial evening, please contact me. First come first served.  
Email: [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or text/phone 07736 445 658. Jean



### Country Dancing:

No meetings in August. We restart September 9th at the usual venue Hensman Hall Higham Ferrers. New members would be very welcome.

George Hearnden 01933 622827



### Handicrafts:

The next meeting of the Handicrafts Group is on Thursday, 25<sup>th</sup> July at 2pm at the Bowls Club as usual.

I have bought Diamond Painting kits for us all to try, together with all the tools needed. A board may be useful.

The cost will be £1 plus £2 for the room. Kathy and I look forward to seeing you there and welcoming any new members who may like to try their hand at this craft. It may lead on to an addiction as it is quite therapeutic.

Jenny.

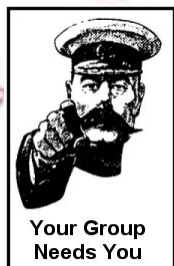


### Garden Group:

August 8<sup>th</sup> - we are visiting Irchester which is part of the national garden scheme.

If you are interested in any of the trips then please contact Lorraine Brown email: - [lorrainelbrown@yahoo.com](mailto:lorrainelbrown@yahoo.com)

Lorraine



### Golf:

Following a review of the group members, emails had been 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.



### MMFC (Monday Morning Football Chat).

We are now on our summer break, part 2. We meet again on Monday 12th August in Waitrose Cafe at 10am and will continue to do so throughout the football season. New members always welcome. Just turn up or contact Mike on 01933 631531.

Mike Gibbons



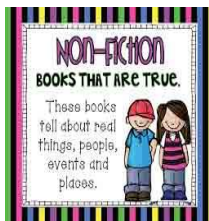
### **Wine Appreciation:**

June's wine tasting was two of my favourite white wines from France. The Gewurztraminer grape from Turkheim in the Alsace area on the edge of the Vosges mountains, this is a very beautiful area that I like a lot. This wine was not as spicy as I like but ok.

The Vouvray was next, this is the name of the wine and the area, made from the Chenin blanc grape, located in the Touraine district on the Loire river, this was richer to the taste. As an extra we had a small bottle of Vouvray moelleux (sweeter) from 2010.

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

Steve



### **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:

### **Learning from experience with the NHS.- Be aware.**

Recently we had an emergency visit to KGH, arriving there by ambulance.

We were asked three times if we had a list of medications. We don't carry them when we are doing local trips, so we hadn't got them.

Once the medical emergency was sorted out and the patient was tucked up in a ward. I asked a nurse what the situation was with accessing medical records from a patient's GP She told me they have very little access to the GPs. There is no joined-up system and the safest thing is to carry a paper copy of your medications with you at all times.

They did not ask if we have the NHS app. on our phone, which lets you see your medication. It is easy to use. My advice is install the NHS app then you can get to your medical records wherever and whenever you have your phone with you.

Regards,  
Linda Walker



### **Sunday Lunch Group:**

We start in September. Please check the u3a calendar or join our emailing list for future events. If you can offer or need transport please contact the leader.

New members of u3a especially welcomed. Bookings and inquiries to Linda Walker.

There are limited spaces.

Linda

## USED POSTAGE STAMPS

If you save used postage stamps we can collect these for charity. Please cut them from the envelope and then hand them to any member of the committee who will ensure they are passed on. Thank you.



### Bookmarks Again:

Wuthering Heights by Emily Bronte.

Even if you have never read the book, many will have seen a play or film or heard the Kate Bush song “Wuthering Heights” which is part of our cultural collective heritage.. Our book group members decided to take on the challenge of reading the novel, first published in 1847 under the name Ellis Bell as women were not considered capable of writing serious novels, especially a young, unmarried woman of 27years. It was what might be termed a “hard read” but worthwhile and impossible to forget the plot and story which takes place over many years. Heathcliff an adopted boy is taken in by a Mr Earnshaw and lives happily at Wuthering Heights until his benefactor’s death. The jealousy of Mr Earnshaw’s son Hindley relegates Heathcliff to the role of an abused, cruelly treated servant, often beaten by a fundamentalist called Joseph, who sees Heathcliff as evil. Catherine and Heathcliff often escape to roam the moors as their sanctuary and are dedicated to each other for the rest of their lives. Unfortunately the abuse of Heathcliff permeates through the rest of the story over many years. as it is told by the ever-present housekeeper, Nelly, to a visitor called Mr Lockwood. The conventions of Victorian society and this tale of domestic abuse were considered shocking at the time and although today we are more aware of abuse in domestic settings and how this can alter lives over many years the novel still creates a powerful impact on the reader. Heathcliff returns as a wealthy businessman and becomes the owner of Wuthering Heights, where young Cathy and Hareton are living. He is still haunted by the spirit of the dead Catherine and eventually denies himself food in order to die and be reunited with her on the moors. Locals believe they sight them on the moors. At the end of the novel Hareton Earnshaw and Cathy Linton fall in love and show how kindness can overcome cruelty.

The book group were pleased they had succeeded in this challenge and could see the supposed importance of this book. Kate Bush at age 18 years had seen a BBC adaptation and she spent the rest of the evening writing the song.

We will meet on the 5th of August at Waitrose community room at 10.30a.m.

Any new members will be welcome.

Ann Kemp



### **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



### **History Group**

The trip to King Richard III Visitor Centre in Leicester was a huge success; everyone enjoyed it and was impressed by the exhibition'

The next meeting is on Thursday 3<sup>rd</sup> October at the Masonic Hall on Wellingborough Road Rushden at 2pm. The talk will be on Castles in the Air and other amazing inventions by Nick Brazil.

The trips.

Now, one remaining trip:

#### **Thursday 5<sup>th</sup> September Black Country Living Museum.**

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

The Black Country Museum. Coach £26. Entry £18.25

The balance of £34.25 to be paid by July 15th please.

PLEASE NOTE THE PICK UP TIMES ARE:

8:15am Higham Ferrers Market Place

8:25. Rushden Skinners Hill

Gerry Derbyshire and I will be at the will be at the general meetings to accept any payments. Alternatively you can pay by BACS Sort Code: 54-41-05 Account No: 32986742 Higham and Rushden u3a. if you pay by BACS please let me know the amount paid and put the trip reference on the payment.

You can pay by cheque made payable to Higham and Rushden u3a or by cash at the meetings or to me at 8 Broadlands Raunds NN9 6QL.

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

#### **STRANGE FACT:**

In 1945 a school dropout and self-taught electrical engineer named Percy Spencer was working at Raytheon. He stepped in front of a magnetron, a device that powers radars. He noticed a chocolate bar in his pocket had melted.

Later that year he filed a patent for the first microwave oven.

**Wellibus Transport Service (free to join).**

***This offers FREE travel for people with a concessionary (older and disabled people) bus pass.***

**Call 01933 223636, 9am-2.30pm Monday to Friday to find out more.**

**The Dial-a-Ride, door-to-door minibus service is wheelchair friendly and fully accessible for those with mobility needs.**

- **book up to 5 days in advance or up to 12 noon the day before travel.**
- **Regular bookings can be taken if you attend a weekly group**
- **Membership joining fee is waived for the next year**
- **Transport is completely FREE OF CHARGE**

**Visit the Shire Community Services website to find out more about the service and to download a form: [www.shirecommunityservices.org.uk](http://www.shirecommunityservices.org.uk)**

## **FIND THE FROG**

(Once you see it, you wonder why it was so hard to find initially.)

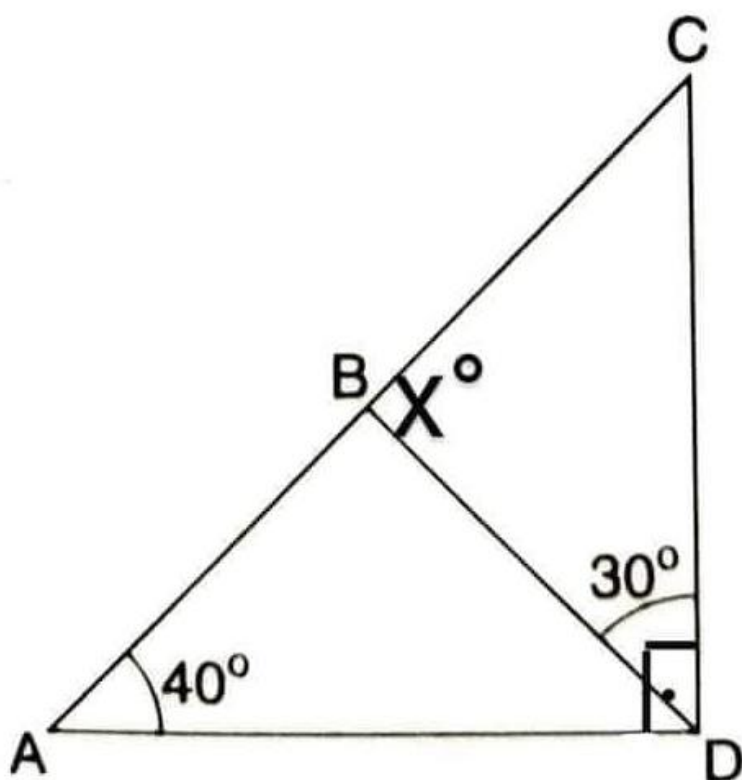




*There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added & the group leader should contact you.*

<b>GROUP DETAILS</b>	<b>VENUE</b>	<b>DAY/TIME</b>
Check the group calendar on the website for further details		
A Little Aloud	Leader's home	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday at Leaders' home 10.00 – 10.
Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 14.00-15.00
Intermediate Badminton	Pemberton centre, Rushden.	Every Tuesday, 10.00 to 11.00. £2.50 per session
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1st Monday of the month*
Card Making	Leader's Home	1 <sup>st</sup> Wednesday/month.10-12 am
Computing	Waitrose Community Room	10-12am 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday every month
Country Dancing	Hensman Hall Chichile St. NN10 8HT	Alternate Mondays 2 00-3.30pm
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 <sup>nd</sup> Thursday 10.30-12.30
Guitar Improvers	Rushden Windmill Club	Tuesday 4pm
Handicrafts	Rushden Bowls Club	4 <sup>th</sup> Thursday each month 2-4pm.
History Group	Rushden Masonic Hall	1 <sup>st</sup> Thursday each month 14:00
Home Dining	Various	Three times per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Cafe	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4th Monday 10.30-12.00

GROUP DETAILS	VENUE	DAY/TIME
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
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
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	Check calendar for information.



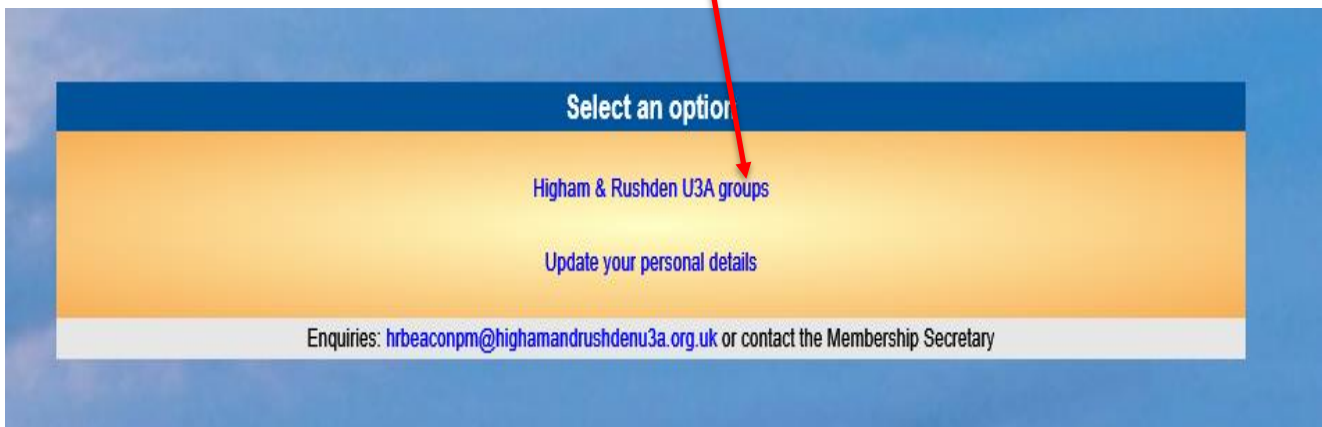
Find the value of  $X$

## 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.



**If any H & R u3a member is a trained First Aider, can you please let any committee member know, so that we can compile a register.**

**WHAT IS FUNNY ABOUT THIS HOUSE (Clue: windows)**



**u3a MONTHLY MEETINGS**

*Please note there is a small charge for non-members. Details can be found on our website or call 01933 522934 for further information.*

*If you, or a friend, have had experience as a speaker at other groups on topics which you think would be of interest to our u3a members then please contact the Speaker Secretary.*

<b>2024</b>		
<b>15<sup>th</sup> Jul</b>	<b>Roger Prescott</b>	<b>Juke Box July 1960s ***</b>
19 <sup>th</sup> Aug	Julie Kinnear	Wonderful Wicked Wallis
15 <sup>th</sup> Sept	Vince Eager	Life after Eurovision
21 <sup>st</sup> Oct	Alex Leger	Behind the Scenes at Blue Peter
18 <sup>th</sup> Nov	Keith Baldwin	When Doctors & Police start to look young
9 <sup>th</sup> Dec	AGM	H&R Singing for Fun
<b>2025</b>		
20 <sup>th</sup> Jan	Vince Eager	What Time's the Midnight Buffet?
17 <sup>th</sup> Feb	Steve Dimmer	Hercule Poirot
17 <sup>th</sup> Mar	Sweet FA	Musical Trio with Clever Ditties
14 <sup>th</sup> Apr	TBA	
19 <sup>th</sup> May	Roger Brown	Various Talks
16 <sup>th</sup> Jun	Nick Cosgriff	You do not have to say anything, but anything.....

## **British vs American Crosswords**

Arthur Wynne, the crossword inventor was a Brit who migrated to America in the late 19th century. Early clues were mostly definitions. However, in 1925 the Daily Telegraph published the first cryptic crossword. Each cryptic clue's logic directs the solver to the type of wordplay required to discover the solution: such as anagrams, inversions, deletions and homophones. These are called "British" crosswords to differentiate them from "US" ones which can contain a mix of related definitions, word play and trivia. The world of crossword puzzles is full of tricks and turns to catch out. Here are a few types of clues to look out for

### **Anagrams**

Include a definition of the word, the letters that form it, and an indicator that you're looking for an anagram (it might say 'out of sorts' or 'muddled' or something else that suggests a rearrangement).

### **Reversals**

Similar to an anagram but here you need to simply turn a word backwards. So 'Desserts turned hard' would be 'stressed'. Desserts is 'stressed' backwards and 'hard' indicates stress. The word 'turned' is the clue.

### **Containers**

This is where the answer is hidden inside one or more word in a clue. So, the answer to the clue 'A trAGEDy to have become old' might be 'aged'.

### **Double definitions**

These clues use words that have more than one meaning and the clue references both. For example: 'Carry a large grizzly mammal' could be 'bear'.

### **Homophones**

These involve words that sound like each other but have different meanings. So, a clue that reads: 'Sounds like you're at the tail end of the story' might have the answer 'tale', meaning story but it sounds the same as 'tail'

### **Alternating letters**

The answer is found taking alternate letters from words in the clue. For example 'Young person regularly reading **The Beano**'. The answer is 'teen', a young person,. Look for words that hint at 'alternating' such as 'regular', 'periodically', 'odd' or 'even'.

### **Spoonerisms**

You may have heard Spoonerisms before, where the first letters of two words are switched. For example: 'There's a hole in the front door; Spooner wants improved Security'. The answer would be 'letterbox' (a hole in the front door) and a Spoonerism of 'better locks'. These sorts of clues are easy to spot as they will almost always reference The Rev WA Spooner, after whom they are named.

### **Initial letters**

As you might expect, you're looking for an acronym here. 'Initially, furniture can't have all its refurbishments' would be 'chair'. The word 'furniture' gives you a clue to the word and the initial letters of the rest of the clue spell out 'chair'. Often you'll get a hint that it's an acronym with the word 'initially' or 'firstly'.

## Deletions

Here, a letter is removed to give the answer so 'Chicken liver starter, dish left out' would be 'paté'. A plate is a dish, and left out indicates a letter has been removed. Chicken liver gives a clue as to the answer.

## &Lit

An &Lit clue is shorthand for '& literally so'. It's a very crosswordy thing where different types of clue are employed but also the answer is the whole clue. Here's an example from The Times: 'This means getting excited about start of undertaking'. The answer is 'enthusiasm', as described by the whole clue, but you get there by putting the words 'this means' around the letter 'u', the start of undertaking.

Now try this one.

1		2			3		4		5	
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7										
								8		9
10						11				
								12		
			13		14		15			
16	17									
			18							
19										
			20							

### ACROSS

1. Prisoner's term for part of paragraph (8)
6. Criticise piece of luggage. (3)
7. Found the solution – wars need to be changed. (8)
8. Mr Baba is Italian at heart. (3)
10. Putting on clothes instead of bandage to cover wound. (8)
13. Sort of cooker or group that's measured in millibars. (8)
16. Make heavy demands on levy. (tax)
18. It's all downhill from here. (8)
19. On reflection, this youngster is a job. (3)
20. Reverend almost respectful. (8)

### DOWN

1. I heard Stan doubt project. (5,3)
2. Howard left honest Edward, who made home in tree. (6)
3. Levels the odds? Hardly! (5)
4. Uncle Andy is pure at heart. (5)
5. Peer inside clearly. (4)
9. Concern about the charge on borrowed money. (8)
11. I see eastern diamonds. (3)
12. End-of-term clues about brawn. (6)
14. Bring up flag, children or funds. (5)
15. Detect wisdom in chosen seminar? Could be quite common. (9)
17. Tiny part of a cat? (4)

In 2018 this crossword was set for *The Telegraph* by the youngest person (Lucy Evans from Kent, aged 16)





## EDITORIAL:

While we were enjoying the long overdue summer temperatures, the BBC posted a table (below) showing the difference between heat exhaustion and heatstroke. Hopefully the warm weather will return soon.

### DIFFERENCES BETWEEN HEAT EXHAUSTION AND HEATSTROKE

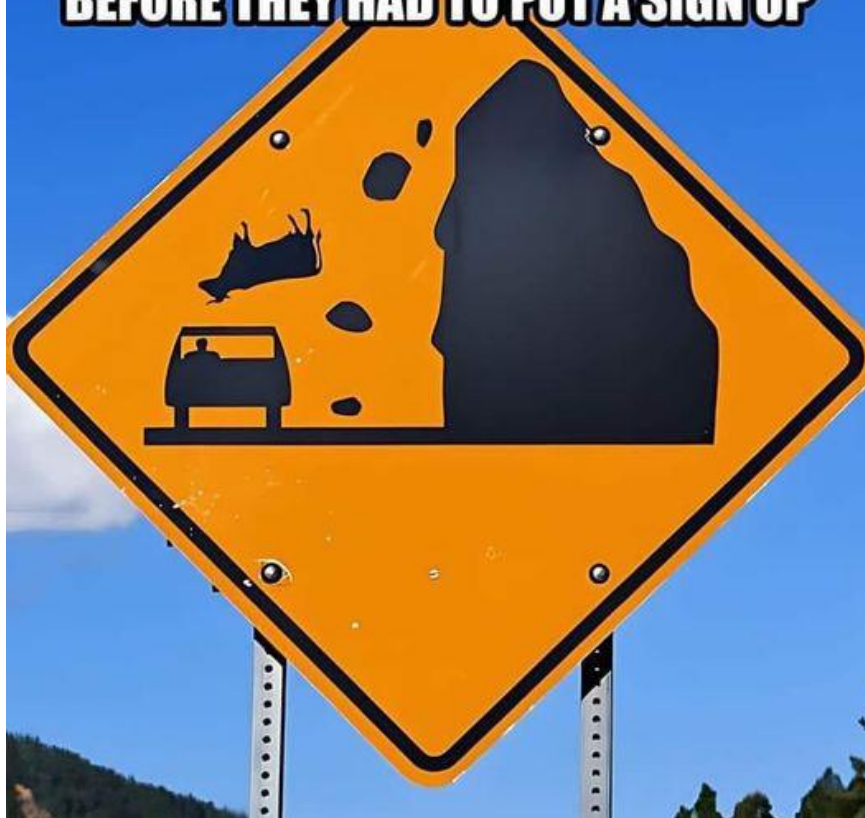
Heat exhaustion	Heatstroke
Feeling faint or dizzy	Feeling confused
Excessive sweating	No sweating
Clammy skin	Temperature over 40C, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Muscle cramps	May lose consciousness or experience convulsions or seizures

#### What to do if someone has heat exhaustion:

- make them rest in a cool place, like a room with air conditioning or somewhere in the shade.
- remove any unnecessary clothing, to expose as much of their skin as possible.
- cool their skin - use whatever you have available, a cool, wet sponge or flannel, spray water, cold packs around the neck and armpits, or wrap them in a cool, wet sheet
- fan their skin while it is moist - this will help the water to evaporate, which will help their skin cool down
- get them to drink water - sports or rehydration drinks are fine too
- Stay with them until they are better.

They should start to cool down and feel better within 30 minutes. If in any doubt, seek help.

**HOW MANY TIMES DID THIS HAPPEN  
BEFORE THEY HAD TO PUT A SIGN UP**



***St. Swithin's Day: 15 July  
If thou dost rain,  
For forty days it will remain  
St. Swithin's day, if thou be fair  
For forty days will rain nae mair.***