

JUNE



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

2026

15 June	Dr Nick Barrett	Family History - various
20 Jul	Neil Hanson	Champagne Breakfasts & Flying Pigs: How not to have a career.
17 Aug	Damien O'Dell	Chicksands Priory
Sep	TBA	
Oct	TBA	
Nov	TBA	
Dec	TBA	

Turkey & Tinsel

This year we are (hopefully) once again going to the North Devon Resort in Ilfracombe from Monday 23rd to Friday 27th November (5 days/4 nights). The cost is £389 to include the Coach with Dinner, Bed & Breakfast on each day. There will be first class entertainment every evening and games & quizzes during the day. Tuesday 24th November is designated "Christmas Day" with traditional Christmas dinner, crackers, presents & bottles of wine on the table. Accommodation is in modern, ensuite units with comfortable beds & kitchen facilities. Single accommodation is available for an additional £15 per night. However if 2 friends want to share an apartment with 2 bedrooms & 1 bathroom, I can arrange this with no single supplement. You are guaranteed a great week with lots of fun. However in order to make this event feasible, I do need another 15 members to sign up. Please see me at the next meeting so that we can make this popular event happen.

Jean.

QUEEN ELIZABETH II: HER LIFE IN STYLE



I have booked 50 tickets for the above Exhibition at the Kings Gallery in London for Tuesday 4th August. I understand the Exhibition will feature many of the clothes worn by Queen Elizabeth during her reign and will also include her Coronation dress. The cost, including coach & entry to the Exhibition, will be around £55 to £60 (depending on numbers).

I currently still have some limited availability. if you are interested please e-mail me on peterandjeanmole@btinternet.com or see me at the monthly meeting on 18th May. Please note that I will be collecting payments at the June meeting..

RIVER BOAT TRIP (Saturday 8th August)

I have booked a 5 hour Boat trip on the River Nene, starting at Becketts Park Marina, Northampton, NN1 5NL on Saturday 8th August. Boarding is at 9:50 am, and we will be returning at 3:00 pm. The cost is just £15. We will also be stopping for lunch at the Britannia Pub, which will be paid for separately.

I currently have several spaces for this trip, so if you are interested, please email me on peterandjeanmole@btinternet.com.. Please note that I will be collecting payments at the June meeting.

Jean Mole



Dine at Home Suppers:

The cost is £15 per person for three course meal to include a glass of wine and a cup of tea or coffee.

Always an enjoyable evening with good food and lots of chat. Please give me a ring on 0773644 5658 for more information.

Jean Mole

- What do you call a can opener that doesn't work? **A can't opener!**
- What's the best part about living in Switzerland? **I don't know, but the flag is a big plus!**
- What's the most terrifying word in nuclear physics? **"Oops!"**
- What do you call a little psychic person who has escaped from prison? **A small medium at large.**



Wine Appreciation:

There was no wine tasting in May.

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



. 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



Rock & Blues Group:

Our next meeting is at 14.00 hours on Thursday 18th June. The topic is the letter "X". Currently the group is full & there is a waiting list.

Jim Morrison

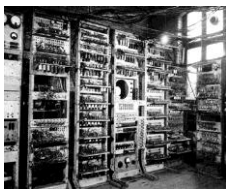


Handicrafts

The next meeting of the Handicrafts Group is on Thursday, 25th June, 2pm at Rushden Bowls Club as usual.

This month we will be trying out watercolour painting for the first time. The subject will be flowers & we have purchased sets for you all, you just need to bring a mat to save any mess on the tables. The cost will be £2 plus the contribution towards the hire of the room. . Kathy & Jenny I look forward to welcoming you all.

Kathy & Jenny.



Computer Group:

We meet once a month on the first Tuesday of the month from 10:00-12:00, in the Waitrose Community Room.

The next meeting will be on 7th July We are always willing to help with any computer-related problems you may have, no matter how trivial.

We cover Windows 10/11 & most office applications for all levels of computer knowledge & are happy to help Group Leaders with all aspects of Beacon.

Anyone who dropped out of the group when it changed to Saturday may reconsider rejoining, so why not come along, & try it out, who knows, you might just learn something, All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



MMFC (Monday Morning Football Chat).

We have resumed our sessions on Monday Mornings at 10am in Waitrose Cafe. A wide range of clubs & views are represented from AFC Rushden & Diamond to Ipswich to Chelsea & all stops in-between! Insightful punditry at its very best! MOTD eat your heart out!

Mike Gibbons



Non-Fiction Book Group, truth is stranger than fiction.

Our small friendly group reads Biographies, History, Travel, Memoirs & Nature. etc. We are open to suggestions from members. New members to u3a are very welcome. We meet monthly at various members' homes.

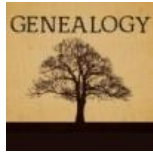
New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com



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.



Genealogy:

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 are interested in this subject, but get frustrated & unsure how to proceed, feel free to join us & get hints & tips from other enthusiasts.

Please text in the first instance to:

Janet 07488351136 or Ken 07725055865.



Country Dancing

We continue to meet at the Hensman Hall in Higham Ferrers at 2 o'clock on alternate Mondays.

The group continues to grow, welcoming new members (we have no waiting list), No previous experience is needed, & it is suitable for people of all ages. A good way of keeping active with gentle exercise & meeting friendly people.

We are also very fortunate in being supported by three very experienced callers who take it in turns to walk us through the dances before calling out the moves to the music.

Richard Coles 07709737308 :



Wine and Dine Group: Programme July to December 2026

Tuesday 7th July -The Lilacs, Isham 1200 Brian Turner 07812 514456
brianitatu@gmail.com

Tuesday 11th August - The Queens Head, Milton Ernest 1200 David Houghton 07860 318705 davidhoughton@btinternet.com

Wednesday 9th September -The Fox, Thorpe Waterville 1200 John Holden-Eyles 387838 johnhouldemeyles@gmail.com

Thursday 15th October -The Nags Head, Woolaston 1200 Chris & Brian Lawrencr 07801 848790 chriswitch@btinternet.com

Tuesday 10th November -The Wheatsheaf, Titchmarsh 1200 Gwen Walpole 07806 454960 gwenwalpole@gmail.com

Tuesday 8th December The Olde Victoria, Burton Latimer 1200

Mike Gibbons 631531 janandmikegibbo@gmail.com.



Greetings Cards

Our next meeting will be on 1st July. Why not come along & try making 3D cards for special people or events. You can also order cards to be made for you, if you prefer. We have an infinite number of designs available from which to choose. All materials (including envelopes) are provided at a very small charge.

Please contact me at my new email address: tesscards@myself.com or 07899 695822 for details if you are interested in joining the group
Tess Pratt & Maggie Morrison



Bookmarks Again:

Tulip Fever by Deborah Moggach

We entered into the rich, sensory details of 17th century Amsterdam at the height of Tulip Fever, which influenced some of the characters' schemes and fortunes. Cornelis Sandvoort, a wealthy widowed merchant who loves collecting beautiful things, and this includes his new wife Sophia! Longing for a legacy he commissions their portrait, from Jan Von Loos, which changes their lives. Sophia is sexually aroused by the artist, which leads to deception and a tragic outcome.

The three main characters are driven by greed, desire, and social ambition.

Unaware of the deception between the couple leads to almost unbelievable events. We discussed this and the various ways of interpreting the ending.

A misunderstanding between Maria, Sophia's maid (and her only friend), and Willem the fishmonger, drove them apart, but true love finds a way and they eventually happily reunite. Cornelis surprisingly, after the betrayal and pain enters into a comfortable life with them.

The descriptive writing often echoes the art of the time, and this understanding enhances the writing, as does the inclusion of colour painting by various artists. Short chapters dedicated to each character heightened by a related quotation, made this book an easy read.

NB Tulips were first discovered in Turkiye, and fortunes and bankruptcy were made in Amsterdam. A virus was found to be the creator of the incredible flower markings. Our inheritance, gardens full of beautiful colours in spring and a world full of incredible art often as a result of wealth generated by Tulip Fever.

Ann Hart



Chatterbox:

Chatterbox has broken away from WALT. It is a group that focuses on female-friendly chatter & discussions over a cup of coffee. We offer social outings too. We meet in the Community Room at Waitrose every Monday morning 10 till 12. If you are interested in trying us out please feel free to come along. You are assured of a warm welcome.

Chris Murdin & Jenny Robertson.



History Group:

The visit to Drayton House at Lowick is now totally full. A buffet has been arranged at the historic Germain Rooms in the village itself prior to the visit to the House starting at 12.30. The cost of this optional buffet is £14.00 which will be a traditional country buffet, all home made.

For those who have booked the visit there will be a signing sheet at the next meeting and the next u3a meeting to indicate your preference but it would be nice to support the village ladies in their efforts.

We will be taking the balance payments for Drayton House at the next History meetings and the next u3a meetings.

John Holdom-Eyles



Ten Pin Bowling:

We continue to regularly have over 26+ 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.

The calendar on our HR website will show details of the future dates - please ensure you continually visit for last minute changes.

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).



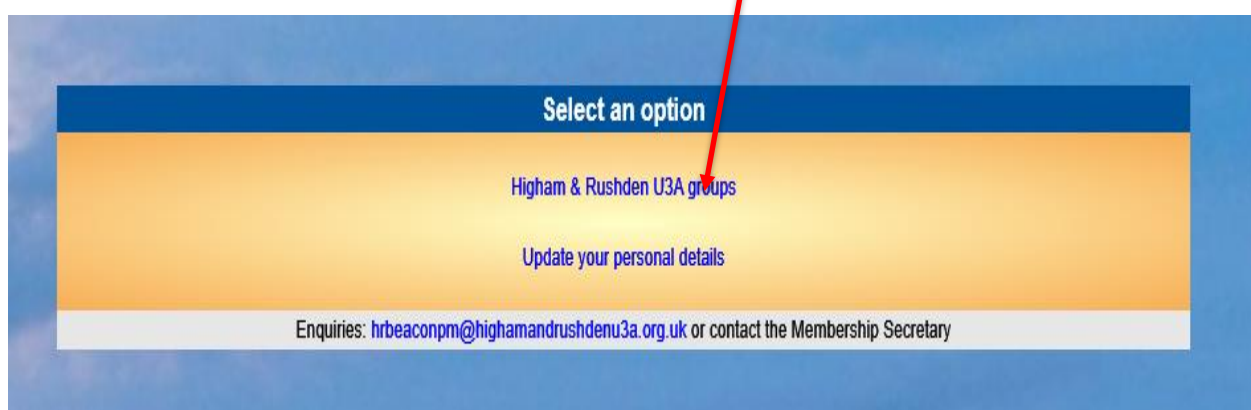
If my body were a car, this is the time I would be thinking about trading it in for a newer model because every time I sneeze, cough or splutter, either my radiator leaks or my exhaust backfires.

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.

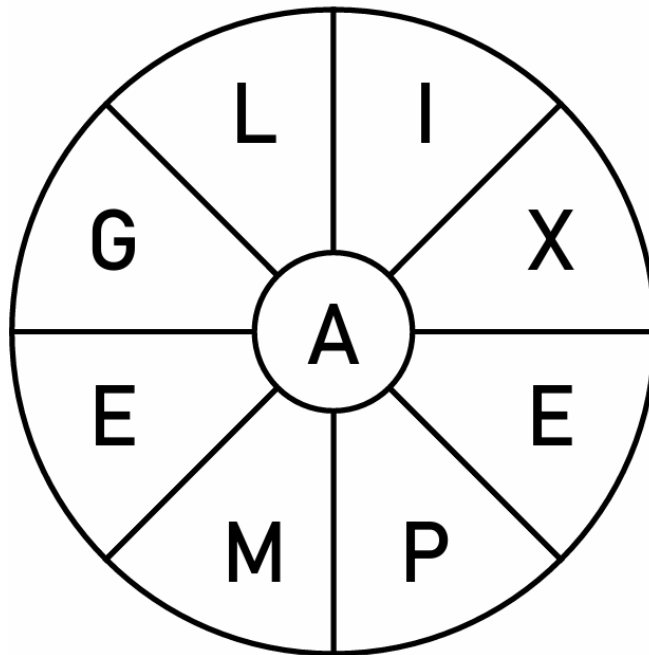


GROUP DETAILS	VENUE	DAY/TIME
<i>There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added & the group leader should contact you.</i>		
Check the group calendar on the website for further details		
Art 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	1 st 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.1000-1200
Chatterbox	Waitrose Community Room	Every Monday 1000-1200
Computing	Waitrose Community Room	1 st Tuesday of the Month 1000-1200
		Continued

GROUP DETAILS	VENUE	DAY/TIME
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	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2 nd Thursday 10.30-12.30
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.
Handicrafts	Rushden Bowls Club	4 th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1 st 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	4 th Monday 10.30-12.00
Play Reading	To be advised	1st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm Alternate Tuesdays
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
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
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

WORD WHEEL

HOW MANY WORDS OF 4 LETTERS OR MORE, ALL USING THE LETTER IN THE CENTRE (A).



The maximum I managed is 40 words. Let me know if you can beat this. (Answers next month),

SALMON FRITTATA

Ingredients:

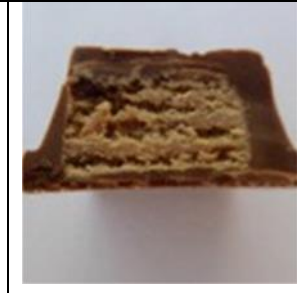
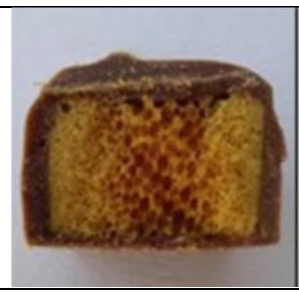
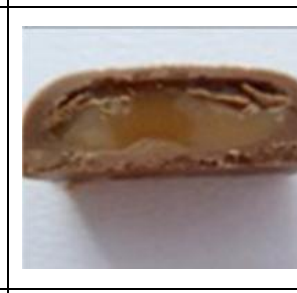
500g New Potatoes, washed & sliced 1cm thick	1 Lemon, zested
100g Frozen Peas	225g Grated Cheese (own choice)
1 tbsp Olive Oil	½ Small Courgette finely sliced
1 Onion, finely chopped	200g Hot Smoked Salmon, skinned, & cooked
1 Garlic Clove, finely chopped	2 Chives, finely chopped
8 large Eggs	½ tsp Chopped Dill

Method:

Place potatoes in a pan of salted, boiling water for 10 mins. A few mins before they are soft, add peas. Drain & set aside to cool. In a large oven-proof skillet or frying pan, gently heat the oil, then add the onion & garlic & cook for 10-15 mins until softened. Meanwhile crack the eggs into a large mixing bowl, season & whisk until well beaten. Zest half the lemon into the bowl & add the cheese. Add the courgette slices to the bowl along with the cooked potatoes & peas. Then flake over the salmon. Pour the egg mixture into the pan containing the onion & give it a few shakes to ensure the mixture settles evenly. Cook for 10-15 mins over medium heat. Use a silicone spatula to release the edges & check the underside is cooking nicely & not burning. Preheat the grill to medium then place the frittata pan underneath then cook for a further 5-10 mins to fully cook the top of it. When done, remove from the grill & when cool, scatter over the chopped Dill & Chives



DID YOU MANAGE TO IDENTIFY THESE CHOCOLATE BARS?

			
1 BOUNTY	2 LION	3 MARS	4 CHUNKY KITKAT
			
5 DOUBLE DECKER	6 TOPIC	7 MILKY WAY	8 YORKIE
			
9 PEPPERMINT AERO	10 WISPA GOLD	11 CRUNCHIE	12 CADBURY'S CARAMEL
		How did you do and how many of them do you like? I like 9 of them.	
13 TURKISH DELIGHT	14 PICNIC		



"Please hold while we bring you the complete works of Johann Sebastian Bach."

BLACKCURRANT JAM RECIPE

Ingredients:

600g blackcurrants stripped off the stalks
about 400g white caster sugar or granulated sugar
juice of ½ a lemon

Method:

If you don't have a cooking thermometer, put a saucer in the freezer. Sterilise the jars you want to use. Tip the blackcurrants into a heavy-based saucepan with about 100ml of water. Bring to the boil and simmer for 5 mins until the fruit has broken down to a chunky pulp. Leave to cool slightly. You now have two options. For a smooth jelly-style jam, squash the fruit through a sieve into a bowl. If you prefer your jam chunky and seeded, leave the pulp as it is. Whether it's strained or unstrained, weigh the fruit pulp and then add 400g of sugar to every 500g of pulp, then tip back in the saucepan. Pour in the lemon juice then heat gently, stirring, to dissolve the sugar. Turn up the heat, then boil hard for about 10 mins or until it reaches 105C (setting point) on a cooking thermometer. If you don't own a thermometer, test for setting point by spooning a little jam onto the cold saucer. After a couple of minutes gently push your finger through the jam – if the surface wrinkles, it's ready. If not, return to the boil for 2 mins, then re-test. Take off the heat and skim off any froth with a slotted spoon. Cool for 10-15 minutes. Stir gently to distribute the fruit, then ladle into sterilised jars. Keeps for 6 months in a cool dry cupboard.

Recipe Tips - Type of Sugar

Blackcurrants have enough pectin (the thing that makes jam set) in them that you should be fine with normal sugar. The usual sugar to fruit ratio for jam is 50/50, but this makes for a very sweet, finished product – to let the flavour of the fruit come through more, this recipe reduces the sugar down a bit. This recipe is for a small batch of jam, but it's easily increased for a bigger batch. It's also worth noting that the same method can be applied to redcurrants or blackberries.



JUST FOR FUN DAYS IN JUNE:

June 1: Say Something Nice Day

June 6: National Yo-Yo Day

June 8: Upsy Daisy Day

June 21: Go Skateboarding Day

June 30: Asteroid Day



EDITORIAL:

Over the past few months, I have included a series of articles by one of our members (an author). You may have read these & enjoyed them. The author has now asked me if there has been any feedback from the articles, in particular the one asking for help in finding out the origin of some very peculiar sayings & what their true meaning is. Sadly, not one member has mentioned the articles or provided any response.

If there is ever anything in any newsletter which interests you or on which you would like to comment, please feel free to email me or talk to me after the monthly meetings. Like the author, I would welcome comments on the content of the newsletters & whether or not I am reaching out to the membership. Also, if anyone has an interesting story they would like included, please let me know. Obviously I can't publish anything containing any personal details, advertising, or sensitive material.

Apart from this, I hope you have all been enjoying the good weather & taking care while in the sun. I have been concerned to see that some owners are still walking their dogs in the afternoon when the sun is at its hottest. When I lived in Turkiye, I learned that the locals sensibly retreated to the forests or stayed indoors during the hottest times & did all their chores in the early mornings or in the late afternoons when the sun was less fierce. They also kept their curtains & windows closed. This is something I still do in extreme temperatures. Stay hydrated, stay cool & be aware that you can still tan in the shade.

Of course as soon as I wrote this the weather changed & it has been cold & wet – typical summer weather. While the garden needs the rain, I don't. The weeds have taken great advantage of the wetness and, can anyone tell me why they grow so much more quickly than the plants I am nurturing?

On the topic of plants, this year I am looking forward to my usual fresh vegetables & herbs which I can harvest from all my troughs & pots. I have filled using coir instead of compost. The last lot of compost I bought (a reputable brand, peat-free & expensive) was full of little black flies against which I fought a losing battle with hundreds of them from the houseplants I repotted.

So, this year I disposed of as much compost as I could & changed to coir which is a fibrous material which is similar to peat but is far more environmentally friendly. It comes compacted & needs hydrated & broken up – I didn't realise this would involve a lot of exercise as well as gallons of water, but the end result is black fly-free greenhouse & vegetable troughs. The coir needs nutrition and drainage (such as Perlite, Vermiculite & grit) added once hydrated but I am very pleased with it & my vegetable seedlings have taken off at great speed. I feel quite righteous at finding a renewable solution to compost which doesn't involve depleting peat beds (or giving a home to the tiny Fungus gnats also known as sciarid flies which lay their eggs in damp composts especially in house plants & seed trays). Roll on harvesting!