



March



***DON'T FORGET TO PUT YOUR CLOCKS &
WATCHES FORWARD ONE HOUR AT 2am ON
SUNDAY 29TH MARCH.***

CHAIR'S FAREWELL CHAT

Farewell Higham and Rushden u3a

I am feeling a bit sad as I write my FINAL Chair's Chat – but another part is I'm just so excited about taking the next step - after 57 years I am going 'HOME'!!

For those who don't know me that means I am returning to Scotland.

I have enjoyed my time in England – must have done as I stayed for so many years, but I have missed the sea and the mountains so much. I was brought up by the river Tay – I can remember summer holidays playing on the beach and running and swimming in the sea. I am so looking forward to walking along the beach again.

I am leaving Higham and Rushden u3a in very good hands.

We now have a new Treasurer – Alan Nixson and a new Chair and Vice Chair! Jean Mole has agreed to take on the role of Chair and Steve Evans will be Vice Chair. Good luck to you both.

I have already checked out my nearest u3a - Dundee. They have 46 groups ranging from Aloha! Ukes to Zoomulele. I have no idea what either of these groups do but looking forward to finding out.

I wish you all the best for the future and thank you for all your support over the years.

Goodbye

Trish.

INCOMING CHAIR'S CHAT

I'm delighted (and slightly surprised!) to have taken on the role as chair but I'm really looking forward to the year ahead. First of all I'd like to thank Trish who kept everything running brilliantly for the past three years but who is now on her way back to Scotland where she will no doubt be joining a u3a up there.

u3a is all about friendship and learning for the fun of it, which suits many of us perfectly as we now have time to enjoy learning things we probably ignored at school! With our groups covering everything from history to gardening, meals out and meals at home, badminton and tenpin bowling, wine appreciation, singing for fun and much, more, there's certainly something for everyone.

Enjoy every moment and wish me luck on my new venture.

Jean.

N.B.. I would like to introduce a new recruitment incentive. Any member who introduces a new (paid up) member will have their next year's membership free of charge. (Only one member per year).

GOOD NEWS! We have finally appointed a new Treasurer, after a long search. Alan Nixon, who has been a member of our u3a for a long time and whom many of you will know, has kindly agreed to take over this role with immediate effect.



Queen Elizabeth II: Her Life In Style

This exhibition is being held at the Kings Gallery and is a collection of the clothes worn by Queen Elizabeth II throughout her reign. I have reserved tickets for Tuesday, the 4th of August. I need to establish how many people are interested in going. The cost will be in the region of £50 to £60, dependent on numbers.

Turkey & Tinsel

Following on from last year's success, this year's Turkey & Tinsel event will be at the same venue. The North Devon Resort, Ilfracombe. However, it will be a week earlier than previously from Monday 23rd to Friday 27th of November. Cost to be in the region of £389 for 5 days/4 nights dinner, bed, and breakfast, with entertainment on each evening, games, and quizzes during the day. Tuesday will be designated "Christmas Day" with a traditional Christmas Dinner, crackers and presents. I just need the names of those who might be interested in order that I can reserve the rooms and book the coaches. At this stage, no deposit is required, just confirmation of your interest.

Jean Mole



Rock & Blues Group: Our next meeting is at 14.00 hours on 26th March the topic is Alphanumeric. Currently the group is full and there is a waiting list.

Jim Morrison



Garden Group:

Garden Group had their first outing of the year to Anglesey Abbey, with a guided tour of the beautiful daffodils.

The next meeting is on 9th April @ Rushden Hall **PLEASE NOTE THE TIMING OF 14:30 FOR THIS MEETING ONLY.**

The meeting is plant swap and quiz, please feel free to bring along any plants. Look forward to seeing you all at the meetings or outings.

We then are back to Rushden Hall for our April meeting.

Lorraine

Notice: Stanwick Lakes has an interesting talk coming up on 24th March which is a conversation with Radio Presenter and Broadcaster Phillippa Forrester. The subject centres on why wetland habitats like Stanwick Lakes matter for wildlife. More information can be found on

<https://stanwicklakes.org.uk/events/phillippa-forrester-talk/>



Dine at Home Suppers:

I currently have couple of spaces on Wednesday 25th & Thursday 26th March for my home dining suppers.

The menu is Asparagus Quiche or Breaded Brie/Coq au Vin or Lasagne/Tiramisu or Lemon Pudding. The cost is £15 for a three course meal, a glass of wine and a cup of tea or coffee.

Please see me at Monday's meeting or give me a ring on 0773644 5658 to secure a place

Jean Mole



Computer Group: New Details

We have changed our meeting date – we now only meet once a month on the first Tuesday of the month from 10:00-12:00, still in the Waitrose Community Room.

The next meeting will be on 7th March 2026.

At the beginning of March we helped one of our group dismantle and destroy his rather old laptop – it was enjoyed by all.

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

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

Further information from Jim or Maggie Morrison, Group Leaders.



Country Dancing

Firstly, we would like to acknowledge the passing of George Hearndon, the previous leader of the country dance group, who had led this and other groups for a number of years.

The Future-

The Group Leader is now Richard Coles (07709737308).

We continue to meet at the Hensman Hall in Higham Ferrers at 2 o'clock on alternate Mondays. The next meeting being on Monday 23rd March at 2 o'clock.

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



Art for Fun

Art for Fun dates are as follows:

The meetings are held every two weeks in the Waitrose Community Room from 2.00-4.00pm.

The next 3 months are as follows:

March – 16th & 30th

April – 13th & 27th

May – 11th. May 25th is a public holiday so there is no meeting

I will be available at the Monthly Meetings in the Group Leaders' Room after the meeting.

Brian Lawrence.



Handicrafts

The Handicraft group meets every 4th Thursday of the month at Rushden Bowls Club.

Our February session went really well. We made 4 beautiful cards and a gift envelope.

In March, Jenny is taking the session, and we will be decorating some tote bags.

Kathy and Jenny.



MMFC (Monday Morning Football Chat).

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

Mike Gibbons



History Group:

Arrangements are now in place for our visits this year and we are currently finalizing the costs to ensure they are affordable.

15th July: Our first visit is to Drayton House Lowick near Thrapston and will include lunch at the Germain Rooms in the village provided by the local ladies. The total cost will be £38.00. A deposit is required of £10 payable in advance and is non-refundable.

6th August: Visit by Henry VIII and talk entitled the Wives of Henry VIII. This will include a barbeque. Location to be advised but will be in Higham Ferrers.

2nd September: Shuttleworth Collection Old Warden Beds. Awaiting price confirmation.

1st October: Blenheim Palace Visit, Woodstock, Oxon.

Out talks schedule for the remainder of the year is as follows:

2nd April: Roman Northamptonshire. Dr. Michael Curtis.

7th May: Pork Pie Heaven, the history of the Parsons and their pork pie factory in Irchester.

4th June: The Women's Land Army during World War 1.

5th November: The History of the Carry-on Films.

3rd December: Historic Christmas.

N.B.

We are now planning 2027 meetings and trips and have already had some great suggestions and look forward to receiving more, but please remember we have to travel there and back in a day at reasonable times, and they have to be cost effective for ALL.

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.

Our latest session was held on 27th February. The next session will be on 6th March, then continuing every alternate Friday, but once again school holidays for Easter will prevent one session.

The calendar on our HR website will show details of the future dates for the half of 2026.

Latest scores are always available to be seen on the HR website group page.

If you would like to know more about this group or advise us that you would like to join, then please get in touch via the website.

Contact page, Group Leaders – Alan Collinson, Martin Cromwell, or Alan Nixon
Alan Nixon (Group shared leader).

Wine Appreciation:



For the February tasting we went to Portugal.

Both wines had the same grape, plus others, the first from the Douro area the other from near Lisbon.

The Douro wine was a bit drier than the other. Both were liked but they wanted steak pie or moussaka to go with it!

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

Cheers Steve



Chatterbox:

Chatterbox has broken away from WALT. It is a group that focuses on female-friendly chatter and 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 and Jenny Robertson.



Greetings Cards

At our last meeting all the members opted to make this unusual 3D Pop-open Christmas card.

Our next meeting will be on April Fool's Day (1st April 2026). Why not come along and try making 3D cards for special people or events. We have an infinite number of designs available from which to choose.

We also have crystal art cards for you to try. All materials (including envelopes) are provided at a very small charge.

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

Tess Pratt



Canasta

We meet at my home in Stanwick on the 1st and 3rd Thursday of each month from 10 am until 12 noon for a friendly game (or two). Further information is available on the website if you would like to join us. There is always cake.

Jean Mole



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



Non Fiction Book Group, truth is stranger than fiction.

Our small friendly group reads Biographies, History, Travel, Memoirs and Nature. etc. We are open to suggestions from members.

New members to u3a are very welcome. We meet monthly at various members' homes.

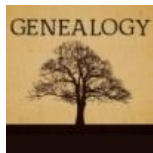
New to u3a or just interested in reading something different for more details contact Linda Walker spidar.girl@btinternet.com



Sunday Lunch Group Again:

We usually meet on the last Sunday of the month. New members are welcome to join us.

Please contact Linda Walker 07384 601603 or preferably email spidar.girl@btinternet.com to book or for more information.



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

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



Bookmarks Again:

Swimming Lessons by Claire Fuller

Swimming Lessons follows the story of Ingrid Coleman, who writes letters to her husband, Gil, about the history of their troubled marriage but she does not deliver them to him. Instead she hides them in this vast collection of books that he stores in their ramshackle home. Twelve years after her disappearance Gil believes he sees Ingrid again, prompting their daughters to return home and confront the problems of the past; Gil has become a famous writer, admired by his young students.

The author has a lyrical writing style and captures the nuances of a difficult family life with an older self-absorbed husband often leaving Ingrid to manage alone, with little money. Flora and Nan have had to cope with their grief and bereavement and now have to deal with their dying father. The story line is compelling and one feels the need to keep reading.

Some of our members remembered the difficulties of dealing with terry nappies and large prams. Which made the narrative very real to them, and easy to engage with the story.

Ann Hart

It may be useful for members to know that they can set up a standing order with their banks for payment of the annual u3a membership fees of £15 or £20. Doing so will ensure you don't forget to renew when the time arrives. The details are as follows:

Bank: Nat West.

Sort Code: 54-41-05. Account Number: 32986734. Higham and Rushden u3a.

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

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.



The "why won't this d*mn drawer open" Starter Kit.



SUDOKU ANSWERS

9	1	2	8	7	5	3	6	4
7	8	6	9	4	3	5	2	1
5	4	3	6	2	1	9	8	7
4	9	1	7	3	6	2	5	8
6	7	8	5	1	2	4	3	9
3	2	5	4	9	8	7	1	6
2	6	4	3	8	9	1	7	5
1	5	7	2	6	4	8	9	3
8	3	9	1	5	7	6	4	2

GARLIC, CHEDDAR, SCALLOPED POTATOES

Ingredients :

2 lbs Potatoes, peeled & thinly sliced

1 medium Onion, thinly sliced

3 cloves Garlic, minced

1 cup grated mature Cheddar Cheese

1 cup Double Cream or Whole Milk

½ cup Chicken or Vegetable Stock

A sprinkling of Nutmeg

Salt and pepper to taste

1 teaspoon fresh Thyme, chopped (optional for garnish)



Method:

Start by layering half of the sliced potatoes in the bottom of a slow cooker.

Next, add a layer of half the onions and garlic, sprinkling lightly with salt and pepper. Sprinkle half of the grated cheddar cheese over the onions and garlic.

Repeat the layering process with the remaining potatoes, onions, garlic, and cheese. In a small bowl, mix the cream and stock together, then pour this mixture over the layered potatoes in the slow cooker. Put on the lid and cook on low for 6-8 hours or on high for 3-4 hours, until the potatoes are tender. Once cooked, if desired, sprinkle with fresh thyme for garnish before serving.

CAN YOU SPOT THE TOY KITTEN?



EDIBLE IDIOMS:

1, SOUR GRAPES

If you describe someone's attitude as sour grapes, you mean that they say something is worthless or undesirable because they want it themselves but cannot have it.



2.WALKING ON EGGSHELLS

This is a figure of speech whereby one needs to be extremely cautious or sensitive around someone to avoid upsetting them or causing conflict. This typically stems from a fear of unpredictable or volatile emotional reactions from the other person



GROUP DETAILS	VENUE	DAY/TIME
<i>There may be waiting lists for some of the groups but if you are interested please contact the relevant group via the contact form on the website to be added & the group leader should contact you.</i>		
Check the group calendar on the website for further details		
Art for Fun	Waitrose Community Room	Alternate Mondays 14.00-1600
Badminton Beginners & Improvers	Pemberton Centre	Wednesday 14.00-15.00
Intermediate Badminton	Pemberton Centre	Every Tuesday, 10.00 to 11.00. £2.50 per session
Badminton for fun	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bookmarks Again	Waitrose Community Room	1st Monday of the month*
Canasta	Leader's Home	1 st & 3 rd Thursday of the month
Card Making	Leader's Home	1 st Wednesday/month.1000-1200
Chatterbox	Waitrose Community Room	Every Monday 1000-1200
Computing	Waitrose Community Room	1 st Tuesday of the Month 1000-1200
Country Dancing	Hensman Hall. NN10 8HT	Alternate Mondays 2 00-3.30pm
Cycling multi-Groups	Rushden Lakes	Every Monday 10.30 (Apr-Nov)
Digital Photography A	Rushden Hall	2nd & 4th Wed 10.00 to 12.00
Driving	On the Road	By request
Garden	Rushden Hall	2nd Thursday 10.30-12.30
Genealogy	WhatsApp group. Face-to-face meetings every few months. Please text in the first to Janet 07488351136/Ken 07725055865.	
Golf	Various	1 st Wednesday & 2 nd & 4 th Friday monthly
Guitar	Rushden Windmill Club	Tuesday 4pm.
Handicrafts	Rushden Bowls Club	4 th Thursday per month at 2pm
History Group	Rushden Masonic Hall	1st Thursday monthly 14:00
Home Dining	Leader's Home	Three times per Month varying days
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Waitrose Community Room	Alternate Mondays 14.30-16.30
MMFC	Waitrose Cafe	Weekly Mondays 10am – 11am
Non-Fiction Books	Leader's Home	4th Monday 10.30-12.00
Continued		

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
Spanish	To be advised	
Special Events	Various	Various (see website for details)
Sunday Lunch	Various	Various (see website for details)
Table Tennis	Pemberton Centre	Wed 13.00-14.00
Ten Pin Bowling	Hollywood Bowl, W'boro	Alternate Friday 1100-1300
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tues 10.00-12.00
W.A.L.T.	In abeyance until new leaders available	
Wine & Dine	Various	Various (see website for details)
Wine Appreciation	Leader's Home	Check calendar for information.

u3a MONTHLY MEETINGS		
<i>Please note there is a small charge for non-members. Details can be found on our website or call 01933 522934 for further information. If you, or a friend, have experience as a speaker at other groups on topics which you think would be of interest to our members then please contact the Speaker Secretary.</i>		
PLEASE NOTE THE CHANGE TO THE MARCH SPEAKER		
16 March	Dr. Richard Greenfield	Sitting on the Bench A <i>light-hearted and informative account of 20 years as a Magistrate.</i>
20 April	Roger Prescott	Juke Box Jury – 70s
18 May	Dave Pinion	Antarctica
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	



EDITORIAL:

This month I want to talk about alternative ways of improving our health. Everyone has heard of Pilates, Keep Fit, Yoga, etc., but how many of you know about Reiki or Shiatsu. I am a believer in both techniques which I find helpful and effective, even though I do not participate too regularly.

REIKI is a Japanese energy-healing technique that reduces stress, induces relaxation, and promotes healing by balancing the body's energy fields.

Practitioners use light, non-invasive touch, or palm healing to channel "universal life force energy" to the recipient.

Purpose: It aims to improve emotional and physical well-being by clearing energetic blockages.

Method: A practitioner places hands lightly on or just above a fully clothed recipient to facilitate energy flow.

Benefits: Commonly used to reduce stress, manage pain, and promote feelings of peace and deep relaxation.

Nature: It is a non-invasive, complementary therapy often used alongside conventional medicine, not as a replacement.

Distance Healing Sessions can also be conducted remotely.

While not supported by evidence for curing specific diseases, it is widely recognized as a beneficial relaxation technique.

SHIATSU is a Japanese holistic bodywork therapy translating to "finger pressure," involving techniques like pressing, tapping, kneading, and stretching to stimulate the body's meridians (energy channels) and improve energy flow. It is based on the concept that life force energy circulates through the body in pathways called meridians. When this energy is blocked, it can cause physical or emotional pain, which Shiatsu seeks to release.

It is officially recognized by the Japanese Ministry of Health as a form of therapeutic manipulation. It is performed on a mat while fully clothed, using palms, thumbs, elbows, and knees to relieve stress, pain, and muscular tension.

Key Aspects of Shiatsu:

Technique: Combines traditional Eastern, meridian-based techniques with Western massage and sometimes osteopathy, focusing on applying pressure rather than manipulating muscles like traditional massage.

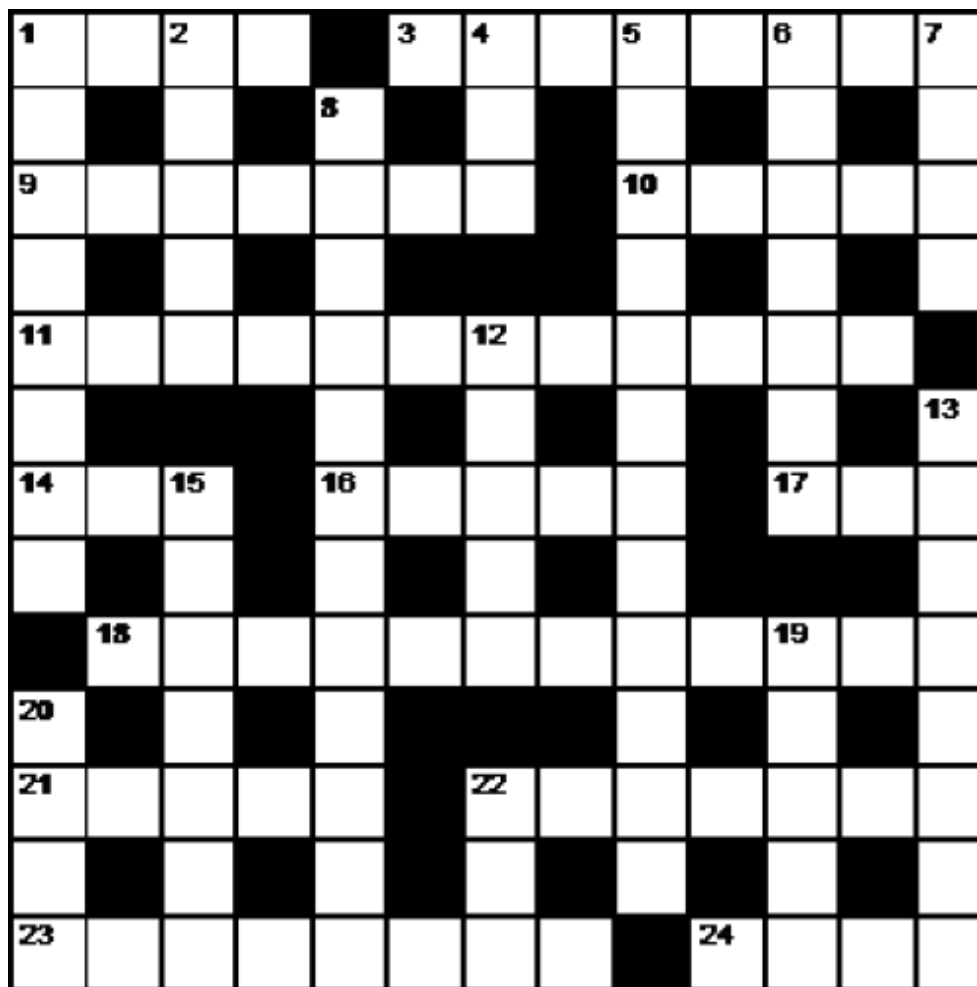
Method: Performed on a futon, floor mat or bed with the client fully comfortably clothed; no oils or lotions are used.

Benefits: Commonly used for stress reduction, pain relief (back, neck, joints), improved circulation, and boosting the immune system.

Sessions: Usually an hour, targeting specific meridian points to remove blockages and enhance the body's natural healing abilities.

What to Expect: During a session, a practitioner may apply sustained, comfortable pressure with their fingers, thumbs, and palms, often using their own body weight to deliver deep, effective pressure. Sessions may also include assisted stretches and joint rotation to improve flexibility and alignment.

CROSSWORD



Across

- 1 Oven's unlikely contents rising (4)
- 3 Rails about coming after agent for revenge (8)
- 9 Room rate scrapped following the opening (7)
- 10 Damp fog hides nothing (5)
- 11 Pick out felon briefly caught in swirling tides (12)
- 14 Turkey, there and back (3)
- 16 Patron's put-on gold (5)
- 17 Sister can do a headstand (3)
- 18 I hear you can return oddly cheap furniture but it's hardly reasonable (12)
- 21 Adversary (5)
- 22 Bighead, for example, is in over-the-top surroundings (7)
- 23 Preoccupied with being bossed around taking directions (8)
- 24 Complain about Pinocchio, perhaps (4)

Down

- 1 Perry, for example, made with small insects (8)
- 2 Scottish dance rolls back on Sabbath (5)
- 4 The day before she was famously tempted (3)
- 5 Roman retinue's extraordinary salary (12)
- 6 Dairy product from child holding list (7)
- 7 Jump on ice coming from untitled oaf (4)
- 8 Lady Prescott distributed old fliers (12)
- 12 A pinch of chili in the setter's ground beef (5)
- 13 Architect's opening framed in wrought iron (8)
- 15 Risks daughters getting pent up with rage (7)
- 19 Pancakes made from Dublin ingredients (5)
- 20 Thoroughly investigate love denial (4)
- 22 Second person heard sheep (3)

DRIVING - I am not lost! Are we going the right way?

I am sitting at my desk asking myself if I am taking my life in my hands tackling the above subject. All I can say is that I have tried to be objective, tackling the subject from the point of view of both men and women.

The first subject is for men and it's the *I am not lost* one. Now I must admit that with modern satnavs it is very difficult to get lost these days, but it has been known. However, in this article I am talking about back in the days when you had to rely on your passenger with a map and said passenger was usually your wife or partner.

Why oh why will men never, under any circumstances, admit they are lost. For we all know they could be sitting in the middle of the Gobi Desert and still insist they were not lost because they know exactly where they are, and what's more it is all their passenger's fault for telling them to go the wrong way in the first place. That's why they don't quite know where they are at this precise moment, BUT they are definitely not lost. REALLY.

Two hours later you are still in the wilderness, having gone round the nearest roundabout four times. Each time he insists he has found the right way and is telling you, his wife, that he knows exactly where he is and that you will soon be where ever it is you were going in the first place. And yet, here we are another hour later still lost. By this time he is very angry indeed and, of course, it's all your fault because he should have turned left instead of right at the bottom of your street. At this point you tentatively ask if he should ask the man walking along the road they are on for directions. The explosion that follows can be heard reverberating throughout the known world as once again he points out that he is definitely and categorically NOT LOST. So it's at this point that you, the passenger, take your life in your hands and suggest that perhaps it might be a good idea to make your way home. Then, after some hesitation, he decides he's had enough and points the car in the direction of home, that is if he can work out which way home is.

Two hours later finds you at home, feet up with a nice cup of tea, listening to him telling you that he knew exactly where he was all the time and it was really all your fault for telling him to go the wrong way in the first place.

Men! Don't you just love 'em?

Now in order to be fair, in this article we will look at the lady driver who decided in her mid-to-late fifties to learn to drive. Now you might think that this is a bit reckless and you would be right, it took her two years and three driving instructors to complete the task, one had a nervous breakdown the second moved house, with wife and kids to outer Mongolia and the third threw himself in the local river. She did however pass her test, no one really knows how, but she did.

Now we, her friends, have a theory about that. We think that after her examiner had failed the two ladies before her his stress levels were hitting the roof. We know this by the steam coming out of his ears. So when she got into the car he was in an oh-no-not-another-bl**dy-woman mode and decided, good or bad, to unleash her on the unsuspecting public which he did by passing her.

Now here's the thing. After all the trials and tribulations of learning to drive she turned out to be not a bad driver. She did however get very nervous at big roundabouts, with traffic lights and also dual carriageways.

What I am going to tell you now is a true story all about said lady. She had in, fact been, driving for about a year when this incident happened. She took a wrong turning and found herself at a huge roundabout with traffic lights and lots of road markings that simply confused her. The lights were on red, so she sat, beginning to get very nervous indeed because what was sitting on her back bumper was the biggest lorry you have ever seen, revving up for all it was worth. However the lights changed and in her nervousness she stalled the car. This happened twice more and then the driver of the lorry behind her jumped down from his cab and walked towards her. He signalled for her to wind down her window which she did. He took one look at her face and realised that she was in panic mode so instead of shouting at her, he said in a gentle voice 'Is madam waiting for any particular shade of green?' With that she burst into tears. It upset him to see her so distressed so, at the next light change, he quietly talked her through how to move smoothly away from traffic lights and got her away.

Was that a knight of the road or what? We don't know how she got home, she would never say, but we do know that it took her two hours to get there, for what was a half-hour journey. How many times she went round that roundabout we will never know. Needless to say she never went that way home again.

However she is still driving so good for her, keep it up girl you are doing all right.

THE WORLD BREAKS ALL OF US FROM TIME TO TIME SO WE PICK UP THE PIECES AND JUST KEEP GOING.

Ta ta. Talk again next month,

GG.

A PROBLEM WITH TRANSLATION:

I recently bought another cast iron enamel cooking pot as the ones I had are not always quite big enough. The legend which accompanied the pot was obviously translated from another language (Chinese??). While most of it is recognizable and easily understood, the following extracts amused me;

"Enameled (sic) kitchenware is relatively delicate, and special attention should be paid to the following during use; (So far, so good,)

1 When preheating should be gradually heated, do not fire empty burning.

2 Use a wooden spatula or a silence spatula that won't hurt the pot,pot body heating will cause the handle to heat up,pay attention to avoid burns in use",

Well!!!