



October 17th 2024 Harvest Moon



CHAIR'S CHAT

OLD/ELDERLY/ RETIRED/PENSIONER/GERIATRIC !?!?

Geriatrics or geriatric medicine is a medical speciality focused on providing care for the needs of the elderly. The term geriatrics – originates from the Greek – “geron”- meaning ‘old man’ and “iatros” meaning ‘healer’.

This month's Chat was prompted by a reader's letter in the latest issue of TAM [Third Age Matters] about the difference between old/elderly and geriatric! In other words do not equate old with geriatric!

By being a member of the u3a we are enjoying life as an old or elderly person – definitely not geriatric! Think of all the groups that you choose to attend. Attending these groups means you are doing your best to keep mind and body as healthy as possible.

The health benefits of socialising have been studied by many people. One study found that isolation is one the main causes of depression in older people.

Hopefully by being members of Higham and Rushden u3a you have lowered your chances of suffering from depression.

Don't forget the clocks go back an hour next weekend !

Trish
Chair

Recently several members attended a committee meeting to see if they could 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 of the committee members. We also have committee roles which will need to be filled very shortly so please have a long think about how much you want our u3a to continue.

YOUR HELP IS NEEDED.



(Special Events are now being booked through Lewis Harvey Events which is a company solely owned by Jean Mole.)

Thursford Spectacular ~ Friday 15th November

I now have the tickets for this show so please let me know if you wish to sit with friends so that I can allocate seating accordingly. Please note that I will shortly be emailing all those who have booked with details of boarding times, etc.

Turkey & Tinsel ~ 6th to 9th December

I now need to confirm and pay the hotel for this year's Turkey & Tinsel weekend. Therefore, will everyone who has booked on this event please ensure that full payment is made by the first week in November and that I have your email and mobile details.

The total price is £265, less any deposit you may have made.

You can pay by cash or cheque made out to Lewis Harvey Events at this month's meeting. Alternatively, should you wish to pay by BACS the details are as follows:

Bank: Nat West. Account: Lewis Harvey Events. Sort Code: 54 41 05. Account No: 400995240.

Please put "Turkey and Tinsel" in the reference section and confirm when payment has been made.

My mobile is 07736 445 658 Jean

Pantomime ~ Jack & The Beanstalk ~ 7th December

For those of you coming to Bournemouth, please confirm whether you wish to attend the afternoon performance of Jack & the Beanstalk at the Bournemouth Pavilion on Saturday 7th December. The cost of this is £35 for a seat in the stalls and includes a free ice cream.

Once again, payment is due by the first week in November.

Jean



Greetings Cards

The next meeting is at 10am on Wednesday 5th November. All materials supplied at a nominal charge. You will need a craft knife, scissors and a metal ruler. These are available as well as cutting boards and other necessary items such as glue and pencils if you don't have your own.

Please contact me at davewpratt@sky.com or 07899 695822 for details if you are interested in joining the group.

Tess Pratt



Computer Group:

We continue to meet in the Community Room at Waitrose, on the 1st & 3rd Saturday each month from 10:00 until 12:00. The next meeting will be on 2nd November. 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. All welcome.

Further information from Jim or Maggie Morrison, Group Leaders.



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

Find some company foranything you fancy doing, but don't want to do it alone. Find some information or advice onanything 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



Country Dancing:

We meet at Hensman Hall Chichele St. Higham Ferrers. 2.00-3.30. We welcome new members. Dances to suit everyone of all ages, even those with two left feet. All dances are walked through, nothing complicated. Some dances are very gentle, and one can sit out if one wishes. Why not come for a taste. First timers are free. Our group is very friendly, and we always help anyone who is struggling.

Country dance group meeting for social lunch on 28th October in the Waitrose Café, Rushden at 12.30. Our Christmas lunch is on 9th December at the Needle and Awl at 1.00pm.

Please ring me for details George 01933 622827.



Handicrafts:

The next Handicrafts meeting is on Thursday, 24th October, 2 pm at the Bowls Club.

Susan is taking the meeting, and we will be making a silver bauble Christmas card and a lantern. If you are thinking of attending you will need:

- Scissors,
- Good glue preferably Pritt stick,
- A cutting pad, ruler, pencil and a folding tool.

We always enjoy Susan's sessions and are usually very proud of our efforts.

Kathy and Jenny look forward to welcoming you.



Golf:

Following a review of the group members, emails were 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.



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 Nixon



Wine Appreciation:

For September we went to Austria, to a family vineyard, the grape is the Zweigelt not too well known. This is the opposite of last month as it is all from a single small area owned by the family Mantler. We tasted 2021 and 2022. The older of the two seemed to be the best.

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

Steve



History Group

The October meeting on Castles in the Air and other amazing inventions by Nicholas Brazil was excellent and enjoyed by everyone.

Thursday 7th November meeting at the Masonic Hall will be That's Unusual by Derek Blunt – unusual buildings, quirks and eccentricities throughout Northamptonshire.

We are in the process of looking at trips for next year. A list will be out shortly.

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



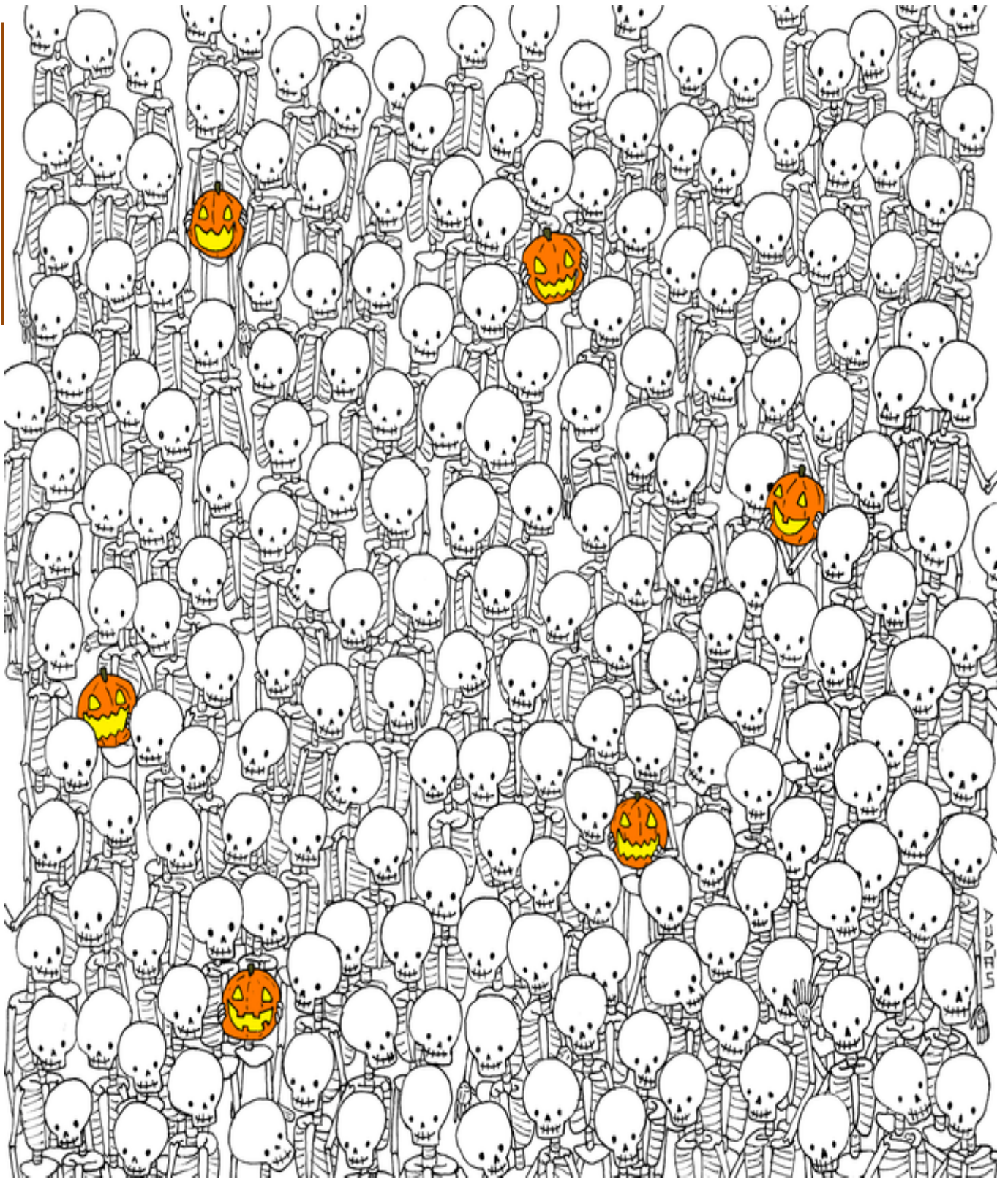
MMFC (Monday Morning Football Chat).

We meet on Mondays in Waitrose Cafe at 10am.

New members always welcome. Just turn up or contact me on 01933 631531.

Mike Gibbons

FIND THE HIDDEN GHOST





Bookmarks Again:

The Tea Planter's Wife by Dinah Jeffries

The author of this novel explained how she had become fascinated by the lives of the colonial British Women who had gone to live in remote areas of the tropics in the 1920s and 1930s and how they had adapted to the very different cultures they encountered. Gwendolyn, a young bride with a loving relationship with her older husband Laurence, moves to Ceylon where he owns a tea plantation in the hills. Not only does she have to adapt to married life but to the customs of the house-boys and native servants. Racial prejudice towards a business acquaintance shocks Gwendolyn in spite of his kindness to her and with Laurence's sister brings a threat to the future of a happy family life. Laurence had been married before and is reluctant to speak of the past and Gwendolyn begins to discover secrets in the house and the grounds of the property, none of which are explained to her. While Laurence is absent she gives birth, and she too starts to develop secrets which test her marriage to Laurence. I do not want to give away more of the story which is filled with tension and atmosphere. Once you start reading you are pulled in by the authors skill in developing a heartrending story of love and deep loss and see how secrets can create barriers.

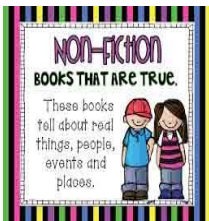
An easy to read novel but not sure how it got the accolades that made it a best seller in 2015.

Some of our members felt elements of the story were predictable, as in the style of "Rebecca" but you must read it and decide for yourself

We will meet on the 4th November at Waitrose community room at 10.30a.m.

Any new members will be welcome.

Ann Kemp



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:



Sunday Lunch Group:

Members new to u3a are especially welcome but be aware with our existing group members we have limited spaces. No deposit required. Booking is now open. 27th October at the Miller Restaurant, Wellingborough 12:15 for 12:30. They have a real carvery which is reasonably priced. **There is just one place left.**

Forthcoming dates are the last Sunday of each month, and you can find them on the Beacon calendar.

Inquiries to Linda Walker.07384 601603.

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.

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

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.



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.

GROUP DETAILS	VENUE	DAY/TIME
Check the group calendar on the website for further details		
A Little Aloud	Leader's home	2 nd & 4 th 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 st Wednesday/month.10-12 am
Computing	Waitrose Community Room	10-12am 1 st & 3 rd 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 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
Guitar Improvers	Rushden Windmill Club	Tuesday 4pm
Handicrafts	Rushden Bowls Club	4 th Thursday each month 2-4pm.
History Group	Rushden Masonic Hall	1 st 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
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
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.

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 screenshot shows a blue header with the text "Select an option". Below this is a yellow menu area with two options: "Higham & Rushden U3A groups" and "Update your personal details". A red arrow points from the text above to the "Higham & Rushden U3A groups" link. At the bottom of the menu area, there is a white bar with the text: "Enquiries: hrbeaconpm@highamandrushdenu3a.org.uk or contact the Membership Secretary".

The Unpredictability of the English Language

The English language, full of nuance and subtlety, can be a playground for all and sundry. For every rule there are exceptions, and sometimes the exceptions outnumber the rules. As we explore the fascinating world of English grammar we find rules that are as baffling as they are intriguing. Let's take a look at a few of the weirdest of the rules.

The Odd One Out: "I" before "E" Except after "C".

We are taught this in school, yet there are so many exceptions. Consider weird, seize, neighbour and height. It's a rule that seems to be broken more often than it is followed.

The "S" Dilemma.

The English language loves the letter "S" However, it becomes a challenge when we have to deal with possessives. It is a rule that an apostrophe followed by "s" denotes possession. Yet, what about words ending with "s". Is it correct to add another "s" or just an apostrophe? For example, it is James's car or James' car? Both are acceptable, but it is best to stick to one style.

"A" versus "An" preceding H.

The indefinite articles "a" and "an" are used before words beginning with consonants and vowels respectively. So, what about words starting with "H"? It depends on the pronunciation – if "h" is silent as in hour or honour, we are taught to use "an", but if it's pronounced we are taught to use "a" as "in a house or a hat".

The Complexity of "Less" and "Fewer"

"Less" and "Fewer" are often used interchangeably, but there's a rule distinguishing them. "Fewer" is used for countable items, while "less" is used for uncountable items. So, it's "fewer" apples but less "water". Supermarkets are notorious for getting this wrong with "10 items or less" signs. It should be "10 items or fewer".

Plural Compound Nouns Puzzles

English has a strange way of dealing with compound nouns. For instance when "brother in law" becomes plural, it is "brothers in law" not "brother in laws". This also applies for "attorneys general", chiefs of staff" and "mothers in law". The main noun takes the plural form, not the modifier.

The Adverb Order Rule

Did you know that when placing adverbs when they appear together in a sentence, there is a specific order for them? The order is: Manner, Place, Frequency, Time and Purpose. So it is "I clean the kitchen vigorously weekly in the morning", rather than "I clean the kitchen in the morning vigorously", or any other order of these words.

The plethora of rules and exceptions is a testament to the English language's rich history and evolution. These weird grammar rules add interest to what can seem boring. It is up to you whether you love or hate them.

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 Secretary.

2024		
21st Oct	Alex Leger	Behind the Scenes at Blue Peter
18 th Nov	Keith Baldwin	When Doctors & Police start to look young
9 th Dec	AGM	H&R Singing for Fun
2025		
20 th Jan	Vince Eager	What Time's the Midnight Buffet?
17 th Feb	Steve Dimmer	Hercule Poirot
17 th Mar	Sweet FA	Musical Trio with Clever Ditties
14 th Apr	TBA	
19 th May	Roger Brown	Various Talks
16 th Jun	Nick Cosgriff	You do not have to say anything, but anything
21 st Jul)	
18 th Aug)	
15 th Sept)	To be advised
20 th Oct)	
17 th Nov)	
8 th Dec)	



EDITORIAL:

As an insomniac since my early 20s I find the following very interesting, especially as I fall into neither category, being a night owl who likes to rise early in the morning. Here are the explanations for the two types.

There are two kinds of people in this world: people who delight in hearing birdsong first thing in the morning, and people who groan, and wish birds had a mute button.

Early birds fall into the first category. Most early risers enjoy waking up when the day is young and tend to fade quickly in the evening hours. Night owls, on the other hand, tend to rise late and stay up late, since they find they're most productive during the later hours of the day.

Early birds tend to:

- go to bed early & wake up early
- feel their best as the day begins
- have less energy in the late afternoon and evening
- have a hard time staying awake past a certain hour

As a general rule, early birds find society more accommodating than night owls do. Early risers generally have an easier time adjusting to standard daytime schedules, which can make it easier to function at workplaces that operate during the day.

In fact, according to a 2012 research review, morning people report higher levels of positive emotions. It's worth considering, though, that happiness and other positive emotions may come more easily when your sleep pattern allows you to easily slot into society.

The flip side: Pursuing and maintaining relationships and other social connections might become somewhat more difficult if you have a hard time staying awake past 8 or 9 p.m. — unless you seek out other morning larks.

Night owls tend to:

- stay up late & enjoy sleeping in
- feel their best later in the day & have more energy at night
- feel tired after waking up early
- have a hard time staying alert during the day

Being a night owl does have some disadvantages. Since society is structured around a daytime schedule — like 9 -5 workdays or schooldays— late risers might have a harder time. Young night owls might even have trouble adjusting to a school schedule.

A 2019 study suggested night owls may face other disadvantages, too, including increased risk of poor mental health and metabolic concerns.

Still, while early birds might get the worms, night owls aren't always left bereft. A preference for the evenings isn't always a bad thing, in other words. Plenty of artists, writers, and creative professionals find they get their best work done as the world quietly sleeps around them.

At the end of the day, what matters most is that you get the right amount of sleep to maintain good health.

RUSHDEN TOWN VIDEO

On a recent trawl through FaceBook I came across a post from someone who had discovered the following video about Rushden town. I thought it was quite interesting and decided to share the linke here:

<https://youtu.be/RSqjHD9QlbQ?si=LBygh3f4vPWGz1vK>

SQUIRRELING AWAY

There are many ways to stock a larder.

While humans aren't able hibernate (but wait for it - NASA are currently working on it), some store cupboard friends can see you through the winter or longer.

Living in a little village with only one very small shop made it essential to stock up and I remember it used to be something my grandmother and mother practiced .

Here are some edibles to store and how:



Store somewhere cool & dry

- Squash/Pumpkin:* If kept airy, not near bananas, should last to March.
Garlic: As above – not breaking up the bulbs helps longevity.
Potatoes: Keep in the dark for 3 months of spuds (a brown bag helps).
Tins (not dented): ‘Low acid’ contents will last longer, e.g., not tinned fruit.
Spices: Ground keep for up to 3 years and whole spices for 5.

Store somewhere cool, dry – and in an airtight container

- Nuts:* Varies by type, reckon on them keeping for 6–9 months.
Rice: Brown will keep for 6 months, while white can last for up to 30 years.
Beans: Tinned beans are fine; dry beans do a whole year.
Beverages: Loose tea keeps longer than bags, but coffee beans (not ground) last for up to 6 months, even when open and no need to freeze it.
Chocolate: Good news! Solid milk chocolate survives for up to a year, and dark for double that. White chocolate is not made from cocoa so will not last anywhere as long due to the high fat content.

The big freeze

Things last almost forever in the freezer but suffer taste-wise. Think 3 months for curries, soups and stews, 6 months for uncooked meat, and 8 months for baked goods. Low-water content veg (for example, not the likes of celery) is good for around a year.

The miracle workers

- Honey:* The natural stuff is low water/high acidity, a sweet spot meaning it won't go off. Can use in treating wounds. Some was found in Tutankhamun's tombs which was still edible.
Salt: If not ionized, lasts almost forever. Helpful for a saltwater gargle, too.

Some other food tips:

Boost brassicas

The brassica family includes Brussels sprouts, kale, cabbage and cauliflower, and most of their health benefits are obtained when eaten raw – however, if you chop them 40 minutes before cooking, they produce a powerful antioxidant called sulforaphane. If you cut and cook straight away, the sulforaphane doesn't have time to develop, so being organised means you get more from every bite.

Garlic without the breath

Chop or crush it and set aside for 10 minutes before using. This preserves the allicin in the garlic, retaining it during cooking. Research shows that allicin lowers blood sugar and cholesterol and, when you eat cooked rested garlic, you also avoid the punchy raw garlic breath or the intense heat of raw consumption.

Care & Repair Northamptonshire is a Not-For-Profit company, managed by an Independent Management Committee. They provide a range of practical services designed to support older, disabled and vulnerable people to enable them to continue to live safe, warm and secure within their own homes.

They are on the approved contractors list for minor adaptations and works funded through the Disabled Facilities Grant scheme plus they operate several other schemes.

Services include:

*bathrooms
carpentry
heating
electrical
flooring
accessibility adaptations
security
outdoor work
Handy person service*

***Care & Repair (Northamptonshire) Ltd is a Registered Society under the Co-operative & Community Benefit Societies Act 2014, number 25783R
Care and Repair is an Industrial and Provident Society with charitable status.***

Charity number IP25783R

Some local autumn pictures:



1 Rushden Lakes



2 Higham Ferrers Sunset



3 Higham Ferrers

SOME FUN RIDDLES (*Answers Next Month*)

1. What word contains 26 letters but only has three syllables?
2. What five-letter word typed in capital letters can be read the same upside down?
3. David's father has three sons: Snap, Crackle and _____?
4. I am an odd number. Take away a letter and I become even. What number am I?
5. Pronounced as one letter, and written with three. I am a palindrome. What am I?
6. What kind of tree can you carry in your hand?
7. If an electric train is traveling south, then which way is the smoke going?
8. I have one eye but am unable to see. What am I?

AUTUMN IS IN FULL SWING AND WINTER IS ON THE WAY - DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR AT 02:00 ON SUNDAY 27TH OCTOBER.

