

September



DID YOU KNOW? September 26th has been the most common birthday over the past 20 years.

CHAIR'S CHAT

I've been watching Sherwood – one scene has really stayed with me.

One of the characters – who's in her 50s or 60s – made a statement that made me smile and think of u3a. She said 'why do people stop [learning] –why not keep learning? Why do they stop? Cause they think they know everything? I sometimes think I barely know anything.'

We have the opportunity to join so many different groups.

We can join a group and do something we have done for years, or we can be part of something different and learn something new AND most importantly – enjoy doing so. I joined the Wine Appreciation group – in the hope that one day I will appreciate/enjoy red wine!

I think of September as the 'start' of the new year/term. The children have gone back to school – some are going to school for the first time. It is an exciting time – and can be for you.

Is it time for you to try something new?

Is it time for you to start a new group? If the answer is Yes – then let us know.

Trish

Chair

At a recent committee meeting, 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 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.



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

The Neil Diamond Story ~Thursday 3rd October

Payment for this show at the Castle Theatre, Wellingborough is now due, in the full sum of £29 as I have to pay for all tickets on Tuesday 17th September. If payment is not received, then unfortunately I will not be able to guarantee tickets. However, I do still have a couple of seats available for this show if anyone else would like to join us.

Thursford Spectacular ~ Friday 15th November

I still have 3 seats available for this spectacular show. I have booked an afternoon performance with excellent seats at a cost of £73 per person to include the coach.

Confirmation and payment, in full, is required by the end of September as I have to pay Thursford by the 1st October.

Turkey & Tinsel ~ 6th to 9th December

Due to changing my computers I believe I may have lost some information about this trip. Therefore, I would be grateful if anyone who has already booked could just confirm back to me where they wish to board the coach. Please note that full payment of £265 will be required during October.

Jack & The Beanstalk ~ 7th December

This Pantomime is available for anyone coming to Turkey & Tinsel in Bournemouth. The cost is £35, to include an ice cream. Payment for all of the above can be made by cash, cheque, or BACS. Cheques to be made out to Lewis Harvey Events. If you wish to pay by BACS, details are as follows: Bank Nat West. A/C. Lewis Harvey Events. A/C No. 40995240. Sort Code; 54 41 05

Please contact me direct if you are interested in any of the above events.

Email: peterandjeanmole@btinternet.com Mobile: 07736 445 658

Jean Mole



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 or text/phone 07736 445 658. Jean

London is home to the world's oldest underground passenger railway, now commonly called the Tube. The first route, the Metropolitan line, originally joined Paddington and Farringdon, but the network has been extended and updated a lot since 1863.



New Group: Make Your Own Greetings Cards

The first meeting went well, 4 new members attending. The next meeting is at 10am on Wednesday 2nd October. Please contact me at davewpratt@sky.com or on 07899 695822 for details if you are interesting in joining this new group.

Tess Pratt



Rock & Blues Group:

Our next meeting is at 14.00 hours on Thursday 26th September at the leader's house & the topic is the letter "N". Currently the group is full.

Jim Morrison.



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 21st September.

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 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.

We are having a social lunch on 28th October 12.30 at in the Waitrose Café, Rushden

Please ring me for details George 01933 622827.



Handicrafts:

The next meeting of the Handicrafts Group is on Thursday, 26th September 2 pm at the Bowls Club as usual.

We will be trying our hand at Japanese Folded Patchwork with Rosemary, with a Christmas Theme. All the fabrics will be provided but you will need to bring scissors, a needle and white cotton. Kathy and I look forward to seeing you there. New members are welcome.
Jenny.



Garden Group:

Garden group returns to Rushden Hall for our speaker events and by the time you read this we will already have had our speaker who gave us a talk on bees, flowers and honey.

Our next speaker will be Richard Mawby, and his topic is Foraging. At the meeting in October we will be giving details of our Christmas Lunch.

Looking forward to seeing everyone soon.

Lorraine, Lynn and Marlene.

An App for Gardeners:

GardenTags *This app is a sociable community of growers who will help you identify plants, solve problems in your garden and find inspiration, as well as perhaps a few online friends. It is available on the App Store and at Google Play.*



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.

Golf originated in Scotland, with the game being played on Musselburgh Links in 1672, which is recognized as the world's oldest golf course.



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

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.



Wine Appreciation:

For the August tasting we went upside down to Australia. Both wines were made from grapes from a mix of growers, first was a Pinot Noir by the name of Elephant in the Room, second was a Pinot Noir-Gamay from The Blind Spot winery

The wines went down well but the second was liked more as it had a bit more flavour

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

Steve

England has a strong claim to be the birthplace of sparkling wine. While you might have thought it was the French, historians have shown that it was probably invented by Christopher Merret in the 1660s.



Bookmarks Again:

Still Alice by Lisa Genova

Perhaps I could start the review of this novel with a question for us all.

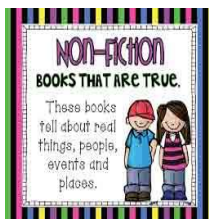
"Of What illnesses are you frightened?" The members of u3a will all know friends and relatives with various kinds of Dementia or, like Alice, Alzheimer's disease. We will do our crosswords ,sudoku, quiz and exercise with the hope it will keep our brains active and young. and not fall to the disease of old age. Alice is only 50 years old ,an exceptionally talented and respected Harvard professor of neuroscience, a wife and mother of three with a busy academic and social life when she develops early onset Alzheimer's disease which changes everything in her life. Her colleagues and students support her until she has to acknowledge she can no longer do research or lecture.. Her husband is a medical research scientist in his own specialised field, and he has to reassess his domestic life, react to Alice's behaviour yet continue his career and ambition. He desperately clings to the hope that a new drug trial will be successful for Alice. Her three children, now all adults, share the dilemma of having to decide if they would like to find out their chances of the illness by taking a genetic test .The writer draws you in to the everyday world of Alice and her problems and the isolation such confusion can bring. Even though everything changes, and she no longer recognises friends and family who are unknown and unnamed by her she remains Still Alice.

We talked through many discussion points highlighted by the author, herself a neuroscientist who wished to highlight how this illness can, with a cruel twist of fate, alter the most able minds

We will meet on the 4th of October 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 now open. 22nd September at the Priory

Wellingborough 12 -15 for 12-30. They have a real carvery as

well as a large weekday menu available - all reasonably priced. There are just a couple of places left. We have booked the function room for 2hrs.

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

Inquiries to Linda Walker.



History Group

The trip to the Black Country Museum went well. I am sorry I was unable to go. But I understand it was interesting and some enjoyed the Fish and Chips. The visit in the Drift Mine was a stark reminder of the working conditions for the miners in the

early days.

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

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

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

The first official international football (soccer) match was played in Scotland between Scotland and England in 1872.

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

SEEING DOUBLE ANSWERS

Each pair of words shares two middle letters. The first has been filled in as an example. Complete the remaining words to find the mystery keyword, reading down the middle.

1	AL _____ RE	MO	ST _____ VE
2	DI _____ AS	TH	ER _____ MA
3	CH _____ ST	ER	UB _____ EO
4	BE _____ SC	HO	LD _____ OL

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.



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		
PLEASE NOTE THE SEPTEMBER SPEAKER HAS BEEN CHANGED (SEE BELOW)		
15 th Sept	Steve Dimmer	Ronnie Barker
21 st 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.....

SUMMER-INTO-AUTUMN BULGUR PILAF

Ingredients:

75g Butter

1 small Cabbage, cut into wedges

200g Runner Beans, trimmed & sliced

2 Onions, thinly sliced

3 Garlic Cloves, thinly sliced

½ tsp Allspice & 1 Cinnamon Stick

2 tsp each Cummin & Coriander Powders

3 tsps Turkish Pepper Paste (or use 2 tbsps

Tomato Paste with 2 tsp Paprika)

300g Bulgar Wheat, soaked in boiling water for 10 mins then drained

800ml Vegetable Stock or Water

1 Lemon: ½ thinly sliced, ½ cut into wedges

80g Walnuts, roughly chopped

1-2 pinches of Chilli Flakes

Small bunch of Dill, finely chopped.

Method:

Heat ½ butter in a frying pan until foaming. Add cabbage wedges & beans, plus a large pinch salt. Cook 10 mins, turning often until colouring. In a wide pan over medium heat, cook the onions in the remaining butter, stirring until soft. Add garlic, spices & pepper paste & cook for 1 min. Stir in bulgur then add stock & boil. Add the veg & lemon slices & simmer, uncovered, over low heat for 10-15 mins, or until bulgur & cabbage are tender & stock absorbed. Meanwhile toast the walnuts in a dry frying pan until fragrant. Spoon pilaf onto a serving dish, scatter over the walnuts, chilli flakes & dill & serve with the lemon wedges.

Note: For a vegan dish, swop Olive Oil for Butter & to make it gluten-free, use Buckwheat or Quinoa instead of Bulgur Wheat. You can also tweak the ingredients and use vegetables which are in season.



EDITORIAL:

THE BEST TOMATO SANDWICH – THE INS AND OUTS

Any task, especially a simple one, is always worth having full attention given to it – particularly if the end result is worthwhile. A properly done tomato sandwich falls into this category – a world away from soggy bread and tomato seeds everywhere. Here's how to make the very best tomato sandwich.

Begin with the bread which is the scaffolding that will hold the fillings together. Forget flimsy pre-sliced white bread, it won't do at all. What you need is something substantial; anything nice and crusty. Sourdough, wholegrain or seeded breads are good for texture. If you think your bread is too soft, try toasting it lightly first. Once you have chosen your bread, cut 2 nice, thick slices.

What to spread on your bread? The juiciness of a tomato is both its best aspect and its Achilles heel, as a sliced tomato will immediately make the bread soggy than a November afternoon on a British seafront. To counteract this, you must create a barrier between bread and tomato. The best way to do this is with a reasonably thick layer of salted butter, preferably French. Specific? Yes. Worth it? Absolutely. Vegans should replace this with the best quality olive oil or plant-based spread they can muster. If you feel like something a little richer, cream cheese makes a good bread/tomato barrier and adds a cool, creamy foil to the sharpness of the tomatoes. If you like the taste of basil (I don't), a smothering of Pesto will add some Italian attitude.

Now the main event. Ideally, your tomatoes will be picked from the garden that morning. If you aren't a grow-your-own type, just look for the ripest tomatoes you can find, preferably on the vine. The variety is entirely up to you – pick your favourite, but a large, knobbly beefsteak has lots of pink flesh in the middle for ease of slicing and fewer seeds. Whichever you choose, slice them and place them in two layers across 1 slice of the buttered bread.

Seasoning? Well, the most important are salt and pepper. Or... and bear with me here ... sugar? If you've never given it a go, it's worth trying just once. Sprinkle a little sugar over your sliced tomatoes, the acidic nature of the tomatoes will soften the sugar slightly and bring out the sweetness. If salt is your preferred condiment, a rough, flaky salt with big crystals is best for added crunch. If you want to be very fancy, use a smoked salt, available from specialist food stores. This adds a depth of flavour to the sandwich. A generous grinding of black pepper is optional but always welcome.

Add herbs or not? Basil is classic, of course. Chives also add savouriness to tomatoes, as will coriander leaves. Any fresh herbs (but never dried) will bring new flavour to your tomato sandwich.

The big finish. Place the top slice of bread on the tomato layer, press down firmly and slice your sandwich in half. I like triangles better than rectangles, but it is up to you. I'll bet you never realised how specific making a tomato sandwich should be.

Now it is up to you to enjoy.

KINDFULNESS:

- Be mindfully kind and considerate as you go about your day. Think about your interactions with others, try to say thank you, to wish people a nice day, to check in on people and try to be kind, helpful, respectful, and supportive.
- Think of people in your life and mentally wish each of them in turn things like happiness, good health, ease in their life, comfort, and safety. Try to wish these things three times for each person.
- Reflect on the fact that almost everyone struggles in life but they don't always show it. You never know what others are dealing with so it's important to go easy on people.

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

