



H & R u3a:

There are no age limits for membership to the u3a, but it is for people described as 'no longer in full time work –retired or semi-retired”.

For this reason, it attracts a lot of members aged 50 and over.

However, there's no lower-age membership limit and it would be good if more “younger” people could be encouraged to join and bring fresh ideas into the mix.

Our u3a has a lively membership but it could always do with being stirred up from time to time, so if you know someone who you think might be interested, invite them along to one of our meetings. Everyone is welcome.

Chat:

It was my birthday the other day – another day older – but am I any wiser?

In 1950 there were 250 centenarians

In 2004 there were 8000 centenarians

In 2022 there were 15,120 centenarians

Not only are we living longer, but we are also living healthier lives we are keeping our mental and physical abilities for longer.

What the government provided in the way of informal adult education has diminished since the beginning of this century. When Dame Joan Bakewell resigned as the government’s ‘voice of older people’ just before the 2010 general election, she said that the job was too big for a part time, unpaid person as she had been. It needed a full time, paid official. The message was – do it properly or not at all: and so it has not been done at all.

Somehow it fitted in with the spirit of the times. Older people were going to have to do it, whatever it was, for themselves.

When I found this information I immediately thought of the Eurythmics 1985 song – sung by the one and only Annie Lennox – Sisters Are Doin’ It for Themselves!!

I firmly believe the u3a is doing it’s best to continue informal adult learning. I’m amazed at the number of members who willingly give up their time to set up and lead all our groups. Without you there would not be a Higham and Rushden u3a.

Trish Dewar
Chair

ICE

(In Case of Emergency)

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

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

If any H & R u3a members are trained First Aiders, can you please let a committee member know, so that we can compile a register.

**DON'T FORGET TO PUT YOUR CLOCKS FORWARD
ONE HOUR ON SUNDAY MARCH 31st, 2024.**

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.



Come From Away

Coach trip to the New Theatre, Oxford on Wednesday 24th April to see a matinee performance of “Come From Away”. This smash hit show is based on the true account of what happened to the 7,000 passengers who were in the air when 9/11 happened, & the small community in Newfoundland that welcomed them into their lives. This show has won 4 Olivier awards for the best London musical & has excellent reviews.

Please note that due to some last minute cancellations, I now have two seats available for this show at the New Theatre, Oxford on Wednesday 24th April. If you would like to come, please let me know by Monday 18th March, (phone or text 07736 445 658), as I have to pay for the tickets then. The cost is **£52.50** per person to include the coach.

I anticipate getting to Oxford around 10:30 so there will be plenty of time to wander around Oxford or just have lunch & a coffee before getting to the theatre at 2:15.

I am also happy to take bookings if you don't want to see the show, but just want to spend the day in Oxford.

Contact me for the coach only price.

Email peterandjeanmole@btinternet.com or contact Jean Mole on 07736445658.

Buckingham Palace

Coach trip to Buckingham Palace on Thursday 19th September. I already have a lot of interest in this trip & am already taking names as reserves. However, from past experience I know that several members who have already put their names down for this trip will, for various reasons, cancel prior to the event.

Tickets, to include the coach & entry to the Palace, will be £55.

Please email peterandjeanmole@btinternet.com or contact Jean Mole on 07736445658 to reserve your place.

Dates for your Diary:

Following on from last year's success, I have again booked a **Turkey & Tinsel weekend** at the Suncliff Hotel, Bournemouth from the **Friday 6th to Monday 9th December**.

I have also reserved 50 seats to see the Pantomime, "**Jack & the Beanstalk**" on **Saturday 7th December**. I will be giving out more details and taking names next month, but just letting you have the dates for your diary.

Jean Mole



Home Dining

I am normally fully booked for up to two months ahead, but due to one of my guests having had an accident, I now have 3 spaces for my Home Dining Supper on Monday 25th March. Three courses plus a glass of wine (or soft drink) and a cup of tea or coffee for £12.50. The menu is Prawn Cocktail or Breaded Brie; Orange Chicken or Lasagne; Tiramisu or Creme Caramel.

If you would like to join us for a nice meal and a convivial evening, please contact me as soon as possible with your menu choices. First to reply will get preference. Email: peterandjeanmole@btinternet.com or text/phone 07736 445 658.

Jean Mole



Rock & Blues Group:

Our next meeting is at 14.00 hours on Thursday March 28th at the leader's house & the topic is the letter K.

Jim Morrison



MMFC (Monday Morning Football Chat).

MMFC will now meet at Waitrose Cafe for the foreseeable future. Same time 10am until 11. New members welcome.

Mike Gibbons



Canasta

We play on the first & third Thursday morning of each month from 10am until 12am. Please contact me if you are interested in joining our small (*but select!*) group. 07736 445 658.
Jean Mole



Handicrafts:

The next meeting of the Handicraft Group is on Thursday, 28th March 2024 at 2 pm at the Bowls Club, Rushden, Kathy, and Jenny look forward to welcoming you.



We will be making a teddy bear out of scraps of fabric. All materials will be provided and there is an easier bear to make to cater for all abilities.

New members will be most welcome.

Kathy & Jenny.



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 6th April.

Whilst the main topics covered are the basics of Windows 10/11. We welcome more experienced users with any queries or issues they may have.

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



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



Country Dancing:

Some encouraging news. We have two new members both called Susan! It is hoped they will continue their support. The group has settled in at the Hensman Hall in Higham Ferrers which has a good floor for dancing, and the heating and facilities are fine. Like most places, the rent went up in January, but the members were quite happy to pay a little bit more.

The standard of dancing is much improved and with more numbers a greater variety of dances can be enjoyed. We do miss many of our pre covid members: some were very experienced and helped the less experienced along. Maybe a few will return and boost the numbers even further. We all need some form of exercise and dancing of any sort does help us to keep fit.

It is just planned to have occasional live music and a guest caller. It is hoped to have another social lunch at Waitrose during April.

George Hearnden 01933 622827



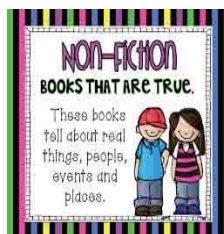
Sunday Lunch Group:

We have combined the Walk in Country Park group membership list with the Sunday lunch group.

Our first Lunch is on the 24th of March at 12 30 meeting at the Priory Wellingborough. One of our favourite venues with an extensive menu including a Carvery.

New & existing members welcome.

Please book with Linda Walker spidar.girl@btinternet.com 07384 601603.



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:.

Linda Walker



Wine Appreciation:

This month we visited Hungary [Kekfrankos grape] and Georgia [Saperavi grape] both countries working to improve their world markets away from Russia. Both groups liked the wine from Georgia best. If you would like to join us please phone me.

Cheers Steve 01933 356784



Golf: We shall review the actual required group membership next March 2024 to determine the number of players interested & whether the group should continue.

Want to know more or advise us of your interest: Please get in touch via the website Contact page, or contact Group Leaders - Hensley on 01933 805547, Alan Nixson 07850 789447.

Alan Nixson



Garden Group:

Garden group is in full swing and with spring around the corner we have a full program for the year ahead:

11th April: Coach trip to John Massey Gardens and Ashwood Nurseries cost is £33:00 and needs to be paid by 30th March.

There are limited seats available.

9th May: Visit to Elaine and William Portch Garden in Barton Seagrave (you may remember them from our talk in February). Bookings being taken.

Further events next month.

Lorraine, Marlene and Lyn



Bookmarks Again:

Munich by Robert Harris. Fear of another world war with the potential for devastating loss of life gripped the nation in 1938 while the Government tried desperately to deal with and negotiate with Hitler. Many of us have heard of Chamberlains' Meeting in Munich, hoping to prevent a German war with the then Czechoslovakia. This spy novel centres round 2 young men who had been friends at Oxford some 10 years previously. Legat was a private secretary in the Cabinet office, his friend von Hartmann was working for Hitler's High Command as a translator. They are recruited to warn Chamberlain of Hitler's true intentions as European leaders meet in Munich and they face personal danger in their activities which adds tension. The historical background has been meticulously researched and presented and provides a sympathetic, moving view of Chamberlain's attempts to avert war and give Great Britain time to prepare. A brilliantly constructed and gripping spy novel by a master story teller and I felt it was impossible not to compare Hitler's expansionist policies to those of Putin in Ukraine today. Members felt compelled to keep reading once they started the book and researched some of the politicians of the time for themselves. Several, having re-read the novel, visited Sharnbrook Theatre for the comedy romp of a play "t *The Hound of the Baskervilles* performed by 3 talented, versatile young actors. In April we will be discussing *Sally Red Shoes* by Ruth Hogan. We will meet at 10.30 a.m. on the 1st of April at Waitrose Community room.

Any new members will be welcome.

Ann Kemp



History Group

The March meeting was well attended with 81 people. The talk on the Ghost Detective was very interesting, different and enjoyed by all.

The next meeting is on Thursday 4th April at the Masonic Hall, Wellingborough Road Rushden at 2pm. The talk is given by Stuart Orme, the curator of the Cromwell museum in Huntingdon. The subject is 150million years of history of Peterborough in 50 minutes. Stuart is a very good and this should be another interesting talk. I look forward to seeing you there.

The trips.

Thursday 2nd May Stratford on Avon and guided tour of the theatre. This trip is full.

Cost £34.50 Some still need to pay the outstanding balance of £24.50. Payment must be completed by 20th March as I have to pay least 30 days in advance'

If you have paid by BACS you need to email me at brianitatu@gmail.com or by text to 07812514456. If you wish to pay by cheque or cash you can deliver it to me at 8 Broadlands Raunds NN9 6QL.

The pick up times are as follows: Higham Ferrers Market Place 8am and Rushden Skinners Hill 8:10.

Thursday June 6th Sandringham House and Hunstanton

The house, with Jacobean style exterior, was built by Edward VII and houses a collection of treasures ranging from the Victorian era to present day. This is a fascinating estate giving an insight into the heritage of the Royal Family.

After visiting Sandringham we will visit Hunstanton for you to have some free time and a stroll and perhaps some fish and chips This trip is now full, but names can be added to the reserve list.

Coach £26 Entry to house and gardens £24

The outstanding balance of £40 must be paid by 15th April as tickets have to be purchased 30 days in advance.

Thursday 4th July King Richard III Visitor Centre and Tomb in Leicester Cathedral

The visit to the Manor House has been cancelled as the person responsible for the Manor House said we were given the wrong information last year in November by the person who took the booking, and our group is too large for them. It is their mistake not ours and have apologised. So I have arranged for a visit in the morning (we arrive in Leicester at 10:30 approx) to The Newmarket Museum in Leicester. This is a small Museum with a small street of shops and various rooms including an old mock-up of a cinema with some seats. Alternatively you can go straight to the Cathedral in the morning look round the Cathedral and King Richards Tomb, visit the Cathedral coffee shop have a leisurely coffee and also visit the Guildhall which is the oldest building in Leicester. The cathedral is opposite the King Richard Visitor Centre. We will go into the Visitor centre at 12:30. The visit shows the Richard III grave site and award winning exhibition about his life. Visit the tomb in Leicester Cathedral.

Coach £22 KRIII Visitor Centre £12 Cathedral entry is free Museum Entry is free.

The outstanding balance of £24 must be paid by May 16th as again I must purchase tickets 30 days in advance.

Thursday 5th September Black Country Living Museum

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

Head underground, glimpse the life of a 1850s miner, test your times table in a 1912 school lesson, watch a vintage film in 1920s cinema, enjoy 1930s traditional fish and chips, try 1950s confectionary, have a drink in one of the 2 pubs, take a ride on the heritage vehicles and see live industrial demonstrations.

Coach £26 Entry £18.25

The outstanding balance of £34-25 must be paid by July 15th as again I have to purchase tickets 30 days in advance.

I will be at the general meetings to accept payments. Alternatively you can pay by BACS - Sort Code - 54-41-05, Account No: 32986742 Higham and Rushden u3a. If you pay by BACS please let me know the amount paid and don't forget to put the trip reference on the payment.

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

Contact me Brian Turner on 07812514456 or brianitatu@gmail.com if you have any queries. There is still room on the Leicester Trip and The Black Country Museum.

Brian Turner

WHAT HAPPENS IN MARCH IN NATURE?

Early emerging moths and butterflies

Throughout March, keep your eyes peeled for your first Brimstones, Small Tortoiseshells, Peacocks and Commas of the year. They'll be look looking to feed up on nectar rich blooms in your garden or local green space.



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	Leaders 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*
Canasta	Leader's Home	1 st & 3 rd Thursday 10.00-12.00
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
Play Reading	To be advised	1st Tuesday 13.15-14.15
Continued		

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
Walking	Various	Various
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	Now open again – check calendar for information.

**What's the difference between a literalist and
A kleptomaniac?
A literalist takes things literally.
A kleptomaniac takes things, literally.**

YOU MIGHT LIKE SOME OF THESE INTERESTING ANAGRAMS:

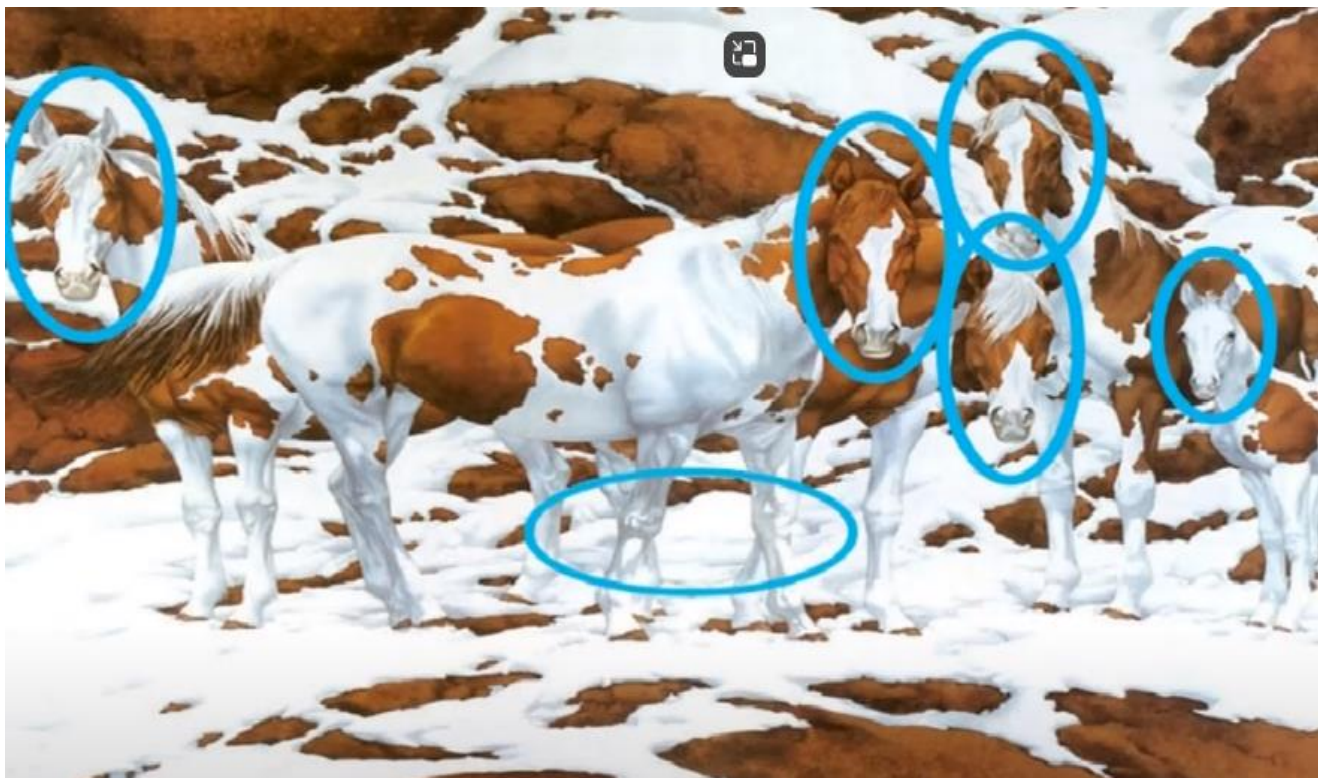
(I like the last one in particular)

DORMITORY
PRESBYTERIAN
ASTRONOMER
DESPERATION
THE EYES
THE MORSE CODE
SLOT MACHINES
ANIMOSITY
ELECTION RESULTS
MOTHER-IN-LAW
SNOOZE ALARMS
A DECIMAL POINT
THE EARTH QUAKES
ELEVEN PLUS TWO

DIRTY ROOM
BEST IN PRAYER
MOON STARER
A ROPE ENDS IT
THEY SEE
HERE COME DOTS
CASH LOST IN ME
IS NO AMITY
LIES – LET'S RECOUNT
WOMAN HITLER
ALAS, NO MORE Z'S
I'M A DOT IN PLACE
THAT QUEER SHAKE
TWELVE PLUS ONE

HOW MANY HORSES CAN YOU SEE IN THIS PICTURE?

There are 6



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

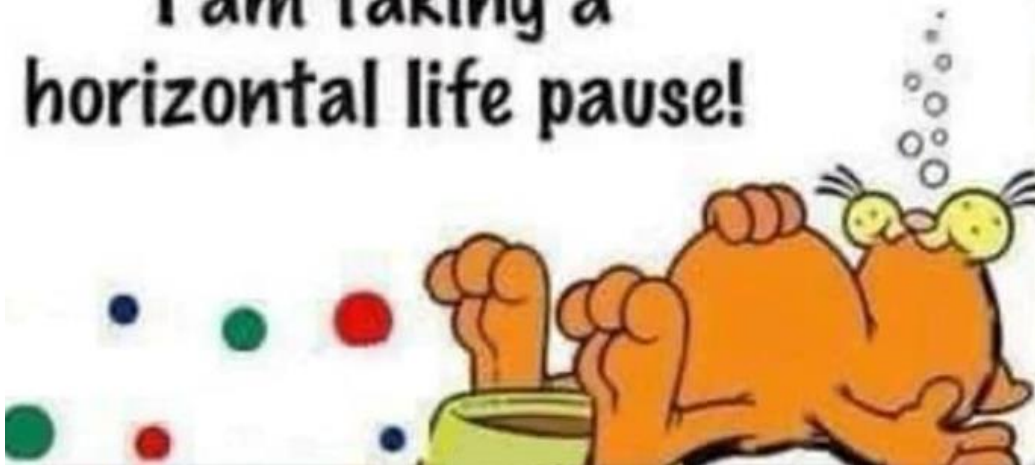
Visit the Shire Community Services website to find out more about the service and to download a form: www.shirecommunityservices.org.uk

ANIMAL ADJECTIVE QUIZ ANSWERS.

ANIMAL	ADJECTIVE	ANIMAL	ADJECTIVE
hawk	accipitrine	falcon	accipitrine
goose	anserine	peacock	pavonine
eagle	aquiline	woodpecker	picine
bird	avine	fish	piscine
cow	bovine	pig	porcine
buffalo	bubaline	bat	pteropine
camel	cameline	frog	ranine
crab	cancrine	centipede	scolopendrine
dog	canine	bull	taurine
goat	caprine	tiger	tigrine
deer	cervine	bear	ursine
crow, rook, raven	corvine	wasp	vespine
crocodile	crocodiline	viper	viperine
elephant	elephantine	fox	vulpine
horse	equine	vulture	vulturine
falcon	falconine	snake	anguine
cat	feline	spider	arachnoid
goat	hircine	toad	batrachian
swallow	hirundine	bison	bovine
lizard	lacertine	whale	cetacean
lion	leonine	swan	cygnine
hare	leporine	dolphin	delphine
earthworm	lumbricine	fly	dipterous
wolf	lupine	alligator	eusuchian
mouse	murine	ant	formic
ape	simian	chicken	galline
sheep	ovine	snail	gasropodian
leopard, panther	pardine	worm	vermian
sparrow	passerine	rat	murine
seal	otarine	badger	musteline
butterfly	peiridine	tortoise	testudine
jellyfish	scyphozoan	bee	aparian
monkey	simian	fish	piscine

ANIMAL	ADJECTIVE	ANIMAL	ADJECTIVE
flea	pulicine	reindeer	rangiferine
fox	vulpine	dove	columbine
Gerbil, hamster	cricetine	vulture	vulturine
mole	talpine	turkey	meleagrine
moth	arctian	stork	ciconine
otter	lutrine	songbird	oscine
polecat	musteline	pigeon	pullastrine
python	pythonine	partridge	perdicine
rattlesnake	crotaline	parrot	psittacine
rhinoceros	ceratohine	mallard	anatine
slug	limacine	magpie	garulline
squirrel	sciurine	kite	milvine
vole	microtine	kestrel	falconine
orangutan	pongine	jay	garulline
blackbird	icterine	finch	fringilline

**Naps are for old
people. Therefore,
I am taking a
horizontal life pause!**



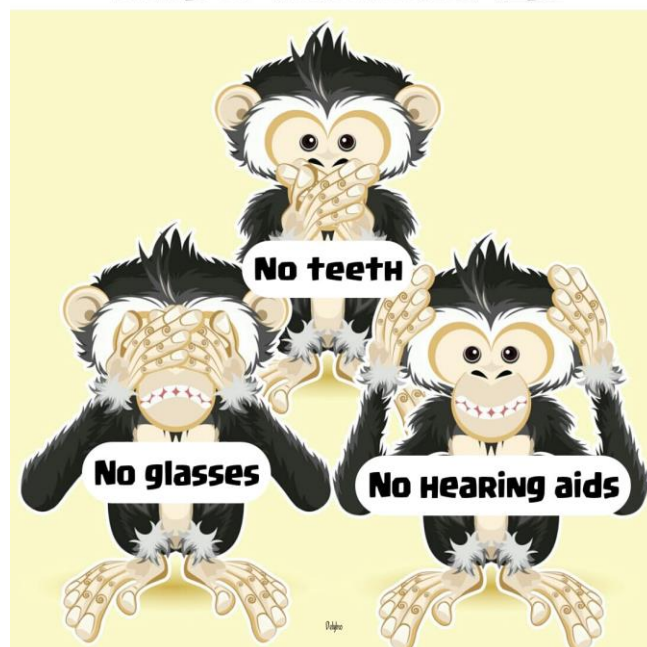
u3a MONTHLY MEETINGS

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

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

2024		
NO MARCH MEETING		
15 th Apr	Tricia Thompson	Getting to Know you (Rogers & Hammerstein)
20 th May	Tom Way	Wildlife Photography
17 th Jun	Mike Storr	Masters of Mirth
15 th Jul	Roger Prescott	Juke Box July 1960s
19 th Aug	Julie Kinnear	Wonderful Wicked Wallis
15 th Sept	Vince Eager	Life after Eurovision
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.....

The three senior wise monkeys

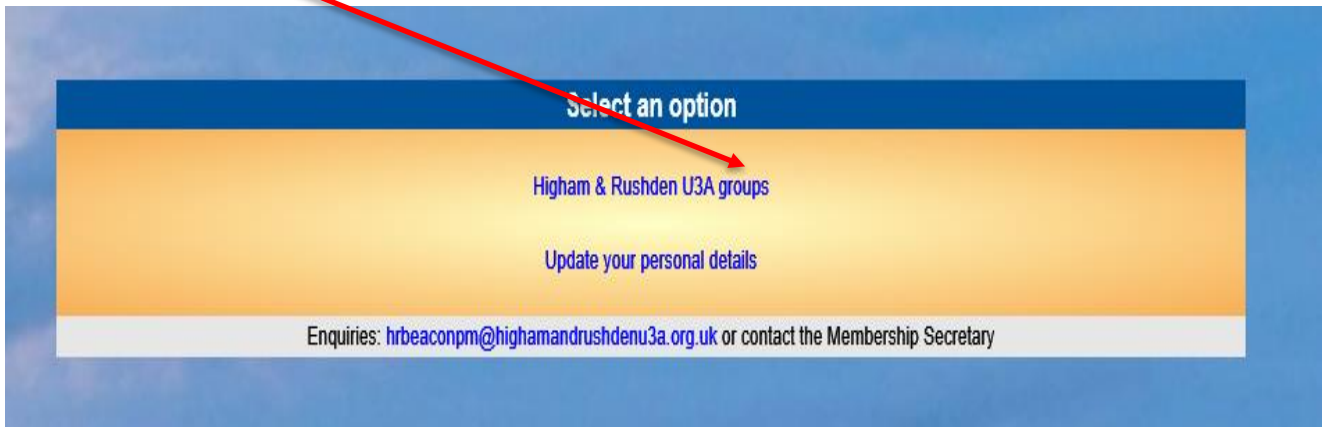


GROUP LEADER CONTACT DETAILS –

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.





EDITORIAL:

Daffodils: In March the welcome sight of daffodils swaying in the breeze does much to raise spirits dampened by the long, dark days and nights of winter. Together with the lengthening days, we can begin to look forward to Spring and warmer weather, although there is still the threat of March Winds and April showers to come. Still, cheerfully yellow daffodils are life empowering.

According to Kew Gardens, there are some 26,000 varieties of cultivated daffodil. They are perennials, which means each bulb can produce fresh roots and stems year after year – for generations in some cases.

The white daffodil, *Narcissus Pseudonarcissus*, is also known as the Lent Lily.

In the 1930s a 'Daffodil Special' train service run by Great Western Railway took Londoners to the Gloucestershire/Herefordshire borders to see wild daffodils.

Galantamine, a substance extracted from daffodil bulbs, is used to treat the symptoms of Alzheimer's Disease, which is another reason to celebrate the humble daffodil.



There are plenty of lessons we can learn from nature, but one of the most pertinent right now is that nature never rushes. In spring we often want to charge headlong into new projects and activities but maybe we will notice more if we slow down a little.

There's a valuable lesson for most of us as we hurry from one task to another, rarely taking time to pause or reflect. We're increasingly impatient, seeking instant gratification. We've lost the ability to be bored. To idle away an afternoon feels wasteful and indulgent.

Yet this downtime is part of our cycle just as it is in the natural world. We too need time to germinate, grow and produce, followed by periods of rest and rejuvenation. Often the expectation is that we spend most or all of our time in the productive stage, but if we don't take time to let our minds wander, we soon end up burnt out or stuck in a creative rut.

Neuroscientists now understand what goes on in our brains when we do nothing and have found that this is when creative and intuitive thinking happens. Rather than filling your time with more to do and rushing to finish so you can move on to the next thing, allow yourself some time to do nothing and let your mind wander. Often you'll find that your best ideas or solutions spring into your conscious mind when daydreaming.

Lie down quietly see what thoughts arise. Try to be patient and let events in your life take their natural course as they do in nature. Plant some seeds and observe how with daily watering and sunlight they slowly grow into seedlings and plants producing fruit, vegetables or flowers. Slow down and observe, listen, reflect, and ponder. In the words of Ralph Waldo Emerson, '*Adopt the pace of nature: her secret is patience.*'

As you are probably aware Cornflakes are a popular breakfast cereal originally manufactured by Kellogg's through the treatment of corn (maize).

On 7 March 1897, they were served for the first time ever at the Kellogg health centre.

Kellogg's Cornflakes were accidentally discovered in 1894, by Will Kellogg who was trying to improve the diet of hospital patients. He was searching for a digestible bread substitute using the process of boiling wheat. Kellogg accidentally left a pot of boiled maize to stand, and the wheat tempered (softened). When Kellogg rolled the tempered or softened maize and let it dry, each grain emerged as a large thin flake. The flakes turned out to be a tasty cereal. Kellogg had invented corn flakes.

Kellogg's was founded as the Battle Creek Toasted Corn Flake Company on 19 February 1906, by Will Keith Kellogg. The company produced and marketed the hugely successful Kellogg's Toasted Corn Flakes and was renamed the Kellogg Company in 1922.

Today Kellogg's Corn Flakes are sold in 160 countries and about 128 billion bowls of them are eaten worldwide every year.

