

November



In Scotland Remembrance Poppies differ from the rest of the UK. Since 1926 they have been made with four petals and no leaf.



Whereas in the rest of the UK the Remembrance Poppy has only two petals and a leaf



Chair's Chat:

November is definitely not my favourite month the darker mornings and evenings are a challenge. I did hear someone say that they try to get out for a walk shortly after sunrise and most days the sky is beautiful – but – the challenge is to do so when it's not raining – which seems to be more often than not. That's when I think of something Billy Connelly said (I'm sure other people have said it too) there's no such thing as bad weather just the wrong clothing 😊

Christmas - sending cards was something I did every year without really thinking about it. Made my list, tried to personalise each card, stuck on a stamp and off they went. Then a friend in Scotland, whom I've known since we were 2 years old, and I had a discussion about the cost of sending these cards. We decided that from now on we would not send cards. Instead we have selected our charity and will make a donation to the value of sending the cards by post. I feel sad about this but at the moment charities need as much support as possible.

I'm beginning to think I'm a real Grinch! I went to Waitrose last week and they had Christmas Trees for sale – when did they move Christmas to November?!?

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 u3a activity?

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

IMPORTANT NOTICE

We want to advise you that we would like to make a few small changes to our constitution at the AGM in December and we cannot do so unless we have a quorum (20% of our membership) at the December meeting. We would therefore appreciate it if you could endeavour to attend this important meeting. The committee is relying on you for your support.

Special Events –

Turkey & Tinsel

Suncliff Hotel, Bournemouth from Friday 1st to Monday 4th December.

The price of £245 includes the coach there and back, dinner, bed & breakfast for 3 nights, entertainment on every night, together with lots of extras including Sherry Reception, Bucks Fizz reception, Christmas Presents for everyone, wine on the table each night, etc. Just a £10 (nonrefundable) deposit to secure your place with the full payment due by the end of September.

See me at the monthly meeting or contact peterandjeanmole@btinternet.com.

Some Guys have all the Luck (The Rod Stewart Story)



I have 3 tickets in the stalls for the matinee performance of the above show on Wednesday 22nd November at the Royal & Derngate Theatre, Northampton. This is a self-drive event, but if anyone requires a lift, I would be happy to organize it. The cost per ticket is

£27.50. I can take cash or cheques (made out to Higham & Rushden u3a) at the monthly meeting, or you can pay by BACS to Higham & Rushden's Bank Account No 32986742. Sort Code 54 41 05 and put "Rod Stewart" as the payment reference.

Please do not pay on account no. 32986734 which is for membership payments only.

There is an iconic Elvis exhibition in London at the Arches, London Bridge, which features artefacts from Graceland, charting the King's humble beginnings to his meteoric rise to fame.

I intend to organize a coach for the exhibition on Thursday 22 February, but at this time I am looking to find out who would be interested in going. Group tickets are around £26.50 plus the cost of the coach, which will depend upon how many want to go, but I would estimate the total cost to be in the region of £50.

Please let me know if you would like to be included on my pre booking list.

Contact Jean Mole on 07736 445 658

Buckingham Palace

I have booked 50 tickets for entry to Buckingham Palace on Thursday 19th September 2024 ~ I hope you all have your 2024 diaries to make a note of the date. The cost of Group entry and the coach into London will be around £55, once again depending upon numbers.

At this stage I am just asking for names of those members who think they would like to go and will be taking deposits of £10 per person early next year.

Please come and see me at the monthly meeting or e-mail me on peterandjeanmole@btinternet.com to register your interest.

Come From Away

I have booked seats at the New Theatre, Oxford, to see the matinee performance of Come From Away on Wednesday 24th April.

Tickets, including the coach, will be in the region of £50.

This show is likely to be very popular, and I currently have reserved just 37 seats, so please let me know as soon as possible if you are interested.

Deposit of £10 required to reserve your place, with the balance due at the beginning of February.

My contact details are mobile: - 07736 445 658

or e-mail: - peterandjeanmole@btinternet.com.

Jean Mole



Home Dining

Cost £12.50 to include a 3-course dinner, a glass of wine and a cup of tea or coffee.

Contact me on 01933 626 608 to book a meal with good company and good food.

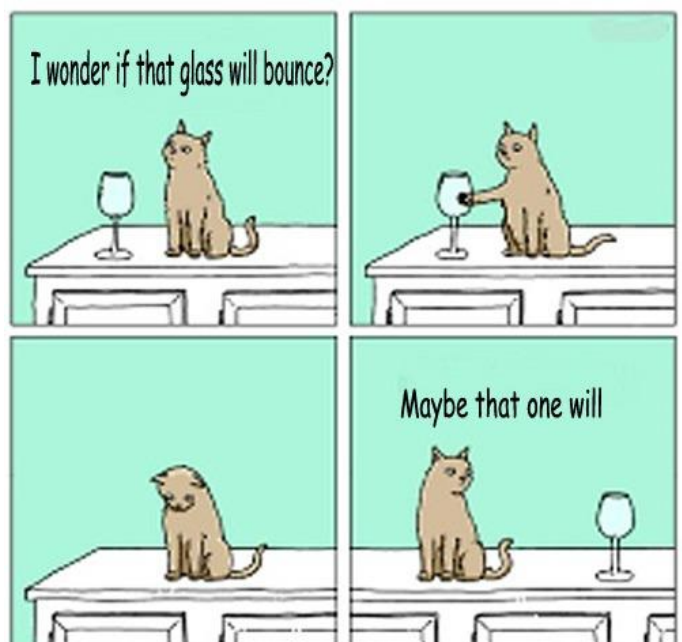
Jean Mole



Wine Appreciation:

Group is now active again – please check the calendar for more information.

Steve Evans





Rock & Blues Group:

Our next meeting is on Thursday November 30th at 14:00 hours at the leader's house and the topic is the letter "I for India"

This is a friendly and relaxed group for those whose musical tastes are firmly rooted in the decades between the 60s and the 80s and who get together to listen to tracks they have chosen for a different topic each month.

Jim Morrison



History Group:

The next meeting for the History Group is on Thursday 7th December at 2pm at the Masonic Hall. The presentation will be given by Stanwick Bells. It will be a really interesting meeting with Handbell Music and some history input on handbell ringing. I look forward to seeing you there. There will be tea, coffee as usual after the meeting with the addition of Mince Pies.

Brian Turner



Knit and Natter

Both knit and natter groups are going well. We meet every Monday morning knitting a variety of things. Some people knit squares to be turned into lap blankets which we give to various local care homes. Some people knit their own projects. We have a couple of members who crochet too. If interested in either group, please contact me to go on the waiting list.

Kathy Arnold.



Garden Group:

After a year of speakers/outings we finish the year with our annual Christmas lunch and have decided to do something a little bit different. The venue remains the same (Rushden Hall on 14th December) and we are having a hot and cold buffet, quiz, and raffle.

The cost is £13:50 including a glass of fizz or juice. The time has changed and is from 12:30 to 14:30. All bookings and payments must be made before the end of November.

Thanks. please let one of the leaders know so we can allow other members to join.

Lorraine Brown



Handicrafts:

The next meeting of the Handicrafts Group is Thursday, 23rd November, 2 pm at Rushden Bowls Club.

We will be making a Book Angel. You will need a paperback book of around 200 pages, a paper creaser, a glue gun if you have one, scissors, craft knife and a board to work on. Don't worry if you don't have any of these items as they will be provided.



Last month we enjoyed trying our hand at cold porcelain sculpting and were pleased with our creations.

Jenny Robertson



Computer Group:

DO YOU HAVE A COMPUTER THAT YOU RARELY USE BECAUSE YOU ARE UNSURE? WOULD YOU LIKE TO HAVE SOME HELP WITH THE ABSOLUTE BASICS?

In November and December the Computer Group will be going back to the basics of Windows and pacing the meetings to suit the most hesitant, so please join us if you can on the first and third Wednesday each month at 10:00 in the Roman Catholic Church Hall, at the junction of Higham Road and Hayway.

More experienced users also welcome as we can all learn or re-learn something, and more advanced topics will be covered in the second half of the session.

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, and a companionship group, and 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, and Ken, via the website, or see us at the main u3a meeting.

Janet Embling & Ken Chambers, Group Leaders



Country Dance:

The Country Dance group will be holding a party on the 11th December from 2-4 with live music provided by Kevin Prigmore of the very popular Kelly's Eye band. Please bring a plate of food to share. Mince pies and light refreshments provided. All u3a members are invited. No complicated dances. More like a Barn Dance. Venue Hensman Hall Chichile St Higham Ferrers. On the 18th December the group will be holding their traditional Christmas lunch at the Needle and Awl I Rushden
George Hearnden



Ten Pin Bowling:

On alternate Fridays at 11.00 hrs, a polite (though not necessarily when playing!) assemblage do their best to beat members of their own group and fellow teams. (See calendar on HR website for latest info. Latest scores for the group can be found on the group page.)

Whether you can knock down 10 pins or miss completely (and many do) then you are a bowler. . . though it is under-arm.

It costs just £6.55 for 2 games so what have you to lose? We're down at Hollywood Bowl in Wellingborough, adjacent to Tesco. You never know, you might 'strike' lucky! Please note that this group has a rotating leadership.

Group Leaders: Alan Collison, Martin Cromwell & Alan Nixson



Golf:

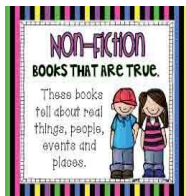
We have now completed and closed the official golfing season calendar within our u3a golf group.

The last booked event unfortunately at Rushden Golf Club had to be cancelled due to the bad weather storms.

We shall review the actual required group membership next March 2024 to determine the number of players interested and 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



Non-Fiction Book Group

We have changed the date to the 4th Monday in the month 10-12pm.

Our book choices are varied. Recently we have read biographies, travel, and history, both newly published and from past years. We meet at the leaders' home in Rushden to discuss our choice of book and

choose another.

Future books are on the Beacon website. More information from Linda & Chris Walker: spidar.girl@btinternet.com.



Bookmarks Again

MIDDLEMARCH by George Eliot

The reading group decided to present themselves the challenge of reading a significant book from English Literature and Middlemarch, almost 1000 pages long, was chosen. How proud we all were of not only completing the task but being able to explain why we thought it is considered to be such a wonderful piece of English Literature, beautifully written with characters from all classes of society in a small English town in the mid - nineteenth century. An election, a new railway, the cost of education and income as well as problems with the possibility of disease at the hospital make it feel relevant to the present day. The characters in the novel have their thoughts, emotions, and anxiety, then subsequent actions explained with often philosophical insights. Dorothea, Rosemond, Celia, Tertius, Fred, Mary and Will become real and the reader cares about their futures. Dorothea tries to use her influence and money to help others. Dr Tertius Lydgate wishes to develop the hospital. Unfortunate marriages, wills, and rumour present barriers. Past illegal underhand dealings come to haunt the town banker, Mr. Bulstarade. The novel demands that all the sentences are read carefully as if reading a Hilary Mantel novel. For those with determination this is rewarding to read on so many levels.

I have just seen in the newspaper that a book group in Dublin have spent 28yrs meeting once a month to read 2 pages at a time of James Joyces "Finnegans Wake! Next month we plan to read "Wildfire" by Anne Cleeves and will meet on the 4th of December in the Waitrose Community Room.

Ann Kemp



A Little Aloud:

We meet on the 2nd & 4th Wednesdays of the month at the leaders' home, between 10.00-12.00 New members welcome.

A Little aloud explained: We have a theme every month and members can bring an item of prose to read. There is a break for refreshments half way into the meeting. Please contact leaders for more information:

Linda and Chris Walker. spidar.girl@btinternet.com



Walking in Country Parks/Lunch

It was a rather wet morning for our November walk at Stanwick Lakes, but the group weren't put off by the weather and we set off following the heritage trail.

This started at the newly restored bronze age barrow, then progressed to the iron age round houses, roman villa and finally ending at the site of the medieval village of West Cotton. Overall covering over 3,000 years of history and settlement in the Nene valley. After returning to the visitor centre we headed off for lunch at The Priory, Wellingborough.

We don't normally meet in December and as this is the last meeting Linda and Chris will be organising there will be no more walks/lunches unless someone else would like to take over.

Chris Ebdon

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.

2023		
20 th Nov	Malcolm Darroch	When the Chute Went Up (Lady Parachutist 1903)
11 th Dec	Our u3a - AGM & Guitar Group	

2024		
15 th Jan	Vince Eager	What time's the Midnight Buffet?
19 th Feb	Bernard Lockett	The Heritage of Gilbert & Sullivan
18 th Mar	Paul Robbins	A Step Back in Time (News. Events & Music of 60s)
15 th Apr	Susan Flipping	A Death in Time
20 th May	Tom Way	Wildlife Photography
17 th Jun	Mike Storr	Masters of Mirth
17 th Jul	Roger Prescott	Juke Box Jury 1960s
19 th Aug	Julie Kinnear	Wonderful Wicked Wallis

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 and 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><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 and full instructions are available on our u3a website.

Clicking on the Higham & Rushden u3a groups link opens a page listing all our current groups and gives telephone numbers for each leader.



Ah, the modern days! I just saw a senior help a youngster who was staring at his phone to cross the road.

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 on Zoom 10.00 & 11.00
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/Technology	St Peters RC Church Hall Rushden	10-12am 1 st & 3 rd Wednesday every month
Country Dancing	Hensman Hall Chichile St. NN10 8HT	Alternate Mondays 2 00-3.30pm
Country Park Walks	Group ending November	
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	Rushden Golf Club	Weekly Mondays 10am
Continued		

GROUP DETAILS	VENUE/DAY	TIME
Check the group calendar on the website for further details		
Non-Fiction Books	Leader's Home	4th Monday 10.00-12.00
Play Reading	To be advised	1st Tuesday 13.15-14.15
Rock & Blues Appreciation	Leader's Home	Last Thursday of the month 2-4pm
Scrabble	Waitrose Community Room	2-4pm
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Various	Resuming in January
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.

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 and the group leader should contact you.

FIND THE CAT





EDITORIAL

Lots of people find November a bit of a difficult month, with long nights, and cold weather to get through, too far from summer and too long until Christmas. But if you look carefully, there are lots of small celebrations to be had and important

moments to mark.

Making the most of seasonal moments is just one way to embrace the colder, darker days, giving you reasons to look forward to the month rather than to fear it. Browse the “could do” list of ways to enjoy the rest of November below. You could do them all, pick just a few, swap them or customise them as you wish. No pressure, that’s the whole point of a could-do list. Here’s to learning to love November!.

- 20th: Mark World Television Day by cosying up with a box set
- 21st: Celebrate ‘World Hello Day’ by greeting 10 strangers
- 22nd: Collect colourful leaves on a woodland walk
- 23rd: Invite friends over for a board games evening
- 24th: Buy an advent calendar ready for next week
- 26th: Make your Christmas pud or cake on Stir-up Sunday
- 27th: Try to spot the full moon today. It’s called the Beaver or Frost Moon
- 28th: Hug a tree to mark the second day of National Tree Week
- 29th: Embrace the dark with a night ramble
- 30th: Cook a Scottish dish such as kedgeriee or haggis for St Andrew’s Day

Another thing which could be added to the “could do” list is to make a **Hot Toddy Cocktail** and here is a delicious recipe to help you along: Boozy or not, this hot cocktail looks almost too pretty to drink and is a warming, wintry way to welcome guests or just to enjoy a quiet, dark November night at home.

Ingredients

Serves 4

- 2 satsumas, peeled & segmented
- 5cm of fresh ginger root
- 8 star anise & 1 tsp black peppercorns
- ½ tsp cloves & ½ tsp juniper berries
- 4 x 10cm cinnamon sticks
- 1ltr unsweetened orange juice & 2 tbsp honey
- 2 shots of whisky or drambuie

For the topping:

- 2 tbsp unrefined golden sugar & ½ tsp ground cinnamon

To make

- 1 Place all the ingredients (except for the topping ingredients) into a large pan over a medium heat. Bring to a boil, then reduce the heat & simmer gently, while stirring, for 10 mins.
 - 2 Meanwhile, mix the topping ingredients in a dish. Slightly dampen the top of each glass with a little water, then dip into the sugar mix.
 - 3 Strain the hot spiced orange juice through a sieve into each glass, then add two star anise, a cinnamon stick & a few satsuma segments to each glass to garnish.
 - 4 Add half a shot of whisky to each & serve while still warm.
- If you prefer a non-alcoholic mocktail just omit the whisky and/or drambuie.

HERE ARE SOME OF THE LEGENDARY CHASER & ALL ROUND BRAINBOX PAUL SINHA'S PUB QUIZ QUESTIONS – CAN YOU ANSWER THEM ALL?

Vincent Van Gogh is known to have sold only one named painting during his lifetime – but what was it called?

- THE RED VINEYARD
- SUNSET AT MONTMAJOUR
- THE SEATED ZOUAVE

Which British city was once called Duroliponte?

- COLCHESTER
- CARLISLE
- CAMBRIDGE

Sesquipedalophobia refers to a fear of... what?

- SWAMPS
- THE NUMBER SEVEN
- LONG WORDS

CBD is a chemical found in the Cannabis sativa plant that is now found in oils, drinks and sweets – but what does CBD stand for?

- CANNABIS BONDED DISTILLATE
- CANNABIDIOL
- CARL BREWER-DIXON

Which celebrity has the word "Bacon" tattooed on the bottom of their foot?

- CARA DELEVIGNE
- ED SHEERAN
- MILEY CYRUS

What was the name of the last remaining Pinta Island tortoise who died in 2012 age 102?

- SAD KEN
- HUNGRY HUGO
- LONESOME GEORGE

Artist David Shrigley designed the, somewhat unique, mascot for Partick Thistle Football club – but what is he called?

- KINGSLEY
- THISTLE
- SHRIGGLES

Pioneering 16th-Century Danish astronomer Tycho Brahe had what unusual body part?

- SIX FINGERS ON EACH HAND
- A FOOT MADE OF IVORY
- A METAL NOSE

What does the "RR" in JRR Tolkien's name stand for?

- RICHARD RELVIN
- RONALD REUEL
- NOTHING - HE MADE IT UP

On a British Ordnance Survey map, what does a pink triangle represent?

- LOCAL NIGHT SPOT
- YOUTH HOSTEL
- DORMANT VOLCANO

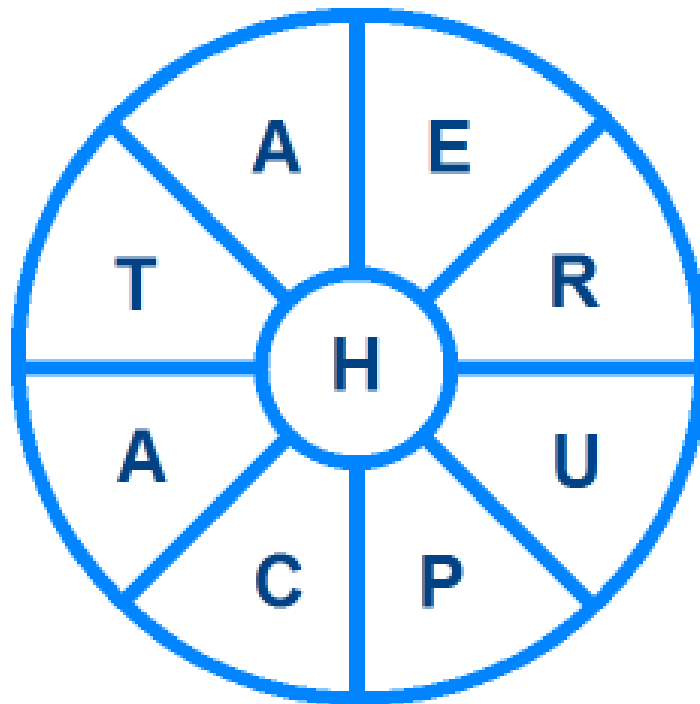
**INTERESTING COLLECTIVE NOUNS FOR ANIMALS, SOME OF WHICH YOU
MAY OR MAY NOT HAVE KNOWN:**

- | | |
|--------------------------|-------------------------------|
| A flock/flight of birds | A leap of leopards |
| A gaggle/skein of geese | A skulk of foxes |
| A murder of crows | A crash of rhinoceroses |
| A parliament of owls | A school/shoal of fish |
| A skein of geese | A run of salmon |
| A brood of hens | A congregation of alligators |
| A murder of magpies | A float of crocodiles |
| A charm of finches | A pod of dolphins |
| A company of parrots | A swarm of eels |
| A host of sparrows | A grind of whales |
| A siege of herons | A catch of fish |
| A scold of jays | A draught of fish |
| A pitying of turtledoves | A nest of trout |
| A descent of woodpeckers | A battery of barracudas |
| A bouquet of pheasants | A knot of toads |
| A herd of cows | A swarm of bees |
| A pack of wolves | A colony of ants |
| A pride of lions | An army of caterpillars |
| A troop of monkeys | A cloud of grasshoppers |
| A colony of bats | A horde of gnats |
| A pod of whales | A rabble of butterflies |
| A drove of pigs | A scourge of mosquitoes |
| A mob of kangaroos | A mischief of mice |
| A sounder of wild boars | A plague of locusts |
| A sleuth of bears | A colony of badgers |
| A pack of dogs | A bask of crocodiles |
| A trip of goats | A nest/bed/pit/knot of snakes |
| A tower of giraffes | A lounge of lizards |
| A kindle of kittens | A dole of turtles |
| A clowder of cats | A float of crocodiles |
| A muster of peafowl | |

The Doctor tells his patient that his liver results are back. He says, frankly, they are very surprising considering I only allowed you 1 glass of alcohol per wine. The patient shrugs and says, do you really think you are the only doctor I see?

WORD HUB

Remember, one nine-letter word. 9 is good, 15 is excellent. Each word must be 4 letters or more and contain the letter H.



It doesn't make any sense. Why would God put a light in the fridge if he didn't want you to eat at night?