



Chair's Chat:

It never ceases to amaze me - the number of people who can still hear my accent. I was in Starbucks the other day - all I said was – a cappuccino please – and the person next to me asked me what part of Scotland I come from!

I left Dundee 54 years ago and yet I still have a 'pronounced' accent.

When I go 'home' and tell family friends this, they think it's hilarious. In fact I'm often called a sassenach.

What made me think of 'home'? Well it's this month's National u3a newsletter. It begins with a statement about u3a week being celebrated from Dundee to Penzance. Of course I had to have a look at the Dundee u3a website. The opening statement made me smile

"We are an organisation of (mainly) retired but not retiring people providing opportunities to 'live, laugh and learn' in a friendly social atmosphere and helping one another to live a fuller and richer life"

I hope EVERY u3a, including Higham and Rushden u3a, is doing just that. I certainly witnessed a lot of laughter and chatter at our recent event for group leaders and new members.

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.

DON'T FORGET THE CLOCKS GO BACK ONE HOUR ON SATURDAY 28 OCTOBER



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 on 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 organise. 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.

Contact Jean Mole on 07736 445 658



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.

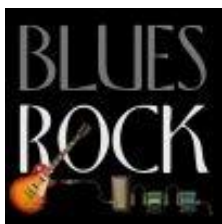
Jean Mole



Wine Appreciation:

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

Steve Evans



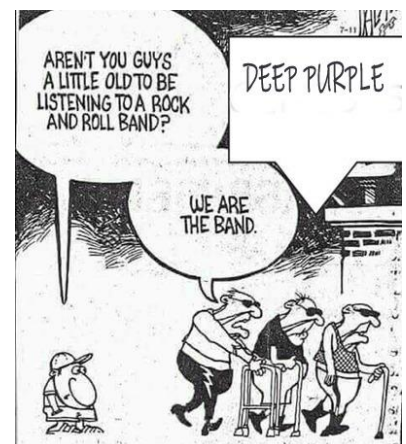
Rock & Blues Group:

Our next meeting is on Thursday October 26th at 14:00 hours at the leader's house and the topic is "Good or Bad".

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.

We have space for new members so if you would be interested please let me know.

Jim Morrison





History Group:

Our next meeting is on Thursday 2nd November at 2pm at the Masonic Hall Wellingborough Road Rushden. The talk will be on the Gunpowder Plot.

On the 7th December Stanwick Handbells will be performing together with a history bell ringing. This will be a nice run up to Christmas.

On 4th January the talk will be on Wellingborough Now and Then.

We are well on our way with deciding on the trips for next year. Any members still wishing to have a say in the selection should ensure that their votes for Four of the proposed trips should be given in at the next meeting or emailed to me.

I look forward to seeing you at the next meeting.

Brian Turner



Knit & Natter

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:

The group is striving with a waiting list and therefore I would ask if anyone no longer wishes to remain in the group can they please let one of the leaders know so we can allow other members to join.

As we are approaching the end of the year we look forward to 9th November speaker/demonstration on Christmas Wreaths and then we have our Christmas Lunch on 14th December details will be available at our October and November meetings..

Lorraine Brown



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.



Handicrafts: Last month the Handicraft Group enjoyed an afternoon of pebble painting. Here are a couple of examples:

Jenny Robertson





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



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 Nixon



Golf:

The group has now been reconfigured to offer regularised play at Pytchley Lodge for 9 holes every 2nd and 4th Friday each month (tee times will vary): see HR calendar

<https://u3abeacon.org.uk/u3acalendar.php?u3a=118&sc=LUDE&hdr=0>

A full 18 holes will be played on a course chosen on a rotating basis from a handful of local courses within a nominal 1 hour's travelling time from Rushden to be held on the 1st Wednesday of each month. Players of all levels of ability are welcome.

Want to know more? Please get in touch via the Contact page, or ring Group Leaders: Hensley on 01933 805547 or Alan Nixon on 07850 789447.

Alan Nixon



Bookmarks Again:

The Holiday by T M Logan

Four university friends are turning 40yrs old and they decide it would be wonderful to have a holiday together with their husbands, partners and children in a summer villa in France. Filled with great anticipation the villa does appear idyllic. The husbands and children, two of them teenagers have their own issues with one another and their parents. Kate discovers a message on her husband’s phone that makes her suspect he is having an affair with one of her friends. A web of suspicion, secrets from the past and teenage activities take over the holiday with disastrous consequences.

The author keeps the reader engrossed by making the revelations thwarted by a sudden new event as the story progresses. It was definitely a holiday page-turner. The Book Club members agreed that they disliked the characters in the novel and their behaviour, but it held their attention. The story showed how teenagers’ activities with phones and secret images on social media are difficult to deal with for parents and the question was presented as to the extent to which a parent would protect their child.

Next month we have set ourselves the challenge of reading Middlemarch by George Eliot And we plan to meet on the 13th of November in Waitrose..

Ann Kemp



Art for Fun:

The group continues to produce some really good artwork and in September we arranged to have an ART DEMONSTRATION by a local artist, Melanie Henson, on the subject of MIXED MEDIA.



I think the very subject was a mystery to me and some of the other members of the group but once everyone got going with sticking bits of cut-out paper and printing leaves and other bits along with some watercolour the artwork produced was excellent and a great deal of enjoyment was had by all.

We look forward to other similar events in the future with a variety of subjects to hopefully inspire the group.



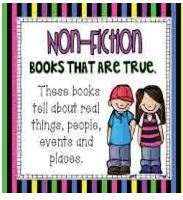
Brian Laurence



Country Dance:

Country Dance group lunch October 25th at Waitrose store Rushden. Meet at 12.00. Past group members and new members to the U3A would be very welcome to join us.

George Hearnden



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.



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/Sunday Lunch group:

It was a wonderful 'Indian Summer' day for our October walk around Irthlingborough Lakes & Meadows where there were still flowers in bloom and the odd butterfly to be seen.

The next walk will be on 12th November at Stanwick Lakes with lunch after at The Priory. Essential - please book with Chris Ebden for the walk: c.ebden@btinternet.com.

Book with Linda Walker for lunch: spidar.girl@btinternet.com.

This is the last walk/lunch Linda and Chris will be organising, if anyone else would like to take it over next year please let us know.

Chris Ebden



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.

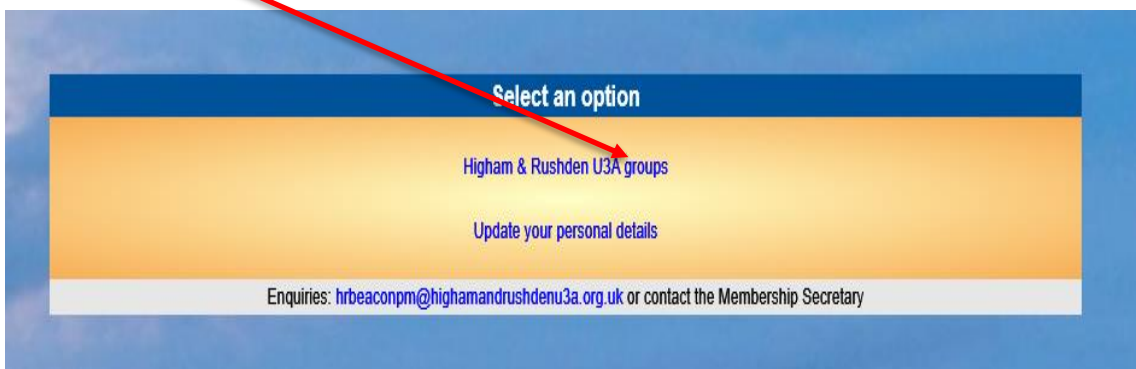
2023		
16 th Oct	Martin Lloyd	Passports, Assassins, Traitors & Spies
20 th Nov	Malcolm Darroch	When the Chute Went Up (Lady Parachutist 1903)
11 th Dec	Ron Smith	AGM & Silver Surfers
2024		
15 th Jan	Vince Eager	What time's the Midnight Buffet?
19 th Feb	Bernard Lockett	The Heritage of Gilbert & Sullivan
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.



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 13.00-14.00
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	Saxon Hall, Raunds	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 with walk 12th November at Stanwick Lakes	
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
Golf	Various	1 st 2 nd & 4 th Monday, times vary
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
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	Group ending 12th November at The Needle & Awl.	
Table Tennis	Pemberton Centre	Wed 12.00-13.00
Continued...		

GROUP DETAILS	VENUE/DAY	TIME
Check the group calendar on the website for further details		
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 accordingly.

FIND THE CAT



ANOTHER UK ENDANGERED ANIMAL:

HAZEL DORMOUSE

(Muscardinus avellanarius)

Sleepy, charming, undeniably cute. This minute mammal needs trees to survive and is seriously endangered. The nocturnal golden-furred mammal is endemic to the UK but is now only found in Southern England, South Wales and along the English/Welsh border.



The hazel dormouse is an arboreal species, meaning they live primarily in trees, and the diet of a hazel dormouse varies depending on the time of year. In autumn, they will feast on nuts, seeds and berries, in order to put on enough fat for them to survive the winter. Once they emerge from hibernation, they will eat the blossoming flowers of trees such as hawthorn and oak, also taking insects like caterpillars when summer arrives.



After gathering up their fat reserves in autumn, hazel dormice will begin hibernation in winter. As the weather turns cooler they will move down from the trees to ground level, creating a tightly woven nest around the size of a tennis ball. They will curl up in this ball with their tail wrapped around their face and body to keep warm.

During periods of cold weather outside of winter, hazel dormice can actually go into a state of deep sleep called 'torpor,' similar to hibernation, to conserve energy. They can spend as much as seven months of the year asleep

Due to deforestation and changing practices in woodland management, particularly in ancient woodland and hedgerows, the small rodent has lost significant habitats, becoming more isolated and vulnerable. Major habitat loss and fragmentations have resulted in a 75% population decrease over the last 25 years. Dormice are strictly protected by law and there are ongoing efforts to reintroduce to species in places they have been previously extinct.



EDITORIAL

We held our second Group Leaders' meeting of the year at Rushden Hall Park in October, to which we invited all the new members who have joined our u3a since the beginning of the year. It was a great success, with almost all the Group Leaders attending as well as a fair number of new members. It was an excellent opportunity for the two groups to meet and exchange views and just generally chat, as well as enjoying the bountiful afternoon tea arranged by Jean Mole (to whom we are extremely grateful). We must also thank the Refreshment Team for organising the teas and coffees.

It was interesting to meet some of the new members and find out what they expected from our u3a and hopefully it will result in a greater understanding from both sides going forward.

Despite the unseasonable weather we have been experiencing in October, the weather earlier in the year has resulted in a bumper crop of pumpkins just in time for Halloween. It does seem to me that this large, gloriously round, orange fruit is largely used just to make lanterns and scary faces and the wonderfully nutritious and tasty flesh is just thrown away when it could be used in so many different ways. The pumpkin offers a long list of nutrients that protect and support the heart, such as vitamins A, B1, B6, and C, copper, fibre, folate, and manganese. It also provides calcium, potassium, and magnesium, which can help keep your heartbeat regular and your blood pressure low. When I was living in Turkey gourds were a valuable food source and there were many recipes which I learned to make using them. There is, of course, the famous Pumpkin Pie but there is also Pumpkin Curry with Chickpeas, Pumpkin Cake, Pumpkin Soup, Spiced Pumpkin Scones, Pumpkin Risotto, Pumpkin Cheesecake, Pumpkin Mousse and my favourite Pumpkin Crème Brûlée (recipe below):



Ingredients:

4 Egg Yolks	1 tsp. Vanilla Extract
½ cup. Sugar	1/3 cup. Soft Brown Sugar
¼ cup. Pumpkin (Puréed)	** (1tsp Ground Cinnamon)
1½ cup, Double Cream	½ tsp Ground Ginger
½ cup Milk	½ tsp Nutmeg
1½ tsp. Pumpkin Pie Spice Mix**	1 tsp Allspice)

Method:

Preheat oven to 300 Degrees. Grease sides of 4 ramekins with butter and set aside. Add heavy cream, milk, and pumpkin pie spice to a medium saucepan and turn to medium heat to reach a simmer. Remove from the heat.

In a separate bowl, add egg yolks and sugar and whisk together. Slowly add the warm milk to the egg yolks while whisking until completely combined. Add the vanilla extract and pumpkin puree and whisk. Strain the mixture using a fine-mesh sieve into another bowl. Pour the mixture evenly into the ramekins. Place these into a large shallow baking dish and fill with hot water about halfway. Place in the oven and bake for about 45 minutes. The custard should be jiggly yet firm in the middle. Remove from the water bath. Cover with plastic wrap and let chill in the refrigerator for at least 2 hours.

Sprinkle the custards with a layer of sugar in an even layer, completely covering the custard. Use a blowtorch or place under a hot grill until the sugar has caramelized and turned to a dark amber colour (about 2 minutes). Be sure to stay close to the oven to keep an eye on the custards. Allow to cool and serve



AUTUMN WORD SEARCH



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL

GOURD
HALLOWEEN
HARVEST
HAYBALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS

OCTOBER
PUMPKIN
QUILT
RICE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

