



HIGHAM & RUSHDEN NEWSLETTER



FROM THE CHAIR:

Hello Members.

Whenever or wherever it is you read this newsletter and past editions you will have seen that since March there has been a common theme of Covid running through every chairmans chat.

We honestly hoped it would be over by now but no such luck. The government have just announced the 6 person rule which will have repercussions for our U3A especially as some groups had begun to move forward.

But let's not dwell on that for now.

We learn today that the Queen and Prince Philip are moving to Sandringham where they will live in a normal home with the Queen travelling to Buckingham Palace to perform her duties. I mention this as we have just missed them by a whisker, having spent a week caravanning on the Sandringham estate. It's such a beautiful part of the country. The caravan site was very busy but sadly due to Covid all facilities were closed.

We had with us our daughter and grandchildren who managed to sleep on the made up bed whilst my husband and I slept in comfort in our bedroom. It was a real effort for all of us to get showered every day in the caravan. Those of you who may not have seen a modern caravan will be surprised to know modern caravans have separate bathrooms with all mod cons including a full shower and flushing toilet. An Electric water pump and heater keeps the hot water flowing, that is until the barrel runs dry. That job generally fell to my husband who braved a lot of very bad weather to keep the water flowing. Bless him !!!

We visited Wells by the sea and Hunstanton. Both very busy with typical English seaside activities taking place. We went crabbing at Wells where we managed to prize the iPads from the grandchildren's clutches. You know they actually had fun and became competitive with their catch.

It didn't last long however and were soon looking at their phones once more. Can't say we didn't try.

I'll be back in touch next month. Stay safe but do enjoy life.

Angela, Chairman.

As you are all aware our AGM is usually held at our monthly meeting in October and I told you that we had to have our AGM. Well not so.

Because of Covid 19 we are unable to meet in the usual way. We are able to conduct our AGM as a virtual meeting which means we would be meeting with you on Zoom to carry out the AGM process as appropriate.

However the committee met on the 5th August 2020 and decided overwhelmingly, in line with advice from National Office, that we could delay the AGM until spring or sooner 2021 in the hope that we can once more meet as normal. Feedback from some members also agreed this delay was acceptable.

We hope you understand why we are taking the decision to delay. One reason is because of the Covid situation but also because apart from one member who has expressed interest in joining as a committee member only, we have not received interest from members wishing to join the committee as officers.

We need to hold on to our existing officers to keep our U3A running. Holding the AGM in October would mean that those having served time would, under the constitution have to vacate their post. We thank Denise Evans, Jenny Carr and Alan Devenish for their continued service.

They cannot remain in post forever so I ask you again please help by becoming a member of the committee.

Angela Mason.

UPDATE ON THE EFFECT OF COVID-19 ON OUR U3A:

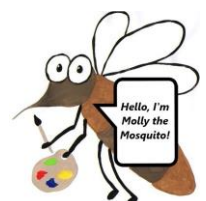
We are adhering strictly to the Governmental guidelines which means that groups are unlikely to be able to meet up for the foreseeable future unless they have the proper protection and observe social distancing. The committee is doing all that it can but members should realise that we are bound by the Government's rules on gatherings, and we would ask for your understanding and support.

New rules from Monday mean people will be banned from meeting more than six people socially indoors or outdoors. It is not yet clear how long the new "rule of six" will be in place, although Health Secretary Matt Hancock told Radio 4's Today programme he hoped it would be lifted before Christmas.

FACT:



To date there has been no information, nor evidence to suggest that the new coronavirus could be transmitted by mosquitos.



EAT OUT TO HELP OUT

Restaurants say they will continue to offer the Eat Out to Help Out scheme in September, funding it themselves, because it has been so successful.

The government scheme offered customers 50% off their meal, up to a maximum of £10 during August.

But many restaurants and food chains now say they will offer the discount until the end of September too.

The aim is to draw people nervous about coronavirus back to restaurants at a time when many are struggling.

Some 84,000 restaurants, cafes and bars signed up to the government's scheme, which ran on Mondays, Tuesdays and Wednesdays in August.

According to the latest Treasury figures, diners used it more than 64 million times in its first three weeks - equivalent to nearly every person in the country dining out.

Industry in crisis

About 80% of hospitality firms stopped trading in April and 1.4 million workers were furloughed - the highest proportions of any sector - according to government data.

Industry body UK Hospitality says around a third of restaurants and bars have still not reopened despite the easing of lockdown, as people remain nervous about the spread of the virus.

NOTICE:

Please be aware that some unscrupulous people are trying to take advantage during this uncertain time and are sending out scam emails in an attempt to defraud and obtain monies. One example which has been brought to our attention seems to be aimed at those who are 75 or over who will have to start paying for TV licenses. Be aware and make sure it is a genuine email, otherwise delete



SPECIAL EVENTS GROUP:

We aim to arrange visits to different places during the year, and behind the scenes work has been ongoing to start booking trips for 2021. We hope of course that the Covid crisis will be over by then but if not, any rules the government require will be strictly adhered to.

Please note that we are also looking at possible trips to Prince Charles' house and garden at Highgrove (possibly in May or July) and Hampton Court Flower Show in June.

Please let us know of any other trips you would like us to investigate.

If you are interested in either of these trips please get in touch with Jean Mole on 01933 626 608 e-mail: peterandjeanmole@btinternet.com or Sylvia Wright on 01933 419 440 email: sylwr9@gmail.com

Angela.

Chairman

ROYAL COURTS OF JUSTICE:

The Special Events Group are organising a trip to the ROYAL COURTS OF JUSTICE on Tuesday 3rd August, 2021. The anticipated cost will be between £30 & £35 per person, dependant on numbers.



The booking is for a private guided tour of the Royal Courts of Justice where our guide will tell us about the architecture and fascinating history of the building as well as about the courts' most famous cases. We will see all of the RCJ's most stunning rooms including the robing galleries. Subject to court listings, some of the group may be able to hear a Live court case at the end of the tour. At 1pm we will board the coach again for a free afternoon at COVENT GARDEN with time to watch the entertainers, have a leisurely lunch, or visit the shops in the Piazza.

Just off the Piazza is the LONDON FILM MUSEUM dedicated to "Bond in Motion", featuring over 100 vehicles and artefacts spanning all 24 James Bond Films including the famous Aston Martin, BMW cars, TukTuk Taxi, and the Octopussy Q boat. You can buy your ticket on entry to the museum at the concession price of £9.50 per person. Please note that this is not included in the cost of the trip being organised to the Royal Courts of Justice but is available for members to pay for separately on the day should they wish.

Our coach will be picking up at Higham Ferrers & Orbit Tyres Rushden at approx. at 8.30am (exact times to be confirmed), for our entry ticket to the RCJ at 11am.

A £13 DEPOSIT WILL BE REQUIRED BY DECEMBER 2020, in order that we can confirm numbers with the Royal Courts of Justice. The balance will be due by the end of May 2021.

HIGHCLERE CASTLE

The Special Events Group is arranging a coach trip to HIGHCLERE CASTLE, where the TV series Downton Abbey was filmed, on Wednesday 1st September 2021. The anticipated cost will be between £40 & £45 per person ~ dependent on numbers.

The booking is for a self-guided tour of the Castle, the Egyptian Exhibition and the Gardens. The special 2021 Egyptian Exhibition covers 6 rooms and



explores the discovery of the most famous tombs and includes the magnificent reproduction of Tutankhamun's Sarcophagus, so whether you are a Downton Abbey follower, enjoy beautiful gardens or are interested in the Egyptian exhibition, there is something of interest for everyone. There is also a tea room and gift shop for you to enjoy during your visit.

The coach will pick up at Higham & Rushden around 8.45am to 9.00am (exact times to be confirmed), for our entry ticket at 12 noon. The journey will take approx. 2½ hours including a comfort stop. Further details will follow.

A £10 DEPOSIT WILL BE REQUIRED BY MARCH 2021, with the balance due by the end of May 2021.

We have already had a lot of interest in this trip, **SO ADVANCE BOOKING IS ESSENTIAL!**
Jean Mole.

SPEAKER OPPORTUNITY

As monthly meetings with speakers are not possible at present, there is an opportunity to offer speakers on the Zoom app. A few of you have been using Zoom so will understand how it works. Those of you who do not may download it from your App Store. It's quite simple to use.

WEDNESDAY 16TH SEPTEMBER @ 2pm

The talk will be from Ian Keable. **THE ART OF TRICKERY: HOW MAGICIANS ARE SEEN IN PAINTINGS, PRINTS & CARTOONS.**

This talk is on how magicians have appeared in art throughout the centuries, whether in paintings, satirical prints or cartoons. Early artists used the magician to symbolise the mysterious and the unknown, associating them with astrology and tarot cards. In the 16th century, Pieter Bruegel and Hieronymus Bosch produced two of the most famous and striking pictures of the conjurer performing the Cups and Balls trick. The 18th and 19th century saw a proliferation in engravings and lithographs showing the magician both indoors and on the streets. Cartoonists and satirists delighted in linking politicians with skulduggery, with images of them featuring the Three-Card Trick, Vanishing Illusions or pulling a Rabbit out of the Hat.

WEDNESDAY 21ST OCTOBER 2020 AT 2PM.

Speaker: Alan Jones. **IT'S NOT WHAT YOU SAY** (46 minutes)

Ever wondered why you feel attracted to some people and avoid others? Most of us form an opinion about someone in just 90 seconds and rarely change our mind. But it is not based on the way people speak, or even what they say. Discover how Body Language speaks louder than words when we communicate with each other.



Alan has been fortunate to enjoy a variety of careers, each bringing their own unique experiences and events. A trained nurse, hypnotherapist, BBC journalist and more, now all provide a wealth of anecdote to fill his talks with fun, entertainment and discovery. Alan is a Stand-Alone speaker.



BEE FACT:

Bee stings may ease pain caused by rheumatoid arthritis.

Researchers at the University of Sao Paulo found that molecules in bee venom increase your body's level of glucocorticoid, an anti-inflammatory hormone.



Rock & Blues Group:

Given the latest lockdown advice, the group has decided to have meetings outdoors, weather permitting, as there are normally only 6 members attending. The next meeting will be on Thursday 24th September, also in the garden, weather permitting, when the topic will be "Money & Wealth".

Contact the group leader Jim Morrison at:
webmaster@highamandrushdenu3a.org.uk



Wine and Dine:

The Wine and Dine group are keeping in touch via weekly emails (WADlines!), and looking forward to meeting again. A provisional programme is in place against the return to "normality" (whatever that is)!

Mike Gibbons



Beading: With the continuation of COVID restrictions, the jewellery group will not start up again within the next few weeks. As soon as it is possible and safe for us to meet up once more, I will notify all group members individually"

Sherry Calvert



Computer Group A For Pcs & Laptops With Windows. We meet on 1st and 3rd Wednesdays of the month. We welcome all levels of users to our informal, relaxed group. It is light-hearted and fun. New members always welcome.



Meetings are now cancelled due to the Coronavirus situation but we will keep abreast of Government guidelines and as soon as it is safe to do so we will recommence. Please see the website for announcements.

This month's mission for those who choose to accept it can be found using this link:

https://www.highamandrushdenu3a.org.uk/download_file/view/666/264

Jim Morrison Computer Group A leader.



Computer Group B For Mobile With Android & IOS

Due to the most recent current restrictions regarding larger group meetings indoors being “illegal” and the substantial increase in preparations and group leader responsibility to ensure our venues are Covid secure, combined with my own personal calendar lifestyle changes and commitments, I have therefore

now decided to close our group until 2021.

Should we all find substantial changes occurring in the next 3 months compared to the last 7 months then we can always restart the group earlier.

If any group member or branch member would like any assistance with mobile devices and applications please feel free to make a direct contact with me as below.

I wish that all our branch and its members remain healthy and safe and look forward to seeing members again next year.

Email: c101776.3365@icloud.com

Phone: 07850 789447.

Alan Nixson Computer Group B Leader.



Driving:

As usual if anyone has any problems with driving matters, please contact me on 01933 356784 and I will see if I can help.

Steve Evans



Wine Tasting;

Had a lovely group Barbeque in August, with plans for the future, hopefully starting again in October. However, the advice has changed again, limiting numbers so probably we will delay the start but will keep in touch.

We keep practising to keep our spirits up.

If anyone is interested in joining us (when we start again) either 4th Tuesday or 4th Thursday let us know and we will add you to the mailing list. We can be reached on dsgrangeway@sky.com or 01933 356784.

Steve and Denise Evans



A little Aloud: Report on meeting 21st August 2020 Our group of 6 planned to meet in the garden. It was one of the windiest August days of the year as it turned out. At present our garage is mostly empty. We did manage to fit in 7. Hastily I did a Covid-19 check. We had a through draft with the garage and door into the house open. Hand gel on the table near the door. Downstairs loo? I substituted kitchen roll for towels. Members were requested to bring their own chairs and a drink. After the meeting 2 chairs we provided were cleaned (1 member comes by bus another has mobility issues). I could have quarantined in our shed for 72hrs.if needed.

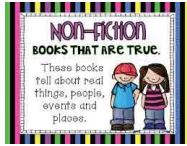
Perhaps some group leaders have a well-ventilated conservatory they could use. Keep safe.

I MIGHT GO OUT

*Joe Carpenter 19 Aug 2020
A member of A.L.A. group.*

I think I might go out today
And get some clean, fresh air.
It's been so long since I've been out.
I didn't really dare.
With COVID-19 all around
The danger was just too great.
But cabin fever's setting in.
I really cannot wait.
I might just go out shopping
Or maybe a walk by a lake.
Some time in the sun would be really nice.
I need it, for goodness sake!
There are lots of things to consider.
Of course, my safety comes first.
I'll be optimistic and hope for the best
But I'll definitely plan for the worst.
I'll maintain a good social distance
And wear my home-made face mask.
My wife made a really nice one and
I'm sure that it's up to the task.
How much longer we'll have to endure this
Is pretty much anyone's guess.
But I'll go out as much as I'm able
And try to get through all this mess.

Group is meeting in leaders' garden weather permitting, abiding by Covid rules. We are full at present. Leaders are hoping to Zoom meetings soon.



Non-Fiction Book:

Group meets in leaders' garden weather permitting, abiding to Covid-19 rules. We are full at present.

We are looking into holding Zoom meetings soon.

Our present reading is On Capel Sands by Laura Cumming.



Sunday lunch :

Group is still on holidays due to Covid-19 restrictions.



Days out car share:

Group. Is on hold due to Covid-19 restrictions.



Popular Music Appreciation:

Is on hold due to Covid-19 restrictions.

We keep up to date with Covid-19 regulations and will be starting our groups as soon as regulations allow. We know it has been hard for some of our members to venture out and have only recently felt confident to leave home.

If any H&R U3A member would like a chat I am at the Extra Care Shop next to Argos most Mondays 11 30-2-30pm. Home contact 01933 387892

This group has also been meeting in the leader's garden - socially distancing, bringing their own chairs and drink.

Linda Walker



GROUP	VENUE	TIME
A Little Aloud	Alternate Fridays	2 nd & 4 th Friday 10.00-12.00
Badminton Beginners & Improvers	Pemberton Centre	Tuesday 1400-1500
Badminton Experienced	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
Bridge (Beginners)	Leader's Home	Alternate Mondays 14.00-16.00
Bridge (Social)	Leader's Home	2 nd & 4 th Tue 13.30-15.30
Canasta	Rushden Bowls Club	Mondays 10.00-12.00
Chair Pilates Grp A	Waitrose Community Room	Fridays 2pm - 3 pm
Chair Pilates Grp B		Fridays 3.15 pm – 4.15 pm
Computing & Technology Grp A	St Peters RC Church Hall Rushden	Afternoons 13:00-15:00 & 1 st & 3 rd Wednesday every month.
Computing & Technology Grp B Beginners		Afternoons 13:00-15:00 2 nd Wednesday every month
Country Dancing	HF WMC	Alternate Mon 14.00-15.30
Country Park Walks	Various Parks	2 nd Sunday 10.30
Crib & Solo Whist	Windmill Club	Alternate Mondays 19.00-21.00
Cycling multi Groups	Rushden Lakes	Every Tuesday
Days Out Car Share	Ad hoc	No Fixed Venue
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00
Driving	On the Rd	
Family History	St. Peters RC Church Hall	Various
Garden	Rushden Hall & Visits	Garden visits Summer. Otherwise Hall 2 nd Thu 14.00-16.00
Golf	Various	Alternate Wed & Fri
Guitar Improvers	ASDA Training room	Tue 17.00-19.00
Handicrafts	Rushden Town Bowls Club	4th Thu 14.00-16.00
History	Winter Months Full Gospel Church Hall, otherwise Trips	1 st Thu 14.00-15.30
Holiday Spanish Beginners	Alternate Mondays	10.00-12.00
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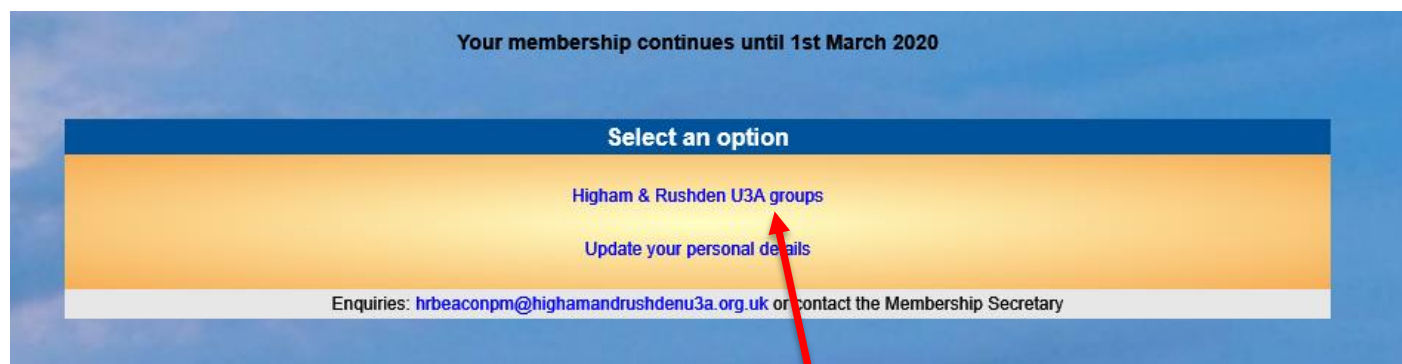
GROUP	VENUE	TIME
Holiday Spanish Intermediate	Alternate Wednesdays	10.00-12.00
Home Dining	Various	Twice per Month varying days
Jewellery Making	Members' Homes	1st Mon 13.30-15.30
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mahjong for fun	Windmill Club	1st & 3rd Friday 19.00 – 21.00
Non-Fiction Books	Leader's Home	3rd Monday 14.15-16.00
Painting for Pleasure	Coleman's Craft Warehouse	Alternate Mon 14.00
Play Reading	To be advised	1st Tue 13.15-
Popular Music Appreciation	Leader's Home	1st Fri 10.00-12.00
Reading Bookmarks	Waitrose Community Room	2nd Wednesday
Rock & Blues Appreciation	Leader's Home	Last Thursday 2-4pm
Scrabble	Residents Lounge, Kilburn Place Higham Rd Rushden	Alternate Tue 14.00-16.00
Sequence Dancing	Heritage Halls Park Rd	Alternate Thu 14.00-16.00
Settlements	Vestry Hall, St Mary's Church Rushden	4th Tue 14.00-16.00
Singing for Fun	Rushden Hall, Hall Park	Alternate Thu 14.00-16.00
Special Events	Various	Various
Sunday Lunch	Every 2 Months	Venue varies
Table Tennis	Pemberton Centre	Wed at 13.00
Ten Pin Bowling	Wellingborough AMF Bowl	Alternate Friday 11.00.- 13:00.
Ukulele	Rushden Transport Club	13.30-15.30 Every Monday
Video Editing	Leader's Home	2nd & 4th Tue 10.00-12.00
W.A.L.T.	Various	Various
Walking	Various	Various
Walking Football	Pemberton	Tuesday 13.00-14.00
Wine & Dine	Various	Various
Wine Appreciation	Leader's Home	4th Tues & 4th Thurs 14.00-16.00

GROUP LEADER CONTACT DETAILS

In accordance with GDPR we do not 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>.

You do not need a password or user name just your own personal details.



Clicking on the "Higham & Rushden U3A groups" link opens a page listing all our current groups and gives telephone numbers for each leader.



AUGUST QUIZ ANSWERS

1. At one time August was known as Sextilist. What does this word mean?
SIXTH. IN ROMAN TIMES AUGUST WAS THE 6TH MONTH
2. For whom is August named?
AUGUST CAESAR.
3. August lengthened by adding a day from another month. From which month was it taken?
FEBRUARY WHICH ALSO HAD A DAY TAKEN TO ADD TO JULY.
4. What are the flowers of August?
POPPY & GLADIOLUS.
5. What are the gemstones for the month?
SARDONYX & PERIDOT. KNOWN FOR MARRIED HAPPINESS.
6. In England at one time 1st August was known as Lammas Day. A church service was held during which something was consecrated. What was it?
LOAVES OF BREAD.
7. The Zodiac signs for August are Cancer & Virgo.
FALSE
8. Which of these African countries does not have a national day in August?
ZAMBIA
9. The Teahouse of the August Moon won both a Tony & a Pulitzer Prize?
TRUE
10. "I'm as corny as *KANSAS* in August" is a line from a Rodgers & Hammerstein musical. What's the missing word?