

Newsletter September 2018

The name September comes from the old Roma “septem” meaning seven as it was the seventh month in their calendar. Anglo-Saxons called it “Gerst monath (Barley Month)” because it was when they harvested barley to make their favourite drink – barley brew. They also called it “Haefest monah” or Harvest month. The Romans also believed that September was governed by the god Vulcan and therefore associated it with fires, volcanos and earthquakes. Famous people born in September include Colonel Sanders, Buddy Holly, Bill Murray, Freddie Mercury, Bruce Springsteen, Arnold Palmer, Jesse Owens, and Roald Dahl and many more.

One of the stones associated with the 9th month is Lapis Lazuli. Lapis Lazuli was among the most highly prized tribute paid to Egypt, obtained from the oldest mines in the world, worked from around 4000 B.C. and still in use today. Lapis Lazuli is in the original breastplate of the High Priest, as well as those of later times.



Favoured by ancient Egyptians



It is claimed that Lapis Lazuli boosts the immune system, purifies blood, lowers blood pressure, cooling and soothing areas of inflammation. It alleviates insomnia and vertigo, and overcomes depression. It also benefits the respiratory and nervous systems and the throat, vocal chords, and thyroid, cleanses organs, bone marrow and thymus. WOW



From the Chair:

As I write this I remind myself that our typically English obsession with the weather dominates this page yet again. Phil has travelled to warmer climes and my husband and I are about to host the cycling group social BBQ in what has turned out to be the coldest August Bank Holiday since this event began. Who would have believed it after the stunning weather of late? It is also that time of year when Denise, committee secretary, begins sending out the agenda for the forthcoming AGM in October which will see a trio of people stand down as their time on the committee draws to an end. Phil will pen his last letter to you next month as he has now completed his 3-year term as your Chairman for which we owe him many thanks and I look forward with some trepidation as I begin my term of office. We have much to look forward to next year, it will be our anniversary year and preparations are underway.

U3A cannot grow and flourish without you! All new ideas for groups are always welcomed and the committee will do all it can to support you. Angela Mason

Committee News:

The Committee is pleased to welcome two new members to its ranks. Mike Wood and Alan Devenish have been co-opted with immediate effect and will stand for election, along with returning members, at the AGM in October. Mike will be shadowing our Treasurer, with a view to taking on the role when Jean's term of office runs out in 2019. A job will be found for Alan in due course!



Beading group

The group has been going now for 2 years! It is currently fully subscribed. I keep numbers small so that everyone gets individual attention.

Look out for the sale of some of our items at the Autumn meetings. This was very popular last year. Sherry Calvert.



Badminton:

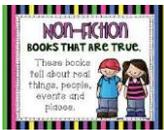
Hi all. I would like to inform you all that we are forming another Badminton group on a Wednesday afternoon. This group is for beginners and people **that haven't played badminton for some time, also for badminton players** who wish to improve their game and for anyone who wishes to join in. If you are interested or want more information please email me robteames142@gmail.com. Regards Bob



Popular Music Appreciation. Meets the first Friday in the month with a different theme every month we have 2 spaces to fill. Ring leaders for details Linda & Chris 01933 387892.



Sunday Lunch Group: Sunday Lunch group now gets usually 12 - 15 attending. We are at the Bells Kitchen in Finedon on the 30/9/18. Booking essential on 01933 387892. We do have a couple of spaces for September. Linda and Chris.



Non-Fiction Book Group: Next meeting is 1/10/18 2-4pm at leaders' home. Our book this month is our first travel book is 'A Short ride in the Jungle' by Antonia Bolinbroke Kent. We have room for a couple of new members. Contact leaders for more details Linda or Chris 01933 387892.



History Group: Visit to Aston Hall, Birmingham (02nd Aug 2018)

The hall is a fine example of a Jacobean Prodigy House built between 1618-1635. Arriving on a warm sunny morning, we were greeted by a somewhat gloomy facade set in parkland more akin to the African veldt than the pastoral green of an English summer. The park had originally been pleasure gardens and a deer park, now a public space. Aston close to the centre of Birmingham and owned by the city council since 1848 was to reveal an interesting history, wonderful architectural features and artefacts. We entered the Great hall, a panelled room of large proportions, featuring a notable plaster ceiling with an animal frieze. The house, as you would expect, has undergone many changes in its lifetime. Sir Thomas Holte built Aston to demonstrate his wealth and status and I suspect to impress his king, Charles 1st. The family were Royalist supporters during the Civil War and he is said to have stayed at the house overnight before the battle of Edgehill. The house suffered damage during fighting and a siege by Parliamentary troops left signs of the event. The great oak staircase has a hole through one of the newel posts where a cannon ball came through the window! There were civil war items on display, cannon balls, items of armour and the famous buff coats. The Holte estate was sold in 1817 and leased to James Watt son of the industrial pioneer. After his death the city council purchased Aston, the first time a stately house had been sold to a municipal authority. In the 20th century some refurbishments were made. We finally visited the Long Gallery, a spectacular 135-foot-long room, then finally made our way up to the attics, changed little since the 17th century. Needless to say, there was talk of ghosts seen by previous guides! A grey lady thought to be Mary Holte, who was locked up by her father Sir Thomas for several years for trying to "elope with an unsuitable young man" and is said to walk the attics. The day was very pleasant, not too hot and leisurely, with refreshments in the shade courtyard-- "A Grand Day Out". Thanks again to our organizers. Ann Hunt



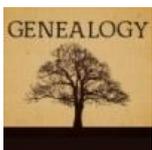
Visit to National Memorial Arboretum 6th September 2018

With everyone in the group arriving on time, we made a prompt start to our journey to Staffordshire to visit the National Memorial Arboretum. Some had visited before, but for many it was the first time. For me, a 'first-timer', the whole experience was impressive and enjoyable. I expected a series of memorials to fallen armed forces personnel, but it was so much more. The arboretum covers more than 150 acres (a football pitch is about two acres) and consists of zones dedicated to the memory of individuals from all backgrounds and walks of life. Yes, there are formal memorials to those who fell during service in the armed forces and civilian organisations like the Women's Institute and the police, but just as moving were the trees planted to commemorate the lives of ordinary people. The garden of the Stillbirth and Neonatal Death Charity, SANDS, and the Shot at Dawn memorial I found particularly poignant.

The impressive central Armed Forces Memorial records the names of fallen servicemen and women in conflicts from the First World War to the present day, and from its elevated position offers a good view of the whole site. Woodland, garden and waterside areas are full of formal and informal commemorations, many of the more significant memorials having been unveiled by senior members of the royal family.



Many of the group took advantage of the Land Train which travels around a large part of the site and provides an informative and interesting commentary, while others made their way round on foot to study the inscriptions close up. When the afternoon's light rain became heavier it was back to the restaurant for some refreshment and a visit to the shop before our journey home. It is certainly an outing I shall remember and would recommend it as a thoroughly worthwhile day out. Kay Gillespie.



Family History Group

There was no August meeting, but in September we are looking forward to a talk entitled Death in Samoa!

Sharon Safford



Days Out and Car Share:

Contact the Group Leaders if you want to be added to the mailing list.

Christmas at Waddesdon manor 16/11/18. Update 7/9/18. We have a full coach. To put your name on a reserve list contact 01933 387892.

We have been to local attractions and further afield to N. Trust properties. The coach trips have been very successful. We are always looking for places to go. Please let us know if there is anywhere you visit that you think will be of interest to our members. We prefer coach journey times of 75mins or thereabouts. Car share trips and local bus pass trip venue ideas are welcome too. These attract smaller numbers. Good when you are new to U3A. Watch this space for 2019 trips. Chris and Linda.



Settlements A: Our visit in August was to Titchmarsh. We had a guided tour led by villager Ian Curtis who entertained us with his wealth of knowledge interspersed with humour. Titchmarsh is a very attractive village with lots of

history and pleasant buildings. The village shop is run by volunteers in the building which once housed the fire engine. The alms houses established in 1756 have been recently renovated to form 6 attractive cottages. The path across the field behind the church was originally the main road and passes the Old Rectory a very imposing building which is now a private house. St Mary the Virgin church is a large impressive building which has been cleverly adapted to meet modern requirements. At the end of our walk we returned to the church and were served delicious home-made scones and cakes with tea or coffee all prepared by the churchwarden and helpers. We only managed to see half the village in the time available but came home with leaflets to guide us round the rest.



In September we will visit Cransley and Mawsley - our last outing this year before returning to St Mary's vestry hall for our indoor meetings.

Frances Francis, Group leader.



Birdwatching:

With bird watching a bit quiet locally we made the longish trip to RSPB Frampton Marsh, just south of Boston, for our September meeting. On the edge of the Wash this reserve is great habitat for waders giving us a completely different selection of birds to those we normally encounter in Northants. With lots of different waders present it was a good opportunity to practise our identification skills such as separating curlew, sandpiper from dunlin and spotted redshank from common redshank. However, the star bird of the day was a long billed dowitcher which is a scarce vagrant from America and a new bird for everyone present. As its name suggests it has a long bill and looks somewhere between a snipe and godwit in appearance. Fortunately, we had good views of it feeding alone, not among the few hundred bar tailed godwits present which would have made it extremely difficult to pick out. As well as the waders there were lots of swallows and sand martins feeding up ready for their long trip to Africa and a few winter wildfowl had already arrived including a single whooper swan. Overall a great meeting, well worth the longish drive, with a lot of birds that we only see occasionally locally. Chris Ebden





THE UNIVERSITY OF THE THIRD AGE

Higham and Rushden

Notice of Annual General Meeting 2018

Dear Members

The Annual General Meeting of the Higham and Rushden U3A is to be held on Wednesday 17th October 2018, 2pm at the Pemberton Centre, Rushden NN10 9YP.

The Nomination form is printed below, and further copies are available from the Secretary. All nominations must be received by the Secretary by 26th September 2018. Note: In the event that a vote is required only those members who have renewed and have a membership card for the 2018/19 year are eligible and entitled to cast a vote.

Any items for discussion at the AGM must be submitted, in writing, to the Secretary by 26th September 2018.

Denise Evans

Secretary

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Nomination Form 2018 - 2019

Nominations for Committee membership.

Name (print)

Signed

Name and Signature of Nominee:

/

Name and Signature of Proposer

/

Name and Signature of Secunder

/

All the above must be paid up members of Higham and Rushden U3A for year 2017/2018. Completed forms to be sent to the Secretary: Denise Evans, 58 Grangeway, Rushden, NN10 9JG: by **26th September 2018**.



THE UNIVERSITY OF THE THIRD AGE



Country Park Walks - Group Leader – Sylvia Wright 14 October 2018 – Wicksteed Park, Barton Road, Kettering NN15 6NJ, not far

from the A14 roundabout, and on the main road into Kettering. Take a parking ticket at the barrier entrance to the park, and use the car parking pay machine before leaving. We will meet at 10.30am in the carpark for a walk around the beautiful park and the arboretum where the trees should be in full autumn colour. The circular walk of 2 miles crosses the floating bridge with views of the water birds. Wear sturdy shoes suitable for walking through the Arboretum, although there are made up paths throughout the park.

For those who like to have lunch after the walk, it will be approximately 12.30pm at the Old Victoria Pub, Bakewell Lane, Burton Latimer. Travelling back on the A6, after you cross the A14 roundabout there is a mini roundabout with a signpost to Burton Latimer, turn right and continue until you get to the pub which will be on your right before you reach Burton Latimer High Street. We have lunched there before, and the food is very good at reasonable prices.

LIFTS CAN BE ARRANGED FROM HIGHAM AND RUSHDEN

Please contact Sylvia Wright if you will be coming on the walk, require a lift and if you would like to order lunch

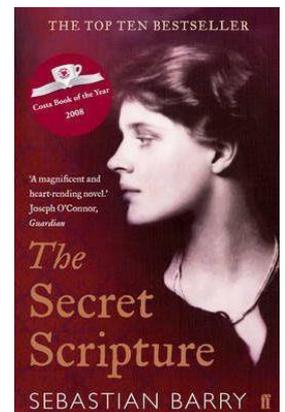


BookMarks Reading Group:

The Secret Scripture by Sebastian Barry

Chosen and reviewed by Margaret Shelton.

Roseanne McNulty is forgotten by the world, or so she thinks! Now, a hundred years old and having lived most of her life in a mental hospital, she tries to relive her life through her secret written missives – ‘the secret scripture’ of the book’s title. However, is her memory reliable or does she at times want a kinder remembrance of past people and events? The psychiatrist, Dr. Grene, has to assess all the patients as the hospital is due to be demolished so, the pair actually spends more time than usual together. Dr. Grene is both a detective and a hider of truths and finds himself speaking to her of his own losses and hurts. Roseanne cleverly keeps her own life and experiences close, so denying him the deepest secrets of her past. You are drawn into their lives and wonder at the chemistry between them. The patient and doctor relationship has changed. This is a wonderful, descriptive book set against the dark troubles of that beautiful country, Ireland, covering the Irish Civil War and the German bombing of Belfast in WW11 and the struggles of a Protestant family trying to lead a peaceful life in the midst of religious prejudice. The local priest, Father Gaunt, will stop at nothing against those holding dissenting views as he works to maintain the purity and values of **his** religion. A story of love, human frailty and mistakes people live to rue! Rosanne's memories, when finally discovered, lead to a shocking truth. The doctor withholds this vital piece of news from her - was his action right? The novel’s story examines the nature of truth and memories yet offers the possibility of dignity and redemption.



Next month’s choice is ‘The Rosie Project’ by Graeme Simsion – ‘a witty, entertaining fairy-tale for our time’ says the Daily Express. Dominica Jones

Quote of the month

A new feature, and if you have a favourite quote which you would like included, please let me know and I will see what I can do. This one is not a quote but a rather funny pun:

To write with a broken pencil is pointless.

COMING SOON TO A STREET NEAR YOU.:



**This is the first international edition since I assumed the role of News Editor and it is coming to you across the Atlantic from Portland Oregon on the first leg of my continuing exploration of The United States of America. As they say: "Have a nice day" and enjoy.
Maggie Morrison**

U3A MONTHLY MEETINGS

Speakers for 2018

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.

Note: - The Speakers may be subject to change

Speakers for 2018

Sep 19 th	“It’s Rushden Feast again m’duck.” Anita will talk about memories of living in Rushden and promote her book.	Anita Howard
Oct 17 th	The Vanishing Dutchman. A welcome return visit by this underwater photographer. This time talking about, and showing photographs of, being part of an international team exploring a mysterious 300-year old shipwreck of the coast of Sierra Leone.	Leigh Bishop
Nov 21 st	A photography special.	Tom Way
Dec 12 th	The complete history of Christmas.	Mike Kennedy
Please note this is the 2nd Wednesday, not the 3rd.	A colleague of Lesley who you may remember as Nell Gwynn so expect something a little different. Please note this is a week early, the 2 nd Wednesday, not the 3 rd .	

Speakers for 2019

Jan 16 th	The Little Book of Monarchs. A wonderful, fascinating, amusing and accurate guide to English Monarchs.	Tony Boullemeir
Feb 20 th	The Life and Times of Franz Lehar’ and The Merry Widow. With video, music and artworks.	David Price
Mar 20 th	Ooh Matron: The History of the Carry On Films. With video, music, photographs, etc. TBA TBA	Steve Simmer
Jun 19	Forging Ahead – The secrets of Operation Bernhard. With video, photographs, etc.	

GROUP	VENUE	MORNING	AFTERNOON
A Little Aloud	Alternate Fridays		
Badminton	The Pemberton Centre	Tuesday 10.00-12.00	
Badminton for Fun	The Pemberton Centre	Tuesday 09.00-10.00	Friday 12.00-13.00
Bird Watching	Various	1 st Tuesday	
Bridge (Beginners)	Leader's Home		Alt. 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	
Classical Music Appreciation			
Computing and Technology	St Peters RC Church Hall, 1 Hayway		1 st Wed and 3 rd Thur 13.00-15.00
Country Dancing	H/F WMC		Alt Mon 14.00-15.30
Country Park Walks	Various Parks	2 nd Sunday 10.30	
Crib and Solo Whist	Windmill Club		Alt Mondays 19.00-21.00
Cycling multi groups	Stanwick Lakes	Every Monday	
Days Out Car Share	Ad hoc	No Fixed Venue	
Digital Photography A	Rushden Hall	2 nd & 4 th Wed 10.00 to 12.00	
Digital Photography B	Stanwick Village Hall NN9 6QJ		1 st & 3 rd Fri 14.00-16.00
Driving	On the Road	Various	Various
Family History	St. Peters RC Church Hall		3 rd Tue 14.00-16.00
Garden	Rushden Hall and Visits	Garden visits in Summer. Otherwise Hall	2 nd Thu 14.00-16.00
Golf	Various	Fortnightly	Various
Guitar Monday Group	Monday	Full Gospel Chur	13.00 – 16.00
Guitar Beginners	Various	Thursdays	
Guitar Improvers	ASDA Training room		Tue 17.00-19.00
Handicrafts	Rushden Town Bowls Club		4 th 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	
Holiday Spanish (Intermediate)	Alternate Wednesdays	10.00-12.00	

GROUP	VENUE	MORNING	AFTERNOON
Home Dining	Various	Twice per Month varying days	
Jewellery Making	Members' Homes		3 rd Mon 13.30-15.30
Knit and Natter	Leader's Home	Alt Mon 10.00-12.00	
Mahjong	Windmill Club		1 st and 3 rd Friday 19.00 – 21.00
Non-Fiction Books	Leader's Home		3 rd Monday 14.00 – 16.00
Painting for Pleasure	Coleman's Craft Warehouse		Alternate Mon 14.00
Philosophy	Various		3 rd Mon 13.30-15.00
Play Reading	Higham Ferrers Library		1 st Tue 13.15-
Popular Music Appreciation	Leader's Home	Alt Fri 10.00-12.00	
Reading Bookmarks	Higham Ferrers Library	2 nd Wednesday	
Rock & Blues Appreciation	Leader's Home		Last Thursday 2-4pm
Scrabble	Residents Lounge, Kilburn Place Higham Road Rushden		Alt Tue 14.00-16.00
Sequence Dancing	Heritage Halls Park Road		Alt Thu 14.00-16.00
Settlements A	The Vestry Hall, St Mary's Church Rushden		4 th Tue 14.00-16.00
Settlements B	Rushden Hall, Hall Park		2 nd Wed 14.00-16.00
Sewing	Group Leader's Home	3 rd Thursday	
Singing for Fun	Rushden Hall, Hall Park		Alt Thu 14.00-16.00
Special Events	Various	Various	
Sunday Lunch	Every 2 Months	Venue varies	
Table Tennis	Pemberton Centre	1 st ,2 nd & 4 th Wed at 13.00	
Ten Pin Bowling	Wellingborough AMF Bowl	Alt Fridays 10.00 to 12.00	
Ukulele	Rushden Transport Club	13.30-15.30	Every Monday
Video Editing	Leader's Home	2 nd & 4 th Tue 10.00-12.00	
Walking	Various	Various	
Wine and Dine	Various	Various	
Wine Appreciation	Leader's Home		4 th Tuesday & 4 th Thurs 14.00-16.00