



It has been agreed by the Committee that all members who renewed their subscription in the year March 2020 to end February 2021 will receive a year's free membership, commencing when their next renewal is due.

This is a gesture of thanks to all who kept the faith and appreciated the work going on behind the scenes.

You will be notified by e-mail at the beginning of the month in which your renewal is due, with a reminder of your next renewal date. Those who do not have e-mail will be contacted by phone.



### **From the Chair:**

As this is my first Chair's Chat I will begin by introducing myself. In normal times we would have had the opportunity to meet in person and begin to get to know each other but we are living through unusual times so .....

My name is Trish Dewar and I joined Higham and Rushden u3a the month before lockdown in March 2020. I was so looking forward to joining some groups. I have very little knowledge of u3a and I was hoping that would change last year. So what I do bring to this u3a? I worked in the Voluntary sector in Kettering running the volunteer centre for many years. During that time, I was part of a few organisations as Trustee and board member. I have a lot of experience in being on committees and chairing them. Enough of me.

What do we have to look forward to now?

Firstly as of 12th April we will (if we choose) be able to physically go shopping, go to the hairdresser, library and the gym and enjoy 'substantial' meals in pub gardens!

Then from 17th May - possibly see friends and family outdoors. Hopefully we will be able to go to theatres, cinemas and sporting events.

21st June - possibly 'back to normal' whatever that may be.....

Finally we say Farewell to Angela this month. I thank her for her encouragement to join Higham and Rushden u3a committee. I hope I will be able to follow in her footsteps

If everything goes to plan we hold our July meeting in the Goods Shed - a very different venue!

I was lucky to be able to visit it recently - as I said it is very different but I am excited that we be able to use such a remarkable venue for our meetings. It now has a new roof and floor so you won't get wet!

Trish Dewar

Logging on to my e-mails this morning, I found a message headed "GOV.UK.....Important Information about your council tax". I thought initially that this might be an electronic notification of this year's bill - or even notice that the bills are going to be sent electronically - but no, I was getting a (backdated) refund "considering you're on a low income or get benefits" and by following the link I could get this paid directly to my credit or debit card. Although the signature said "Government Digital Service Team", this scam was brought to you - or rather to me - courtesy of "contact@hotelrunner dot run". As it is the council tax season here in the UK, I thought I'd make an exception and mention this one. Take care.



**EARTH DAY** on April 22 is an annual event to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by [EARTHDAY.ORG](http://EARTHDAY.ORG) including 1 billion people in more than 193 countries.

# **CORONAVIRUS LOCKDOWN EASING: IMPORTANT STAGES**

## **Stage two (from 12 April):**

More businesses will open, but indoor settings should be visited alone, or with household groups. Outside, 6 people or two households can meet.

All shops allowed to open.

Hairdressers, beauty salons & other close-contact services can open.

Restaurants & pubs allowed to serve food & alcohol to customers sitting outdoors.

Gyms & spas can reopen, as can zoos, theme parks, libraries & community centres.

Members of the same household can take a holiday in England in self-contained accommodation.

Weddings - up to 15 people

Funerals - up to 30 people, with 15 at wakes

Children will be able to attend any indoor children's activity.

Care home visitors will increase to two per resident.

Driving lessons can resume, with driving tests restarting on 22 April.

## **Stage three (no earlier than 17 May):**

People can meet in groups of up to 30 outdoors.

6 people or 2 households can meet indoors.

Domestic overnight stays allowed with people not in your household or bubble.

Pubs, restaurants & other hospitality venues can seat customers indoors.

Up to 30 people can attend weddings or other life events, like christenings.

Remaining outdoor venues, such as outdoor theatres & cinemas can open.

Indoor venues like museums, theatres, cinemas & children's play areas can open.

Performances & large events can restart, but with limits on audience numbers.

Hotels, hostels & B&Bs can reopen.

International leisure travel may resume.

Adult indoor group sports & exercise classes can restart.

## **Stage four (no earlier than 21 June):**

It's hoped all legal limits on social contact will be removed.

No legal limits on the number of people who can attend weddings, funerals & other life events.

Nightclubs will be allowed to reopen.





### Special Events:

Although we have not been able to enjoy our U3A group activities for more than a year, with the vaccine roll out we are now looking forward to being able to get together again later this year.

With this in mind we have already organised and booked some U3A day excursion coach trips. Please have a look at and contact Jean Mole or Sylvia Wright to reserve your place, as we still have some availability on all trips.

In view of the latest information regarding the easing and eventual cancellation of the current lockdown, we have made the decision to change the date of our trip to Newmarket Stud & Bury St. Edmunds from Monday 7th June to Monday 21st June. We apologise for any inconvenience, but I am sure you will understand our reasons for making this change.

If you were booked on the trip, we hope that this change of date will not make any difference to you and that you will still be able to join us on Monday 21st June. However, if you would like to delete your name from our list, please let us know.

We do still have some vacancies for the trip to Newmarket Stud & Bury St Edmunds, and those of you who were hesitant about booking prior to the latest information regarding the Corona virus, may now wish to add your names to our list. If this is the case, please contact Jean Mole (01933 626 608) or Sylvia Wright (01933 419 440).

- Our first outing is on Monday 21st June to Newmarket National Stud combined with a free afternoon in Bury St Edmunds. *(see details on next page).*
- This is followed by our first trip to Highclere Castle (Downton Abbey) on Wednesday 14th July.
- Due to popular demand we had to book 2 trips to Highclere Castle and our second visit is on Wednesday 1st September.
- On Tuesday 3rd August we have 2 coaches going to The Royal Courts of Justice combined with free time at Covent Garden. *Full details of all events including costs will be shown on our Special Events page shortly.*
- A guided tour of Hampton Court Palace and garden including a tour of the Palace with our guide Sarah Slater, (in costume) on Monday 4th October.
- Thursford Christmas Spectacular Show, afternoon performance on Monday 7<sup>th</sup> December, where we have centre stage tickets already booked on rows N, O & P.



All the details, itinerary and prices will be given on the website group page as they become available. We have spaces on all of our trips.

We are a friendly, social group and would love you to join us. We always book our private coach with RB Travel as their coaches are very comfortable and with pick ups at Higham Ferrers & Rushden it's almost a door to door service. Keep watching the group page as we will be adding more trips.

*To reserve a place please contact Jean Mole or Sylvia Wright*

## SPECIAL EVENTS GROUP

Our first coach trip this year is on Monday 21 June to **NEWMARKET NATIONAL STUD** for a behind the scenes tour of the beautiful 500 acre stud. Their guide will board our coach for the 90 minute tour explaining the history of the stud, including a stop at the Foaling unit, the Nursery Paddock to see the mares and foals and the superb Stallion Unit. There is a shop and café on site and we are booked into the café on arrival for tea/coffee.

We will then travel a short distance to Bury St Edmunds for a free afternoon with plenty to see including the 1000 year old St Edmundsbury Cathedral, the award winning Abbey Gardens, shops and restaurants.

We are also booking a guided walking tour of the town for an additional £7.50 per person. The 90-minute tour of the historic centre of Bury St Edmunds includes the Abbey Gate, the Abbey Gardens and Abbey Ruins, the statue of St Edmund, St Edmundsbury Cathedral, St Mary's Churchyard, Church Walks, Guildhall Street, Hatter Street, Abbeygate Street and the main market.

The pickups at Higham Ferrers & Rushden will be around 8.00am to 8.15am

*This particular trip should be very safe as we will be using our private coach whilst travelling and also touring the Newmarket Stud as their guide will join our coach for the tour.*

***Please let Jean Mole or Sylvia Wright know if you are interested in booking this.***



**HIGHCLERE CASTLE.** A big thank you to those members who transferred from our over-subscribed trip on Wednesday 1st September 2021 to the second trip arranged for the Wednesday 14th July 2021. There are still spaces available for the 14th July trip, and although the 1st September trip is full, you are welcome

to put your name on the reserve list. We will then contact you if and when spaces become available. Approximate cost of both trips will be between £32.50 & £35.00, dependent on numbers.



**ROYAL COURTS OF JUSTICE & COVENT GARDEN:** The trip to the Royal Courts of Justice & Covent Garden is so popular that we have been able to put on a second coach for the same trip and spaces are now available. The pickup times will be the same (or 15 min apart), and one coach will do RCJ in the

morning and Covent Garden in the afternoon, whilst the second coach will do Covent Garden in the morning and RCJ in the afternoon. Approximate cost between £32.50 & £35.00, dependent on numbers

If you are interested in any of these trips, please get in touch with Jean Mole or Sylvia Wright as soon as possible to register your interest. Contact details as under:

Jean: 01933 626608 e-mail - [peterandjeanmole@btinternet.com](mailto:peterandjeanmole@btinternet.com) or

Sylvia: email - [sylwr9@gmail.com](mailto:sylwr9@gmail.com)

We all need something to look forward to in 2021 so keep looking at the group page on the Higham & Rushden u3a website (under Special Events Group) where all the details of the trips are listed, and new trips will be added as they are released.

Thank you from Jean Mole and Sylvia Wright  
Registered Charity Number 1164952.

[www.highamandrushdenu3a.org.uk](http://www.highamandrushdenu3a.org.uk)

## **EASTER: Why does Easter move around?**

You've probably noticed that the date of Easter moves around quite a bit. Sometimes it comes at the end of March; other years it happens in late April. In 2021, Easter is on Sunday 4 April. For it to come any later than it was in 2019 (21 April) you'll have to wait until 2038.

So does it move about so much? Let's find out.

### **Why it can be late**

Easter is always on the first Sunday after the first full moon that follows the spring equinox. But this full moon is an ecclesiastical full moon (ecclesiastical means 'of the Church'), and so wasn't calculated in quite the same way modern astronomers would. On top of that, for the purpose of calculating Easter, the spring equinox is always on 21 March.

So there you go – this year, the first full moon after the 21 March is Sunday 28 March, hence why Easter is on Sunday 4 April.

These rules also mean that the earliest possible date that Easter Sunday can fall is the 22nd March. The last time that happened was in 1818. So how did all this come about and why do we use the Moon to calculate the date of Easter?

Let us explain.

### **Computing computus**

The method to calculate the date of Easter is called 'computus', from the Latin word that means calculation. It was a big, big thing in the Middle Ages – and still is today.

Easter marks the date of Jesus's death and resurrection, which, according to the Bible, happened around the Jewish Passover. Like the date of Passover, the date to mark the Resurrection was calculated using the lunar calendar, which is based on the cycles of the Moon. This threw a spanner in the works, as lunar cycles were calculated in various ways back then.

Moreover, different Christian groups disagreed on the date to celebrate the Resurrection. Some celebrated it on Passover itself, some the following Sunday.

This made things quite complicated.

### **Let's get this sorted.**

In 325 AD, Emperor Constantine called the Council of Nicea, the first council of the Christian Church. As well as discussing other key beliefs, the Council wanted to settle the issue of the date of Easter. It was decided that all Christians should celebrate Easter on the first Sunday after the first full moon on or after the spring equinox. That should have put the issue to bed once and for all. But different traditions kept calculating it in different ways, backing up their choice with different Gospels.

### **The saintliest saint**

In England, for example, Irish monks forcefully argued that their way of doing it had started with John the Evangelist but Roman monks claimed their calculations had begun with St Peter himself.

One year, Northumbrian King Oswy – who followed the Irish tradition – celebrated Easter at different times from his Kentish wife, who followed the Roman tradition. To put it in today's words, that was awkward.

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[www.highamandrushdenu3a.org.uk](http://www.highamandrushdenu3a.org.uk)

So, in 664, a meeting of the clergy was organised in Whitby Abbey to sort the matter out. King Oswy had the final say and decided the Roman tradition should be adopted in the whole of England.

Apart from wanting to celebrate at the same time as his wife (and wanting to be more politically aligned with Europe), his decision came down to the fact that St Peter is the gatekeeper of heaven, and the King wanted to get there. So, the Roman tradition was adopted in England. Bishop Coleman of the Irish monks was furious, resigned, and went back to Ireland with a group of like-minded monks, never to return.

### **The Pope gets involved**

At the end of the 16th century, things changed again. Christians had, up to this point, followed the Julian calendar (named after its inventor Julius Caesar). In this system, there is a repeating pattern of three years of 365 days followed by a leap year of 366 days. However, this calendar overestimated the length of the tropical year, the time from one equinox to the next, which also affected - you guessed it - the date of Easter.

To solve this, in 1582, Pope Gregory XIII suggested knocking off a few days from the calendar and adjusting the frequency of leap years. That year, in all countries who went with the Pope's plan, 4 October was to be followed by 15 October. But, by that point, England was largely a Protestant country. The change suggested by the Catholic Pope proved to be quite controversial and wasn't implemented.

### **Order!**

In the 18th Century, Parliament declared that enough was enough. It was decided that Wednesday 2 September would be followed immediately by Thursday 14, and from then on England, Scotland, Wales and Ireland would follow the same calendar as most of Europe.

Today, although the Gregorian calendar is the international civil calendar, it's still not used by all churches. The Orthodox Church follows the Julian calendar, so the Orthodox Easter normally falls a bit later (in 2021 it will be marked on Sunday 2 May.) In 2025, both Churches will celebrate Easter on Sunday 20 April.

There have been talks of fixing the date of Easter but, for the foreseeable future, it will remain a movable feast. So if you always want to know when Easter is from the top of your head, you know what to do: learn computus! Or perhaps search it online.

oooooooo



**Beading:** With the continuation of COVID-19 restrictions, the jewellery group will not start up again until regulations permit. 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 still 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 resume meetings, at which time I look forward to seeing you all again. Please see the website for announcements.**

We have created a short tutorial for those of you who are not familiar with Zoom, and who may want to use it either within U3A or in the wider world for meetings while Covid restrictions apply. It covers how to access Zoom on most devices and gives some tips on what you can do to help the meeting run smoothly. You can find it at:

<https://www.highamandrushdenu3a.org.uk/tutorials/Zoom.pdf>.

Jim Morrison Computer Group A leader.



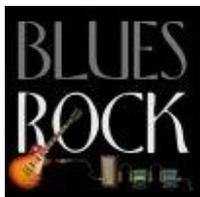
### **Computer Group B For Mobile With Android & IOS**

If you would like more information on the group or help please feel free to contact me directly.

Email: [c101776.3365@icloud.com](mailto:c101776.3365@icloud.com)

Phone: 07850 789447.

Alan Nixon Computer Group B Leader. Email: [c101776.3365@icloud.com](mailto:c101776.3365@icloud.com)



### **Rock & Blues Group:**

We are hoping to return to meeting in our garden on Thursday 29th April at 14:00 hours (weather permitting), with the much-delayed topic of Limbs and Body Parts. If you are not one of the regulars, please let me know if you want to join us, as we have a 6-person limit.

Jim Morrison





## **BEE FACTS:**

Have you heard the familiar whirr of bees buzzing around your garden yet? Many species emerge in spring to gorge on early nectar and find nest sites. From huge, fuzzy bumblebee queens to pint-sized solitary bees, here are 11 early spring bees.

### ***Spring solitary bees:***

UK Spring bees aren't just bumblebees; many of the early risers are solitary bees. As their name suggests, these species lead solitary lives rather than living in a multi-bee nest. They dig their own burrows and live there alone. Depending on the species, a solitary bee nest can be found everywhere from holes in the ground and sandy banks to gaps in walls, special bee houses and even old snail shells. But don't worry about your walls; solitary bees won't sting and are incredibly important pollinators of flowers, fruit trees and crops like oil-seed rape.

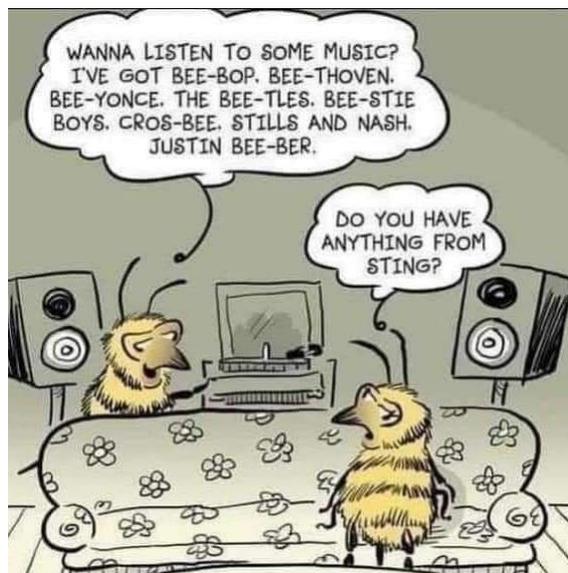
Some of the most common spring solitary bees you are likely to see in our region are:

- Early mining bee (*Andrena haemorrha*)
- Gwynne's mining bee (*Andrena bicolour*)
- Tawny mining bee (*Andrena fulva*)
- Ashy mining bee (*Andrena cineraria*)
- Hairy-footed flower bee (*Anthrophora plumpipes*)

### ***Spring bumblebees***

Queen bumblebees are the only members of the colony to survive winter. They emerge in spring to gorge on early nectar and pollen before seeking a nest site (usually a hole in the ground or abandoned small mammal burrow) where they will raise a brand-new generation. These huge queens will be among the first bumblebees you see as spring arrives and will usually be one of a handful of species.

- White-tailed bumblebee (*Bombus lucorum*)
- Buff-tailed bumblebee (*Bombus terrestris*)
- Early bumblebee (*Bombus pratorum*)
- Red-tailed bumblebee (*Bombus hypnorum*)
- Bilberry bumblebee (*Bombus monticola*)



**Linda Walker is our new Groups Coordinator.**

Group leaders should contact her.

Has your group has lapsed ? Please let her know.

Linda's own groups are:



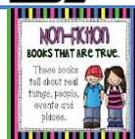
**Popular Music Appreciation.** On hold.  
We will keep you up dated.



**Days out and Sunday lunch** groups are on hold.  
We will keep you up dated.



**A Little aloud** 2<sup>nd</sup> & 4<sup>th</sup> Friday on Zoom 10.00 & 11.00 (see U3A calendar). New members welcome.



**Non-Fiction Group** – contact group leader and check U3A calendar for date, usually 3<sup>rd</sup> Monday in the month at 2pm on Zoom. New members welcome.

Linda & Chris Walker.

**APPEAL FOR NEW GROUP LEADERS.**

Higham and Rushden U3A are giving members a golden opportunity to look after one, or several groups whose leaders would like to or have already retired. They are:

**Bridge,  
Family History,  
Settlements,  
History  
Canasta, and  
10pin Bowling.**

These groups have a ready-made list of members, just waiting for a new group leader or leaders: several groups have more than one leader.

Please consider helping your local U3A.

I am experienced with running several groups and will be here to support you.

Alternately have you a different interest you would like to share by forming a new group?

Linda Walker, Group Co-ordinator

## 20 QUESTIONS

What does frugal mean?

What car does James Bond drive?

What is made from animal collagen?

What is the chemical formula for Salt?

What are the 2 types of rainforest?

Who sang The Twist?

What is C<sub>2</sub>H<sub>6</sub>O?

How many wisdom teeth in an adult?

Who wrote The Old Man & The Sea?

What is H<sub>2</sub>O?

Complete the song title by Equals.

What is the collective name for bats?

Who wrote "An Inspector Calls"?

What is a peck in litres?

What is the meaning of murine?

Where are the Galapagos Islands?

What are Îsles Flotantes?

How do you "Castle"?

Where is the Crazy Horse Memorial (unfinished)?

*Answers in the May Newsletter.*

**NOTICE:** The COVID-19 pandemic has had a significant effect on most, if not all of our Groups. Once a version of normality returns some of the groups below may no longer be active and others may have changed leaders, locations, times etc. Please keep checking the website for any relevant information.

GROUP	VENUE/DAY	TIME
A Little Aloud	Alternate Fridays	2 <sup>nd</sup> & 4 <sup>th</sup> Friday on Zoom 10.00 & 11.00
Badminton Beginners & Improvers	Pemberton Centre	Tuesday 1400-1500
Badminton Experienced	Pemberton Centre	Tuesday 09.00-10.00 & Friday 12.00-13.00
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 <sup>st</sup> & 3 <sup>rd</sup> Wednesday every month.
Computing & Technology Grp B Beginners		Afternoons 13:00-15:00 2 <sup>nd</sup> Wednesday every month
Country Dancing	HF WMC	Alternate Mon 14.00-15.30
Country Park Walks	Various Parks	2 <sup>nd</sup> 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 <sup>nd</sup> & 4 <sup>th</sup> Wed 10.00 to 12.00
Driving	On the Rd	
Garden	Rushden Hall & Visits	Garden visits Summer. Otherwise Hall 2 <sup>nd</sup> 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	1st Thu 14.00-15.30
Holiday Spanish Beginners	Alternate Mondays	10.00-12.00
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
		Continued...../

<b>GROUP</b>	<b>VENUE</b>	<b>TIME</b>
Knit & Natter	Leader's Home	Alternate Mon 10.00-12.00
Mah-jong 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
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
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.

# 20 THINGS YOUR MUM USED TO SAY TO YOU...

