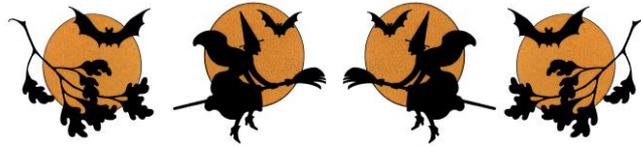




HIGHAM & RUSHDEN NEWSLETTER



OCTOBER



FROM THE CHAIR:

Dear Members.

Jenny Carr has arranged access to a variety of video presentations. The first is on Wednesday 21st October at 2pm. It is NOT a zoom presentation and to access it you will have to register using the link below. More details are available on the website and in the newsletter. Please follow the instructions given. It's simple to access and the talk you will see is not a live feed but a video.

The registration page is at <https://mirthy.co.uk/u3a-higham-rushden/> and you should follow the instructions on screen to register for the talk.

Once registered you will receive a confirmation email with a unique link in it to access the talk. Our system will send a reminder email a couple of days before and 15 minutes before the talk is due to start. If you register and do not receive the confirmation email please check your junk or spam folders or contact Jenny Carr, Speaker Secretary.



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

Registered Charity Number 1164952.

www.highamandrushdenu3a.org.uk



NEWMARKET NATIONAL HORSE STUD plus free time in **BURY ST EDMUNDS** on Monday 7th June 2021. The anticipated cost will be around £30 per person dependent on numbers.

The booking is for a private, behind the scenes, guided tour of the beautiful 500-acre Newmarket National Stud, which is the only thoroughbred horse stud in the UK open to the general public.

The pickups at Higham Ferrers & Rushden will be around 8.00am to 8.15am, to arrive at the Newmarket Stud at 10am where we are booked into the Waveney Cafe for a cup of tea/coffee (included in the price). At 10.30am their guide will board our coach as we travel around the stud, and he/she will explain the history of the stud and other interesting facts, stopping off at the Foaling unit, the Nursery Paddocks to see the mares and foals, and the superb Stallion Unit with the opportunity to see the stallions in their paddocks. The tour takes 1½ hours. We will then stay on the coach and travel the short distance to Bury St Edmunds for a free afternoon with plenty for you to see, including the 1,000-year-old St Edmundsbury Cathedral, the award-winning Abbey Gardens, the shops and restaurants, or maybe you would like to join one of the town's guided tours, their website: www.burystedmundstourguides.org



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 or Sylvia: email - 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.

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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 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:

Bees are hardwired to do certain jobs. Scout bees, which search for new sources of food, are wired for adventure. Soldier bees, (only discovered in 2012), work as security guards their whole life. One percent of all middle-aged bees become undertakers—a genetic brain pattern compels them to remove dead bees from the hive. But, most amazingly, regular honeybees, which perform multiple jobs in their lifetime, will change their brain chemistry before taking up a new gig.





Rock & Blues Group:

The next meeting will be on Thursday 29th October (Covid restrictions allowing) and the topic is Limbs & Body Parts.

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



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.

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.

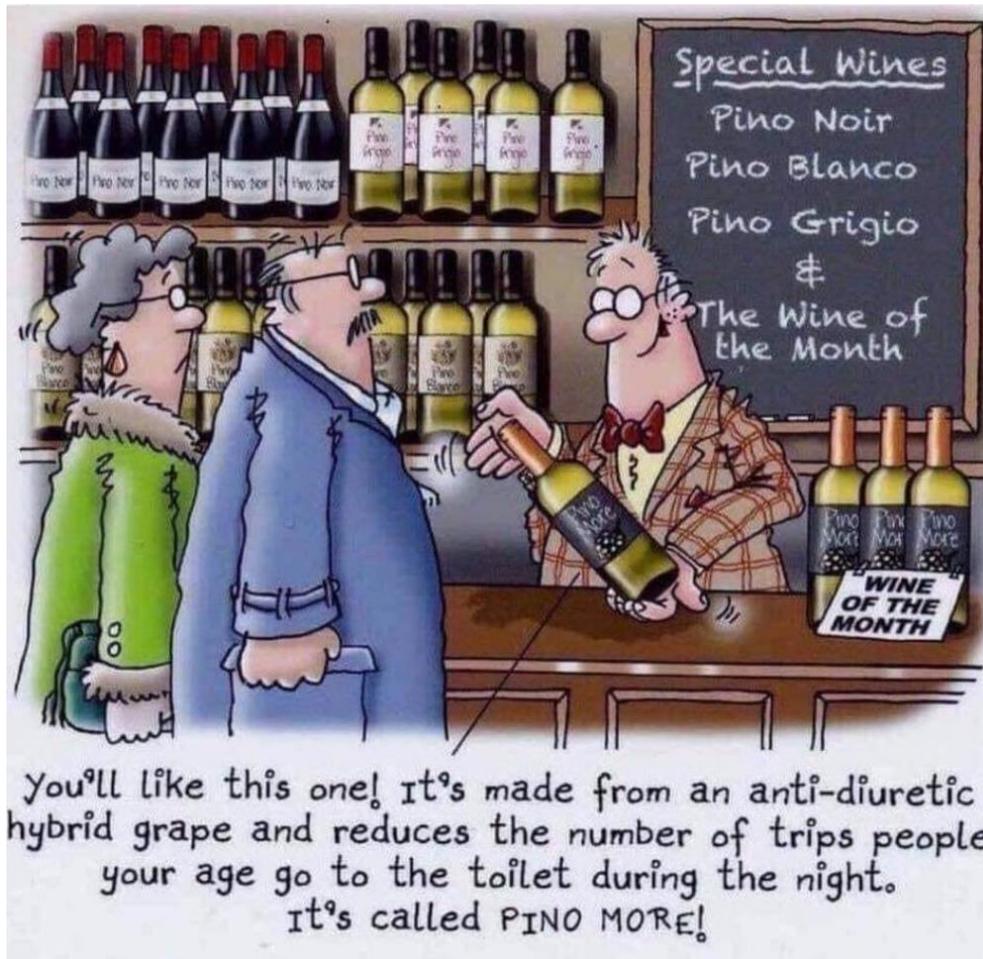
Steve Evans



Wine Tasting: Due to the current situation we have cancelled all meetings until next year when hopefully things will have improved. We will keep practicing and hope you will too.

We can be reached on dsgrangeway@sky.com or 01933 356784.

Steve and Denise Evans



Wine and Dine:



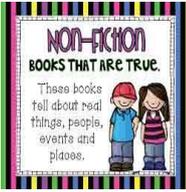
The Wine and Dine group are keeping in touch via weekly emails (WADlines!), and looking forward to meeting again. A provisional programme is in place against the return to "normality" (whatever that is)!

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



Non-Fiction Book



Sunday lunch



Popular Music Appreciation

**ALL GROUPS ON HOLD
DUE TO COVID-19
RESTRICTIONS.**



Days out car share:



A little Aloud

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

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
Continued...../		

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

NOTICES:

RUSHDEN LIBRARY announced on 9th October that it is indeed allowing browsing in a controlled environment. It is allowing 15-minute appointments. However, it is allowing walk-ins if there are no appointments. Emailing is the easiest way to contact them: RushLib@firstforwellbeing.co.uk.
keep safe.

RUSHDEN MEDICAL CENTRE, Adnitt Road (01933 412666) is now registering new patients.

THE BACK NINE, an allegory for life.

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years have gone. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But here it is, using golf as the allegory - the Back Nine* of my life, and it caught me by surprise. How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like.

But here it is, my friends are retired and getting grey, they move slower and I see an older person now. Some are in better and some worse shape than me... but I see the great change. Not like the ones that I remember who were young and vibrant, but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day and taking a nap is not a treat anymore, it's mandatory! Because if I don't of my own free will... I fall asleep where I sit!

And so, now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! However at least I know that although I'm on the back nine, and I'm not sure how long it will last, when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life, do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether you're on the back nine or not!

You have no promise that you will see all the seasons of your life. So, live for today and say all the things that you want your loved ones to remember, and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Live it well! Enjoy today! Do something fun! Be happy! Remember "It is health that is the real wealth and not pieces of gold and silver.

Lastly, consider this:

- Going out is good.
- Coming home is better!
- You forget names, but it's OK because some people forget they even knew you!!!
- You realize you're never going to be really good at anything like golf.
- The things you used to care to do, you aren't as interested in anymore, but you really don't care that you aren't as interested.
- You sleep better on a lounge chair with the TV on than in bed. It's called "pre-sleep".
- You tend to use more 4 letter words . "what?"..."when?"???
- You notice everything they sell in stores is "sleeveless"!!!!
- What used to be freckles are now liver spots.
- Everybody whispers.
- You have 3 sizes of clothes in your closet; .2 of which you will never wear.
- But old is good in some things:
 - Old Songs,
 - Old movies, and best of all,
 - OLD FRIENDS!!

*The second part of the course, on the way back.

PUMPKIN FACTS

What are the health benefits of pumpkin?

Even though you can find it in canned form at any time of year, this trendy fall food is often forgotten for what it really is: a super high-quality and versatile vegetable.

The fibre keeps you energized. One cup of canned pumpkin has about 7 grams of fibre (about 20% of the recommended daily amount), whereas kale has a little less than 3 grams. While both have a place on your plates, the fibre content of pumpkin will fill you up, help stabilize blood sugar, and keep your energy up throughout the day.

The minerals help your heart. Pumpkin is loaded with blood pressure-regulating minerals like potassium, magnesium, and iron. They're necessary for providing oxygen to red blood cells. Surprisingly, one cup of pumpkin packs 14% of your daily value for potassium, whereas one banana has 12%.

The antioxidants boost immunity. Pumpkin is packed with beta-carotene, the precursor to vitamin A – an important antioxidant for visual acuity and skin integrity – as well as vitamins C and E, also important antioxidants for repairing your body's cells from damage. Diets rich in antioxidants and potassium are also linked to helping reduce your risk of cancer and heart disease.

Is pumpkin fattening?

No, since cubed pumpkin contains only 0.1 grams of fat per 1-cup serving. Pureed pumpkin has slightly more at about 0.7 grams per cup, but the squash predominately provides good-for-you carbohydrates – not to mention all of those other beneficial vitamins and minerals.

Is canned pumpkin also good for me?

Yes! It doesn't have to be fresh to get the same benefits. Unlike many other fruits and veggies, pumpkin is still loaded with nutritional benefits all year round in its canned form. One cup of canned pumpkin is vitamin- and mineral-rich, not to mention super-versatile. I love mixing ½ cup of canned pumpkin into plain, low-fat Greek yogurt with cinnamon, nutmeg, and a drizzle of honey for a protein-rich snack that also satisfies my seasonal sweet tooth.

PUMPKIN HARVEST SOUP

Ingredients

1-lb boneless chicken breasts
1 tablespoon olive oil
3 stalks celery, chopped
3 medium-size carrots, chopped
1 medium onion, chopped
1 tablespoon minced garlic
1-pint Chicken Stock
1 can pumpkin puree (not sweetened)
1 teaspoon nutmeg
¼ teaspoon white pepper
1 teaspoon salt

Instructions

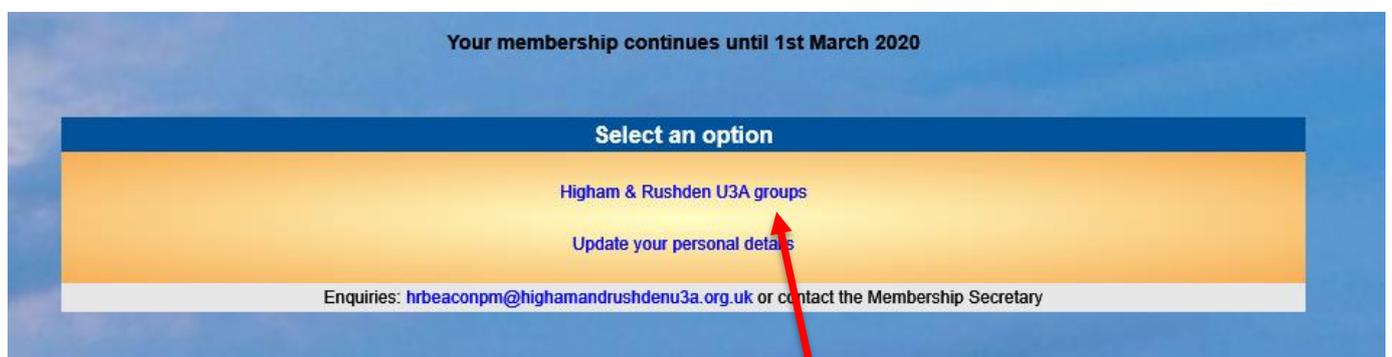
Cut chicken in bite size pieces. In a large pan cook the chicken in 1 tablespoon olive oil until no longer pink. Add celery, carrots, onion, and garlic. Sauté until vegetables are tender. Add chicken broth, pumpkin, nutmeg, white pepper and salt. Simmer for 30 minutes. Season with salt and pepper to taste.

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.