

HIGHAM & RUSHDEN – SPRING 2010 NEWS SHEET

Welcome to our extra long Spring Newsletter. Please let your committee have feedback on its contents, layout and distribution.



TEAS – The good news is that we have a team leader – Pauline Harris, 01234.721009 - who will organise the rota for serving the teas and get the milk and biscuits. Many thanks to Pauline. BUT, . . . we are still in need of volunteers to help serve the tea and coffee. The more members who are in the team, the less often they will have play! We now have a storage cupboard to keep the equipment in – there is nothing to take home! There is NO WASHING UP - the Pemberton Centre staff does it for us! If you are willing to help with this please contact Pauline. I have repeatedly asked for help with this and am disappointed that from a membership of 280+ there has been such a poor response. If we do not get enough members for the team, we have to assume that refreshments are not wanted at our monthly meetings. This would be a pity. I am particularly concerned to have a team of 6 or 8 for the May meeting as we are intending to serve refreshments throughout the afternoon. A team of this size will give all a good chance to get round all the displays and have their chance to see what you have all been up to. Please – help this to get this aspect of our U3A running smoothly.

GROUP ETIQUETTE – The Committee and Group Leaders are concerned that some members have a rather casual attitude to their group(s) membership. I would ask you, therefore, to read and digest very carefully the guide to Group Etiquette which appears at the end of this newsletter.

SALES TABLE – This is another thing we need continuing help with - The Sales Table. This has been a very useful source of income for us as well as being another point of interest at our monthly meetings – after all, we all love a bargain! I hope that there will be some room to store items in our cupboard along with the tea things. A few helpers please for this venture. Contact me or Wendy Clarke on 01933 652532.

INSURANCE FOR TRIPS – Some members have queried insurance arrangements for trips. You will have some cover if you have personal travel insurance. Travel by coach is covered by the coach company. When sharing cars, you are covered by the driver's insurance provided there is NO payment for the journey – just treat them to tea and cake when you get there!

NORTHANTS U3A COUNTY NETWORK – Margaret and I attended their recent meeting. One of the items discussed was a link with the University of Northampton and possible Summer Schools and Study Days. Watch this space for more news.

MAY GROUPS EXHIBITION & 1st Birthday – The Group Leaders and their members have been planning away and I am confident following the GLs Meeting that we are in for a really good show on 19 May. We hope to have with us Margaret Elgood from Wellingborough who helped get us going and Liz Wilson, the East Midlands Regional Trustee who presented us with our certificate of membership of the Third Age Trust. And remember, there will be Birthday Cake (and hopefully tea) to help us celebrate!

Jack Lee – Chair

MONTHLY MEETINGS

Since the last News sheet, we have had two excellent and interesting speakers.

In February, **Brian Jones's** lecture was on "A fight against the odds – the 19th C poor of London's East End". By the end of Brian's talk, all present were "counting their blessings" after learning how the poor in London's East End lived during the 1800s. Today's obsession of "recycling" is not new: but the poor had to recycle everything in order to clothe and feed themselves. Worn clothes might be passed to as many as 3-4 different people after having the worn areas patched or replaced. Furniture was repaired and resold and children would "mudlark" by walking along the Thames at low tide to try to find copper nails to resell for food or coal for heating and cooking. Many well-meaning philanthropists worked to improve the lot of the poor but sometimes this had unfortunate outcomes. Replacement housing needed by the poor was demolished by the railways, resulting in further displacement whilst the new housing was built. Yet all had their pride and tried to make the best of "their lot" within their social community. Does this supportive community still exist today or has the Welfare State allowed us to abdicate caring for the needy to others? If you are interested in following up Brian's talk and have access to the internet, the following website would be a good place to start:

<http://booth.lse.ac.uk/>

In March, **Mike Frost** gave a talk about "Sky Phenomena". We all look at the sky and wonder – about clouds, rainbows, the sun and moon – and that's not even considering the stars and planets which can only be seen when the sky is really dark. What makes a rainbow? Well Mike's talk on sky phenomena certainly enlightened all who attended his March talk. Did you know that each of us has our own personal rainbow and that it is possible to get to the edge of a rainbow (but not the end of it!)? Rainbows will only form when the sun is 42 degrees or lower which is why they very rarely occur in our summers – no matter how wet! We also learnt that there can be double or even triple rainbows, moon bows and sun dogs – the latter being formed by ice crystals illuminated by the sun. Mike's talk was supported by excellent slides of these phenomena, including "the arms of Buddha". For more information about this, visit Mike's web site www.mikefrost.info. More information about sky phenomena can be found at www.atoptics.co.uk.

Make sure you don't miss future interesting monthly meetings by putting in your diary 2.00 pm at the Pemberton Centre, Rushden on the 3rd Wednesday of the month. The speakers for the rest of the year are:-

Wednesday 21 April: Jayne Barnes – "*From Cows to Cheese or Tales from a farmer's wife*" Funded by the Government, Jayne gives a detailed insight into running a dairy farm. The 2000 litres of milk yielded daily is used to produce Stilton cheese of which Jayne will bring samples. As well as her silk flower arrangements for sale.

Wednesday 19 May: – Groups Exhibition and U3A First Birthday celebrations. A Quiz, raffle and birthday cake – so don't miss it!

Wednesday 16 June: U3A "Picnic" 10.15-16.00 Saxon Hall, Raunds – see below for more information.

Wednesday 21 July: Mrs J Prachett - "*Memories of a survivor of the sinking of the Laconia*". The second RMS Laconia was a Cunard ocean liner built as a successor to the Laconia of 1911-1917. Like her predecessor which was sunk during the First World War, this Laconia would be destroyed by a German U-boat on 12 September 1942. However before the Laconia went down, a U-156 surfaced and attempted to rescue survivors of its own attack! Situated 600 miles from the coast of Africa, learn about the incredible twist to the rescue, after many saved. This is a survivor's tale of events, friendship, heroism and the triumph of the human spirit in the most incredible situation.

***** NO MEETING IN AUGUST *****

Wednesday 15 September: Annual General Meeting

Wednesday 20 October: Mr David Hudson - "*Trials of a JP*"

Wednesday 17 November: Duo - "*Amusing by Definition*"

Wednesday 15 December: Michael Peachey - "*Life as an Artist*" Humorous Oil Painting Demonstration

U3A Picnic – Wednesday 16 June 2010 10.15 – 16.00 (or any part thereof). This “Away Day” is in place of the normal monthly meeting. It is for members only and there is no charge – only PLEASE bring the food.

Based at Saxon Hall, Thorpe Street, Raunds, NN9 6LT (parking available)

10.15 Coffee

10.30 Town walking tour or visit to St Peter’s church (transport can be organised for St Peter’s church)

12.30 Bring and share lunch

14.00 Beetle Drive

15.30 Tea

To sign up please contact one of the following or sign up at April or May meeting

Doreen Riley 01933 313173 or Gwen Tobin 01933 314490 or Linda Grace 01933 460631

NEWS FROM OUR GROUPS



Birdwatching Group Members of the Northampton and Higham & Rushden Branch had an excellent morning’s bird-watching at [Summer Leys Nature Reserve](#) at the beginning of March. The sun shone for the first time in weeks, and the birds were looking very beautiful in their breeding plumage. The watchers saw 40 different species of birds in just 2 hours! The group was led by one of the county’s most respected bird recorders, John Ward, who visits Summer Leys daily to record the wildlife. It was John’s eagle-eye which spotted 3 snipe hiding in the grass, though no-one in the group was able to see the green woodpecker which was “yaffing” at everyone whilst walking round the reserve!

The Computing Group is continuing to attract attention. It now has 40 members and more joining at almost every U3A monthly meeting. Members find that no matter how little they know, they are welcome, with more experienced members willing to spend time helping them learn about their computer in the true U3A Spirit of helping each other.

The Group is preparing its pitch for the May meeting when it hopes to be able to convince even more to join! Some members are now starting to learn about the new Windows 7 – released late last year – while others are now making FREE phone calls over the internet to relations at home and abroad! New-found skills are enabling other members to produce their own cards and stationery and even undertake basic maintenance work on their machines – to say nothing of finding all sorts of hidden gems behind the screen and keyboard. Why not come for a FREE taster session with us? Contact Peter MacGregor at 01933-653449 for more details or talk to him at the monthly general meetings.

Day Trips The Day Trips group is organising a coach outing to [Lincoln Christmas Market](#) on Friday 3 December, 2010. The cost will be £10.50 (this includes a tip for the driver). Tickets will be available at the meeting on 21 April, and at future meetings until sold out (cash with order please). A preliminary list was available at the last meeting and 28 people indicated an interest, so it is anticipated this will fill up fast. If you are interested, sign up with Brian Shelton as soon as possible.

Gardening Club’s February speaker was Lynn Mackintosh who gave a fascinating talk on her experience of buying a 3 acre plot of land and fulfilling a childhood dream to plant a wood. The group heard tales of problems with a rabbit warren, muntjac and squirrels, a threat of compulsory purchase, a poacher looking for Christmas trees, and a mystery visitor who always moved a chair to a chosen spot but left no other signs of the visit. The Club’s newsletter gives a list of timely gardening jobs to undertake and gardens which are open to the public. And if you have a problem with slugs feasting on your hostas, a useful website to visit is www.slugrings.co.uk which includes a hilarious poem about slugs plotting revenge on mankind!

Handicrafts Group A small group of H&R U3A had a very interesting guided tour at [78 Derngate](#), Northampton, the home of W J Bassett Lowke, and the only house in England to be remodelled by Charles Rennie Macintosh (1868-1928), the well known Glaswegian artist and architect in 1916. George Bernard Shaw also stayed here as a guest of the Bassett Lowke's. As well as looking at the museum exhibits we also visited 'Cushy Numbers - the Art of Patchwork and Quilting' which was on display.

History Group In March, the group visited the [Cowper & Newton Museum](#) at Olney.

This was for about twenty years the home of William Cowper, the foremost 18th-century English poet, who also had a close working relationship with the Rev. John Newton, and together they wrote over 300 hymns, published as The Olney Hymns, including "Amazing Grace" and "God Moves in Mysterious Ways ..." Together, they also played a major role in supporting the work of William Wilberforce in the Abolition of Slavery. As well as rooms dedicated to William Cowper and John Newton, together with associated topics like slavery and their letter- and hymn-writing, the museum also has displays



featuring the local lacemaking industry, together with preserved examples of period costume. The group were given a guided tour by former curator Joan McKillop, who pointed out highlights of the collection there, including an 18th century electrostatic machine, used as a treatment for mild depression, or for stimulating muscles affected as the aftermath of a stroke. In addition to the internal exhibits, the museum has spacious gardens. As well as being a leading poet, William Cowper was a noted plantsman, and there has been a concerted effort to use one of the garden areas to feature plants with which he would have been familiar. Finally, the little summerhouse which he would use as a quiet area for work is still in existence, very much as he would have known it.

April's meeting has been put back one week - to 29 April, when there will be a feature on [St Pancras Station](#), followed by an illustrated presentation on the story of prints, reproductions and posters as wall decorations and social landscape. In May the group will be visiting [Stony Stratford](#) and [Grafton Regis](#), looking at the roles these places played in key events in the history of Britain: the Eleanor Crosses, the secret marriage of Edward IV, the seizure of one of the Princes in the Tower, and the construction of Henry VIII's favourite palace outside the London area. In June the group will be visiting [Foxton locks](#) and the [Harringworth Viaduct](#), looking at how what were new forms of transport have changed the landscape. The group is still open to new members, so if this sounds like the sort of thing you'd like to share in, get in touch quickly! Come and feel the blast of the Past!

Painting for Pleasure The next meeting will be on Monday 17 May - topic to be decided. Some members paint and some prefer to sketch: we are a mixed group and have among our members some very talented people and some just starting out. All are welcome. As our meetings have fallen on bank holiday Mondays we are planning a trip to Stanwick Lakes to sketch or paint early in May. I hope to have the date for this at the April monthly meeting. Future dates .Tuesday 25 May 10.00 am to 12.00 a workshop by local artist [Derek Geater](#). Contact Doreen 01933 313173. After the May Bank Holiday we will get back to meeting every fortnight at 2 pm at the Working Men's Club in Higham Ferrers, starting 14 June.

Philosophy Group DO WE REALLY HAVE FREEWILL? Every action or event comes about as a result of another event. The car tyre has a puncture because I drove over a nail close to where I park. The nail came to be on the road because a careless workman dropped it whilst loading up his van. Not all events or actions are the result of a single previous event, but may come about as the result of several. We hear of "unfortunate combinations of circumstances" that led to an accident - perhaps. The philosophical theory that describes these causal relationships is called [Determinism](#). Determinism holds that all events are caused, and that the theory applies to all physical and mental events. In the brain, neurons firing lead to bodily movement, to ideas and, perhaps, to dreams and the firing of other neurons. We know that this is true through advances in neuroscience. But science cannot give us the whole picture. If Determinism is true, then every thought and action each of us has is caused by previous actions, and those previous actions are caused in turn by even earlier actions.

One of the uncomfortable and unacceptable consequences is the loss of freewill. How can you choose what to do, if your choice is already determined by everything that has gone before? Is it then just to punish someone who cannot be held responsible for their actions? How can we break this cycle of action and exercise true freewill? There is no hope in appealing to quantum mechanics. Even if, at the atomic level, events apparently spontaneously occur (and don't occur simultaneously) you cannot choose to use an external random event. It just happens and you cannot influence it. At its meetings, the Philosophy Group is wrestling with this problem (as are some of the other greatest philosophers throughout the western world). Whilst we may not come to a definite conclusion to the existence of freewill, we may reach some interim conclusions on how to handle it. If you are interested in exploring this further, you can read the analysis of one noted English philosopher, Peter Strawson, said at <http://www.ucl.ac.uk/~uctyho/dfwstrawson1.htm> or talk to Deryck Rogers at the U3A meeting on 19 May, and then perhaps join the monthly meetings.

The Science & Technology Group will be looking at the exploration of the Solar System as its first "project". We will start with the Voyager probes which were launched in the late 70s and move on to the more recent exploration of Mars by the two rover vehicles and the amazing images and data that have come back from the [Cassini-Huygens](#) probe to Saturn. There is plenty of room in the group so all are welcome. There is NO need for previous scientific knowledge – all that is needed is the desire to gain a better understanding of this universe in which we live! Please get in touch with me on 01933 357909 or at jandmlee@btopenworld.com so that we can arrange a meeting time that will suit the majority. Ideas for future areas of study will be very welcome - Jack Lee.



Singing for Fun meets alternate Thursdays, 2-4pm. The group started in February. The group leader, Linda, was amazed at the response. Initially about a dozen put their names forward and at the first meeting 18 turned up. The group has a very mixed ability and experience, with a pantomime dame, choir members with no choir and some who confine their performances to singing to their grandchildren, or in the bath, or, in the distant past, the latest pop records (but nothing after about 1969).

The group is busy practising for the U3A showcase in May and will be singing two songs so don't blink or you might miss the performance. The group is also looking

for other venues to inflict themselves on - sorry that should say "entertain". For suggestions and more information - contact Linda Walker on 01933 387892.

There is a NO AUDITION policy and YOU DO NOT HAVE TO BE ABLE TO READ MUSIC OR SING and YOU DO NOT HAVE TO PERFORM IN PUBLIC IF YOU DO NOT WISH TO DO SO. So please come along. It is a very lively and friendly group and singing is great for cheering you up and exercising the lungs!

Walking Group An additional walking group will start in April and will normally meet on the last Thursday morning of the month at 10.30 am. The following 3 walks are scheduled – no need to book, just turn up.

Thursday, 29 April 10.30 am	Wyevale Nurseries, Harleston Heath Harleston Road, Northampton, NN5 6UJ	4 miles	2.5 hours	Harleston Heath and its lovely woodland.
Thursday, 27 May 10.30 am	Woodford NN14 4HE. Meet by the Green	4 miles	2.5 hours	Views over the Nene Valley.
Thursday, 24 June 10.30 am	East Carlton Country Park, Near Corby LE16 8YF (café available)	4 miles	2.5 hours	Walk over-looking the lovely Welland Valley

Group Leaders: Ann Cook 01832 732544 Ajacklincook@aol.com and Peta Jellis 01933 356914 pej26@ukonline.co.uk



Wine and Dine It is not often that it is possible to celebrate two events at once but 23 members of the Wine and Dine Group celebrated both the Chinese New Year and St Valentine's Day in great style on 14 February at the Mayflower Restaurant, Irthingborough. The special hors d'oeuvres included prawn balls, ham rolls, skewered pork with crispy seaweed, followed by crispy duck, then flambe chicken in Cointreau, stir-fried beef, beansprouts with mange touts and special fried rice. What a way to see in the Year of the Tiger! The question is: do the men still have to take out their ladies for a special romantic Valentine's meal? Come on fellows! Own up! Who did?

A full programme of new Wine & Dine events has now been drawn up including an evening meal at [Dunkleys, Earls Barton](#) in April and lunch at the Overstone Manor Restaurant in July. Further information from the Group Leader Monica Corbett 01933 391531.

NEWS FROM THE GLOs!

Jack & Margaret Lee – 01933 357909 – email: jandmlee@btopenworld.com

IT'S ALMOST HERE!! GROUPS EXHIBITION WEDNESDAY 19 MAY 2.00 pm.

We shall also be celebrating the **First Birthday** of our U3A. Plans are now well advanced. Liz Wilson, our Regional Trustee, will be joining us for the afternoon. We have also invited the Mayors of Rushden and Higham. This promises to be a **GREAT** afternoon, so make sure you are there!!

Hot off the Press!!

A further walking group is starting led by Ann Cook and Peta Jellis. This will be titled "Walking Group 2". See their [programme](#) elsewhere in this newsletter. The group run by Harry Wells will be titled "Walking Group 1".

Group updates

Flower Arranging Group is in abeyance for the present.
 French Groups will recommence in May.
 The Science & Technology Group - see [separate article](#) in this newsletter.
 Theatre Workshop Group has been disbanded.

Advance Notice We shall be organising a half day workshop on Public Speaking in the Autumn.

The following groups have room for **MORE** members:
Chess - Computing - Country Dancing – includes, Traditional English, American, Scottish & International. You don't need a partner and beginners are very welcome. - *Desk Top Publishing - Digital Photography - Discussion/Debating - Genealogy - Scrabble* – a friendly established group who would like a few more players – *Science & Technology*

The following groups have tables this month to promote their group:
Computing , Digital Photography, Genealogy, Handicrafts, Scrabble

Signing on tables for *Walking Group 1, Day Trips and Wine & Dine.*

DON'T FORGET! There is **Meeting Point** at the monthly meeting for members to talk to Group Leaders and the GLOs. This is by the stage whilst teas are served. There is a notice-board there for group information.

The up to date **Groups List** is below. Peta Jellis has produced a chart of **Group Meeting Times** and this is on the Groups Notice Board.

Any member wishing to start a group, please get in touch with us and we will help you all we can.

GROUP	LEADER	PHONE	EMAIL	VENUE	TIME OF MEETING
Badminton	Hilary Bettles	01933-651454		Pemberton Centre	Tuesdays 11 am-noon
Birdwatching	Peta Jellis	01933-356914	pej26@ukonline.co.uk ;	Various	1st Tuesday am
Bridge for Beginners	Tricia Drummond	01933-460255	tricia875@btinternet.com ;	Carriage House-HF	2 nd & 4 th Tuesdays 1.30 pm
Chess Beginners	Dennis Riley	01933-316380	riley.theinnets@tiscali.co.uk ;	Leader's Home	Various
Classical Music Appreciation	Margaret Lee	01933-357909	jandmlee@btopenworld.com ;	Leader's Home	Last Wednesday 2-4 pm
Computing	Peter MacGregor	01933-653449	peter@ranworth.co.uk ;	St Peters RC Church Hall Rushden	2 nd & 4 th Wednesday 2-4 pm
Country Dancing	George Hearnden	01933-622827	ghearnden@tiscali.co.uk ;	HF WMC	Fortnightly Mondays 2 – 3.30 pm [Alternating with Painting for Pleasure]
Day trips	Brian Shelton	01933-314241	brian.shelton2@tiscali.co.uk ;	Various	Various
Desk Top Publishing	Janice Woodward	01933-315815	janblancpere@googlemail.com ;	Refer to Leader	Refer to Leader
Digital Photography	John Broadbent		1942johnb@ukonline.co.uk ;	St Peter's RC Church Hall	Fortnightly – Wednesday am
Discussion & Debating	Janet Embling	01933-387126	davidhome8@aol.com ;	Members' homes	1 st Wednesday 2 pm
Flower Arranging	Dom Jones and Ann Headland	01933 357252	davedom@btinternet.com	In abeyance	In abeyance
French:- Advanced Rusty O-Level Beginners	Marie-Therese Easter	01933-410032	tony.easter@talk21.com ;	Will recommence in May	1 st Tues am 1 st Wed pm 1 st Mon am
Gardening	Carole Rider Pam Curtis Sandra Cox	01933-350406 01933-350280 01933-624948	carolerider12@aol.com ; curtispj@globalnet.co.uk ; sjc43@btinternet.com ;	Various	2 nd Thursday
Genealogy	Rodney Fox	01933-469003	rodney@usfoxes.com ;	St Peters RC Church Hall Rushden	1 st & 3 rd Tuesdays 2-4 pm
Golf	Diane George	07970 532213	dianegeorge0674@aol.com ;	Various	Alternative Mondays
Greek Literature	Alan Matthias	01933-350640	matthias@freeola.net ;	Leader's Home	3 rd Wednesday 10 am
Handicrafts	Carol Pullen	01933-395394	carolmpullen@yahoo.co.uk ;	Leader's Home	4 th Thursday
History	Roger Drage	01536-723138	rd@mrd31.co.uk ;	Chelveston Village Hall	3 rd Thursday 2 pm
Holidays	Doreen Riley	01933-313173	doreenpriley@tiscali.co.uk ;	Various	Various

Painting for pleasure	Doreen Riley	01933-313173	doreenpriley@tiscali.co.uk ;	HF WMC	Fortnightly Mondays pm [Alternating with Country Dancing Group]
Philosophy	Deryck Rogers	01933-410080	deryck.rogers@btinternet.com ;	Carriage House - HF	3 rd Monday pm
Play Reading	Karen Smith	01933-317393		Green Dragon - HF	1 st Tuesday 1.15 pm
Reading:- Group – 1	Dom Jones	01933-357252	davedom@btinternet.com ;	HF Library	2 nd Wednesday am
Group – 2	Chris Murdin	01933-359163	christine.murdin@sky.com ;	Members' Homes	first Monday 10 am
Group – 3	Wendy Clarke	01933-652532	wnclr@aol.com ;	Refer to leader	Refer to leader
Relaxation and Stress Management	Janice Derbyshire	01933-410099	jderbyshire@sky.com ;	Refer to leader	Starting April 2010
Science & Technology	Jack Lee	01933-357909	jandmlee@btopenworld.com ;	Refer to leader	Refer to leader
Scrabble	Mary Baty	01933-311447	g_baty@sky.com ;	Carriage House Higham Ferrers	Alternative Tuesdays 1.30-3.30 pm
Singing for Fun	Linda Walker	01933 387892	spidar.girl@btinternet.com	Green Dragon Higham Ferrers	Fortnightly Thursdays 2-4 pm
Spanish	Pat Bird	01933-355313	sbird1975@live.co.uk ; Please note new email!!!!	Leader's home	Mondays Fortnightly 10.00 am
Theatre Visits	Cynthia Matthias	01933-350640	matthias@freeola.net ;	Various	Various
Walking1	Harry Wells	01399-314808	harry@harrywells.wanadoo.co.uk ;	Various NO DOGS PLEASE!!	Various
Walking2	Ann Cook Peta Jellis	01832 732544 01933 356914	Ajacklincook@aol.com ; pej26@ukonline.co.uk ;	Various	Last Thursday 10.30 am
Wining & Dining	Monica Corbett	01933-391531		Various	Various

*Thank you to everyone who contributed to this the Newsletter. Please note that views expressed in this Newsletter are not necessarily the views of Higham & Rushden U3A. Reports on group activities, other items of interest to Members would be most welcome for the next edition, to be with me by **5 June!** Please email your contributions to:- Pej26@ukonline.co.uk or ring 01933 356914 Peta Jellis, Editor*

If you have collected a “hard” copy of this Newsletter and have an email, please let me have your email address to save YOUR U3A money and the world's trees!

PETA



HIGHAM AND RUSHDEN BRANCH

Dear Members

At the recent Group Leaders' meeting concern was expressed about several aspects of group membership and in particular the irregular attendance and lack of contact by some members to the groups they have joined. Our Group Leaders work very hard for their groups and it can be disheartening for them to have members who do not attend regularly or keep in touch. Group Leaders have a responsibility to their group and it follows that members should have a similar responsibility to their Group Leader.

The following guidelines have therefore been drawn up for the operation of groups. We have called these "Group Etiquette" (subtitled "More enjoyment – No aggravation!!") and we would ask that ALL members please take these on board in the spirit in which they are meant. We hope these guidelines will aid the smooth running of our groups for the benefit of ALL members.

Thank you for your co-operation and enjoy your U3A groups.

Jack & Margaret Lee
Group Liaison Officers
April 2010

Group Etiquette More enjoyment – No aggravation!!

The guidelines below will hopefully make for the smooth running of our groups for the benefit of ALL.

----oooOooo----

Groups are only open to paid up members of Higham & Rushden U3A, or as a "visitor" with a view to joining or under the "reciprocal" arrangement with Wellingborough U3A.

Any member wishing to join a group should contact the Group Leader to see if there is a place available. No member should turn up at a group meeting without notice.

When a member joins a group they are required to show their membership card to the Group Leader, so their membership number can be recorded in the group register. This is important for insurance purposes. This will also apply when subscriptions are renewed each year.

Any member who is unable to attend a group meeting should let the Group Leader know.

Any member who decides to leave a group should advise the Group Leader so that their place may be available to someone else.

If a member has not made any contact with the Group Leader for THREE meetings, they will forfeit their place in that group.

All groups are self-financing and all group members must pay their share of the group expenses.

Any member causing disruption in a group will be asked to leave that group and possibly the H&R U3A.

Jack & Margaret Lee – Group Liaison Officers
01933 357909 – jandmlee@btopenworld.com