

Issue 142 April 2017

Chairman's Chat

The Quiz night at the Athletic Club on the 30th March was yet another resounding success and a good time was had by all. As usual there was a choice of food, this time from a different source which proved popular. Friends and family were welcome and 40 people attended. Hope to see you there next time.

Please remember that the first Wednesday of next month (3rd May) will be our ISE Valley U3A Drop-In Day here at the Eden Centre. I expect most of you will be involved in displays or activities on the day since you are members of our Activity Groups. Find out what your group(s) are doing and help. If you are not in a group please volunteer for tea and coffee duty or Meet and Greet. Sheets for this are available on the Group table.

Don't forget that for this day to be a success we need new people to visit us. There is an advert sheet on each chair which we would like you to use and pass out to anyone who you think might be interested (or failing that - post the adverts through a letterbox near you!). Please don't waste it. Word of mouth is also vital - let us make the U3A known to all and help to make this event a resounding success. We will all look very silly if no-one turns up!

Since this Newsletter is being given out to visitors on the Day may I take this opportunity to welcome all newcomers. I hope you find the ISE Valley U3A friendly and the displays in the hall interesting. We would, of course, welcome you as members and I am sure that if you do so, you will meet new friends and enjoy new activities.

Advance warning - the AGM fast approaches and several of your committee are standing down (including me). Please think hard and consider if you would like to become a member of your leadership team. Nomination forms will be in next month's Newsletter.

Alan



Good Afternoon to All!

Today we welcome John-Paul Carr who will enlighten us on the History of eating, shopping and food manufacture in Northamptonshire from 1837 until now! No doubt we will all enjoy his talk.

Tea and Coffee Rota

We have volunteers for most of the year,

April: Ken and Rosalind Bridges

May: Tina Farnan and Sandra Creighton

June: Andy and Dyann

July: AGM

August: Anne McHenry and Sue Evans

Sept.: **Volunteers, please!**

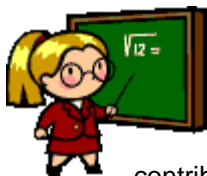
Oct.: **Volunteers, please!**

Nov.: Patricia H. and Frere Cox

Dec.: Christmas

Please remember, this is your U3A. We all have to do "our bit" so your U3A runs on all four cylinders.

Volunteers need to arrive at the Eden Centre by 1.15pm



The usual request from the Editor - Without your input the magazine dies!

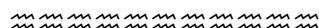
Please let me have your contributions latest by the end of the month to give me time to put it all together and have the printing done on time for the next meeting.

Sammy Brewer

Book Group

In March five book worms met to discuss our choice for this month The Tenderness of Wolves by Steff Penny, a winner of the Costa book of the year. A story of a mother's search for her son in the wild Canadian borders after a murder of her son's friend with the police assuming her son had murdered him and her quest to clear his name. The story told people she met on the way and the tale of missing sisters taken by Indians plus the mystery of the lost furs A multi-story woven around the mother and her lost son.

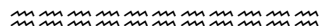
Margaret Turnbull



Spanish Group

We meet at the Asda training room on the 1st and 3rd Thursday of the month. We were all beginners when we started and we have been established for about 3 years. We are a very friendly group and we have 2 excellent teachers. They are very patient with us as we find it hard to always remember our words! We are conscientious in doing our homework but we still find it difficult to hold conversations. If you would like to join us please talk to the Group's organiser about your experience.

Pat Johnson and Geraldine Hardwick

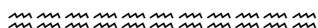
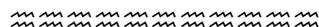


Discussion Group

Our discussion group met on Monday, 20th March. We had a very lively discussion about conspiracy theories, J.F.K., Marilyn Monroe, Diana etc.

Our next meeting will take place on Monday, 24th April, at 2p.m. when we'll discuss fake news amongst other subjects.

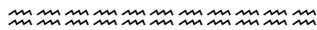
Linda Miller



Scrabble and Mah Jongg Group

Once upon a time there was a group of U3A members who wanted to set up a Scrabble Group. And there was a group of U3A members who wanted to set up a Mah Jongg Group. And lo and behold, the two groups were made up of the same people! Well, nearly. So we did the obvious thing: we started a single monthly group where both games could be played, and decide on the day which one we would each choose. In fact we usually have two tables on the go, one for each game, and sometimes members will have a change from their usual one and decide to play the other. It's very informal, and it's fun. Very few of us knew how to play Mah Jongg at first. It's a game for four players, so we hit on the idea of pairing up the fairly-experienced with the newish members and sitting eight round a table. Result: newcomers simply pick it up as we play. It works!

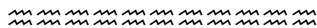
Mary Hopkins



Canasta Group

We are a small friendly group who play Canasta on a Monday afternoon from 2pm – 4.30pm. There are usually about 12 – 15 of us. If you would like to learn to play we can always teach you. It is very relaxing and we play at the Kettering Bridge Club. You will find our contact details under the groups listed in the newsletter.

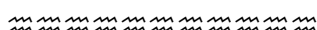
Margaret Hall



iPadders Group

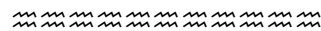
This group was set up with the aim of helping people who had purchased an iPad to enjoy the many different aspects which are available on this wonderful piece of technology. The length of the courses depend on the number who attend (we can take 6 at a time). At the moment there are three as over 40 have already done the course. I must stress it is only for Apple iPads and not any other tablet made by other companies.

Michael Collins



Since more and more seniors are texting and tweeting there appears to be a need for a **STC (Senior Texting Code)**:

ATD	At The Doctor's
BTW	Bring The Wheelchair
BYOT	Bring Your Own Teeth
CBM	Covered By Medicare
SCGU	Shit! Can't Get Up (Editor's Note: pardon the "French"!)
DWI	Driving While Incontinent
FWIW	Forgot Where I was
FWYS	Forgot What You Said
FYI	Found Your Insulin
GGPBL	Gotta Go, Pacemaker Battery Low
GHA	Got Heartburn Again
HGBM	Had Good Bowel Movement
IMHO	Is My Hearing Aid On?
LMDO	Laughing My Dentures Out
LOL	Living On Lipitor
OMMR	On MY Massage Recliner
OMSG	Oh Migawd! Sorry, Gas.
ROFL....ACGU	Rolling on the Floor Laughing.... And Can't Get Up
SGGP	Sorry, Gotta Go Poop
TTML	Talk To Me Louder
WAITT	Who Am I Talking To?
NMTP	No More Texting Please

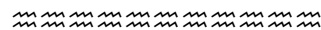


Computer Club

We meet fortnightly on Tuesday mornings in Chris Ditri's home to discuss and solve group members' problems. We use laptops and windows 10 (sorry - no Macs) A spare laptop can (probably) be provided for use at the session – skills learned can then be used on your desktop computer.

The group leader usually sets a task to be attempted but the meeting is very informal and no-one is an expert. Topics covered range from security to word processing, Using Paint to Internet searching and anything else the Group want to cover.

Alan Bailey



Camera Group for Beginners

This Group started in November 2016 and apart from December we have met every month on the second Tuesday afternoon. The group has been led by Pat Johnson who has been very good going through all the aspects of taking a good photograph, the aspects being Colour, Light, Shape and Form, and we have used our cameras at the meetings to try these out.

Pat also brought along many photographs that she and others had taken for us to see the difference in using these four aspects.

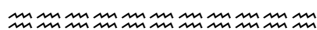
Julie Bates



Camera Group (advanced)

We were sorry that Sally couldn't make it to camera group this month with her topic of 'Flowers in ice', but we had more of a chance to look at and discuss our 'guess the kitchen gadget' photos and look at the latest magazine. Steve brought an idea to the meeting of using a mask over the lens of our camera to produce a special effect and we are going to experiment with this for our homework. Don't forget, our next Camera group meeting is on April 24th.

Jenny Goddard



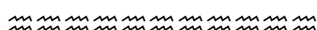
Knit, Natter and Crochet Group

The group is getting on very well with our projects, and we have had a couple of donations of wool. This will help us make the Twiddle Muffs for dementia patients. **We would also be grateful for any donations of ribbons, buttons and haberdashery items to decorate the muffs.**

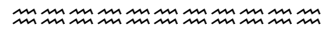
Yvonne is proud to announce that she can now do basic crochet and turn corners! Congratulations on mastering another skill.

We would also like to say a big 'happy birthday' to Dorothy who is celebrating her 90th birthday shortly.

Sylvia Dale



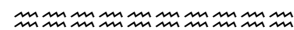
A Twiddlemuff is a double thickness hand **muff** with bits and bobs attached inside and out. It is designed to provide a stimulation activity for restless hands for patients suffering from dementia.



Craft Group

The Craft Group is doing alright, but will not meet in April. Our next meeting will be on the 24th May when we should be doing ribbon weaving for which people will be asked to bring narrow ribbon, ¼" wide, 1m each of two colours.

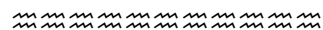
Angela Dean



Swimming Group

The swimming group meets every Monday at the Kettering swimming pool at 9.00am followed by coffee and a chat in a local coffee house. We organise three breakfasts a year namely Christmas, Easter and one other which takes place after the swim. Some years ago we had a "swimathon" in aid of Marie Cure when we raised £670 for the cause, we will be taking part again this year in April and we would appreciate any sponsors for this worthwhile cause.

Isabel Collins



Ten Pin Bowling Group

Our group meet once a month, on the Friday of the week of the monthly meeting at the Kettering bowling alley, and try to master the skills of 10 Pin Bowling. As yet, most of us are still learning and occasionally improving, then sliding backwards again.

The challenge has got to us, and the social company, gossip and banter make the whole experience a supportive hour of fun in the month.

We welcome all newcomers, no experience is necessary, all supportive help and encouragement will be freely provided. At the last meeting 4 members achieved PB's (personal bests). We are all striving for a PB.

Dai Johnson

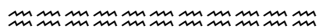
Garden Group

The gardening group meet the first Wednesday of the month, mostly at Chris and Peter Detri's in Gotch Road Barton Seagrave from 10am to 12md, (bus stop is nearby), we have a break around the hour mark with drinks and usually some sort of refreshment in the form of cakes/biscuits. We would like to invite 3 more people to join our group to make our numbers into to a small group of ten, men are especially welcome as Peter is a bit outnumbered at present. We meet February to November and usually have a December Christmas lunch out somewhere and two or three trips to local garden centres or open garden schemes. (we are not a travel group but we do join in with Julie and Jessie on their outings i.e. 4 of us are on the list for visiting the Arboretum in Staffs in May.)

We have a programme organised this year to include discussion and practical work on Seed swaps, planting containers, gardening problems/planning, taking cuttings, use of chemicals, discussing our favourite tool, quiz, a visit to a member's garden and maybe even watch a gardening video. All that we do depends and revolves around the weather on the day, therefore nothing is set in stone and the planned programme may be swapped around.

Anyone wishing to partake in the group please ring either Chris Ditri or myself Sandy Tecklenberg, telephone numbers are in the newsletter. We are a friendly group and everyone is given the chance to talk, with opinions and experiences being valued.

Sandy Tecklenberg



Lunch Club

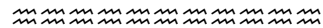
We are a large group of between 20-25 people who lunch together once a month on the 3rd Wednesday of the month. At Christmas we can have as many as 50 people for the Christmas lunch.

We try out various venues from Chinese, Italian, Indian and the rest are usually English pubs in the Northamptonshire area. Some times we venture further afield to Market Harborough.

We try to keep the cost to a reasonable level between £10 - £16 for two courses. You will need a car as several of the places are not on a bus route. All are welcome, why not given it

a try. Contact details under the groups listed in the newsletter.

Margaret Hall

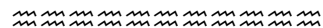


Country Dancing Group

The country dancing group meets on the 2nd and 4th Wednesday of the month from 10.30 till 12 noon at St Andrews Church Hall which is opposite Sainsbury's in Kettering. We are a group of about 12, but usually 8 or 9 people attend each session. We are a very friendly group and would very much like to welcome anybody, male or female, to join us. As we are a varied age group and the dances are not too strenuous in fact a lot are at a walking pace/slow waltz so most people would find it easy to master. We have been going for about 12months and are now managing to master the steps.

Anyone who would like to join us can ring me, my number is on the newsletter, or ring our teacher Jean Beaver on 01933 224 474

Janice Angles



Ballroom Dancing Group

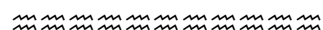
Sadly, our teacher Lisa wasn't well enough this week to take our session, but she arranged for Mary to take us. We had a good session and now feel confident to dance the Sweetheart waltz. We hope to learn another new dance next time. There are still places in this group, so please come and join us.

Pat Johnson

Making Music Group

We enjoy making music - mainly guitars but other instruments welcome - some old songs, some Country and Western, some folk, some (not much) modern. We meet every Friday 2pm-4pm, at the leader's home in Rushden. Playing in a group is different from playing for just yourself but we have a lot of fun trying out 'our' variations on tunes, chords and rhythms and annoying the neighbours. Beginners are welcome.

Alan Bailey

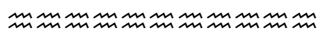


Music Appreciation Group

In February we met at Ted and Enid's as usual for our popular music session, the Theme was some of our favourite music. We started off with the popular Hebrew slave song from Nubucco, among other music we heard [John Williams](#) 'Cavatina' followed by Jazz with Bags Groove, we had 'Fanfare for the Common Man', several renderings from Hoagy Carmichael, 'Aint it a Pretty Night' was sung prettily by Renee Fleming, Rule Britannia took us up to tea and biscuits, back to several songs with [Elvis Costello](#), Placid Domingo sang 'The Stars are Shining Brightly' next, Barber's 'Adagio' then Atomic Basie gave us 'Molton Swing', [Janet Baker](#) sang An English Song, [Mel Torme](#) also entertained, plus the always popular 'Carmina Burana' All this and more sent us home humming, thanks once again to Ted and Enid.

In March we were hosted as usual by Ted and Enid for an afternoon themed 'Flowers', we started off with Delibes beautiful Lakme flower duet, a complete change followed with Joe Loss and Down Forget-me-not Lane, then Three English songs sung by Elizabeth Harwood, Status Quo next with I can hear the Grass Grow, then Garden Weeds with Lou Stone, Edelweiss quietened things down, next came Buena Vista Social Club to entertain us, onward to Conquest of Paradise, Saunders and Swan's humorous The Clinging Bindweed made us laugh, also Arthur Askey sang the Bee song, We also had Bells across the meadow by Ketelby. Amongst other things we finished up with Rule Britannia and Hearts of Oak to note the issuing of article 50. As usual an interesting musical extravaganza washed down with Biscuits and Tea.

Carlene Lee



Trips & Theatre Visits

We have been organising the day trips and theatre outings for the ISE Valley U3A for seven years.

Over the years we have tried to find places that are both pleasant and educational.

We have been to the Houses of Parliament with our M.P. Black Country Museum, Cambridge Kings College, Stratford-upon-Avon, Gloucester Quays, Greenwich with Boat Trip, Thames Barrier, Grimthorpe Castle, Wedgwood, Christmas Markets and many more. We also have seen many Shows in London and around.

We are lucky to have a very good coach company with an excellent driver who everyone feels confident with.

We must also add that our members who join us on these trips always pay when asked and they do appreciate the time spend doing the organising.

Our programme at the moment is as follows:

Indian Temple. Thursday April 20th.

Start time 8.45am

Please collect tickets/receipts at the April meeting together with dress code details.

---ooo0ooo---

National Memorial Arboretum. Thursday May 11th. Start time 9.00am.

Will members please collect their tickets / receipts at the April meeting.

Some seats left if interested. £14.00.

---ooo0ooo---

Tewkesbury, Wednesday June 7th. Start time 8.30am.

The trip is now fully booked. Please pay at the April Meeting. £15.00.

---ooo0ooo---

Shuttleworth Collection and Gardens.

Monday, July 17th. £24.50

This price includes entry to the collection, Swiss gardens, coach fare etc.

We do need some more names for this trip, please put names down if interested, friends are welcome.

WILL MEMBERS PLEASE REMEMBER
WHEN COMING ON THE TRIPS TO BRING
DETAILS OF EMERGENCY TELEPHONE
NOS., ALSO DETAILS OF MEDICATION
TAKEN, IN CASE OF EMERGENCIES.

Julie and Jessie

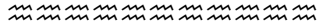
THEATRE TRIP:

October 19th.

"Beautiful" at Nottingham. £53.00.

Will members who have put their names down for this Show please pay at the April and May Meetings, as we have to pay for the tickets in full. Cheques made out to ISE Valley U3A NO.2. Account.

Joyce and Jean



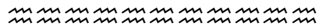
History Group

We have only been on three trips since the group formed. The highlight was definitely our Christmas trip to Rockingham Castle. As all our visits are mainly local this group would interest newcomers. There is no particular day involved as we need to fit in with our guides or the places we visit.

Transport is not arranged because many of our visits are easy to drive to. Car shares are normal.

Organiser Geraldine on 01536 481203

Geraldine Hardwick

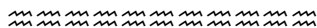


Travel Group

This is a long established group and meets on the first Tuesday of the month at 2pm. We show photos and films about our various visits.

We sometimes show our photos of foreign parts, but also appreciate the wonderful scenery we have in the UK. We have some talented photographers in our midst and help can be given to put photos on to a DVD which can then be shown on a TV. We follow with some discussion and also refreshments. We celebrate birthdays, Wimbledon and Christmas. Once a year we go on a village safari led by John Cooper. We have 10 members at present so our group is full. Help will be given to set up a second group if enough people are interested. Please contact Geraldine on 01536 481203

Geraldine Hardwick

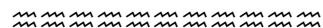


Medium Walking Group

12 of us set off from The Black Horse at Nassington on Tuesday 28th March for a 5.5 mile walk advertised as "trains and boats and planes" We crossed the Nene a couple of time before crossing Sibson Airfield but due to misty conditions no planes were flying. . We then carried on and had our "banana break" overlooking a very misty Nene Valley. On reaching the Yarwell Junction station of the Nene Valley Railway no trains were running. Our last chance of living up to the title was the lock at Yarwell Mill but not a boat was to be seen.

So no trains. boats or planes but a very nice walk. On returning to the pub we were joined by an another four people for an excellent lunch.

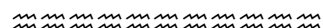
David Hamilton



Short Walking Group

As there has been very little response for this group it will discontinue until hopefully a new leader comes forward and drums up support.

Julie Bates



Good Luck with the Quizz

1	In "Charlie and the Chocolate Factory", what was the name of the little people who worked for Willy Wonka and loved to sing?
2	What is the largest lake in the Lake District?
3	What was Angus Deyton's character called in 'One Foot in the Grave'
4	What word is used to describe someone who is neither left or right handed, but can use both hands with equal ease
5	Who was the first person to appear on a British postage stamp?
6	Sales of what went up tenfold when they were re-branded Cornish Sardines?
7	How was the long running TV character William Simmonite better known?
8	Name the title of the song and the band that these words come from "Doesn't have a point of view, knows not where he's going to, isn't he a bit like you and me"?
9	What was the name of the dog in Peter Pan?
10	Name the 4 husbands of big Pat in the TV soap Eastenders (full names) (1 point for each 10 points for all 4)
11	Who did the creepy narration in Michael Jackson's song 'Thriller'?
12	Which two groups of people fought in the English Civil War?
13	In which sport are the shoes made entirely of metal?
14	Captain Cook discovered the Sandwich Islands in 1778. What are they now called?
15	What is Ozzy Osbourne's real first name?
16	What is the name of Snoopy yellow bird friend in the comic strip Peanuts?
17	What fruit is a Blenheim Orange
18	Barnsley won Chelsea 1-0 in a FA Cup match yesterday but who did Arbroath beat 36-0 in a cup match in 1885 that is still a UK record in Football?
19	Rearrange these letters to give the name of a TV presenter LOANING PAPER
20	Starting with the nearest to London put these cities in the correct order
A	Tokyo
B	Moscow
C	Santiago
D	Montreal
lucky Question	A band of the elite Queen's Guards had their battle flag tattooed on their bums it was reported this week in memory of three comrades who died fighting in Afghanistan. Which regiment of the guards were they from, the most senior of infantry regiments?

I shall definitely need it!!!! (Editor)

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Mah Jong/Scrabble	Margaret Hopkins	01536 503308	Home	4 th Monday	2.00pm – 4.00pm
Camera Club (Advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483398	3 St. Mary's Road	Always Monday following the monthly meeting	2.00pm – 4.00pm
Swimming	Isabel Collins	01536 520971	Kettering Swimming Pool	Every Monday in term time	9.00am – 9.45am
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd Monday	2.00pm
Discussion Group	Linda Miller	01536 483773	Home	3 rd Monday	2.00pm-4.00pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Every Monday	2.00pm-4.00pm
Knit, Natter and Crochet	Sylvia Dale	01536 411865	Dorothy Stock's home	Alternate Mondays	2.00pm-4.00pm
Tuesday					
Travel	Geraldine Hardwick	01536 481203	Varies	1 st Tuesday	2.00pm
Walking (Medium)	John Sumpter	01536 722198	Varies	Last Tuesday	10.00am
Computer Club	Alan Bailey	01933 350147	At Chris Ditri's home	Fortnightly	10.00am-12.00pm
Beginners Camera Group	Julie Bates	01536 725538	Home	2 nd Tuesday	2.00pm
Wednesday					
Lunch Club	Margaret Hall Patricia Stokes	01536 512215 01536 724342	Varies	3 rd Wednesday	12.45pm
Short Walks	Julie Bates	01536 725538	Varies	4 th Wednesday	Time varies
Country Dancing	Janice Angles	07768169490	St. Andrews Hall	2 nd & 4 th Wed	10.30am-12.00pm
Music Appreciation	Ted Faulkner	01536 745878	Home	Last Wednesday	2.00pm – 4.00pm
Craft	Angela Deans	01536 484187	Home	4 th Wednesday	10.00am
Gardening	Chris Ditri Sandra Tecklenberg	01536 723145 01832 733419	Varies	1 st Wednesday	Start at 10 am
Thursday					
Spanish	Geraldine Hardwick	01536 481203	Asda Training Room	1 st & 3 rd Thurs	2.00pm – 4.00pm
Friday					
Singing for Pleasure	Jill Dee	01536 514054	Fuller Church	Fortnightly	10.00am-11.30am
Ballroom Dancing	Matilda Harvey	01536 522915	Mash Dance Studios	2 nd & 4 th Friday	12.45pm-1.30pm
Making Music	Alan Bailey	01933 350147	Home	Weekly	2.00pm – 4.00pm
Ten pin bowling	Dai Johnson	01536483398	Thunder Bowl, Kettering	Always Friday following monthly meeting	Start at 10 am

DAYS ARRANGED BY GROUP

Day Trips

Theatre Visits

IPad Group

History Group

Julie Bates 01536 725538 & Jessie Mills 01536 722421

Joyce Williams 01536 482566 & Jean Issitt 01536 513218

Michael Collins 01536 520971

Geraldine Hardwick 01536 481203

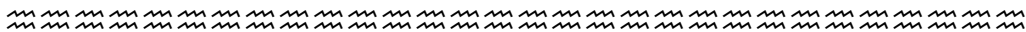
arranged after each meeting

arranged after each meeting

General Information

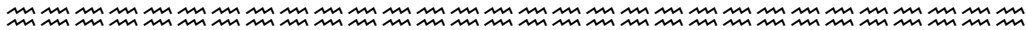
Forthcoming Meetings at The Eden Centre Note: Doors open at 1:30pm.

May 10 th	“How’s Your Father”	Past entertainers and entertainment celebrated in songs, stories and magic.	Dave Noylan
June 14 th	From Kettering to Van Diemen’s Land	Transportation of prisoners to Tasmania	Mike Britton



To all members

If you are aware of anything affecting one of our members such as an important birthday, anniversary or illness and feel that a card from the U3A would be appropriate please contact Mary on 01536 722029



Plea from the Editor

Please post copy to Sammy Brewer, 3 West Way, Kettering, NN15 7LE to reach me by the end of the month. (01536 481700) If you would prefer emailing then my address is omi.brewer2@btinternet.com



Committee – 2015-16

Chairman	Alan Bailey	01933 350147
Vice Chair & Speaker Secretary	Valerie Walker	01536 511838
Treasurer	John Cousens	01933 664602
Acting Secretary	Lynne Franklin	01536 618001
Membership Secretary	Sylvia Dale	01536 411865
Groups Co-ordinator	Harry Wells	01933 314808
Assistant Groups Co-ordinator	Pat Johnson	01536 483398
Assistant Speaker Secretary	Helen Checkley	01536 418616
Newsletter Editor	Sammy Brewer	01536 481700
Webmaster	Alan Bailey	01933 350147
General Duties	Christine Begg	01536 514083
General Duties	Pauline Bailey	01933 350147
General Duties	Linda Miller	01536 483773

