

Issue 149 November 2017

Newsflash

Christmas is coming



Christmas party at the Eden Centre 13th December.

Entertainment from Dave Moylan, Warwick Castle's magician and comedian

Tickets are £2 from the Committee Desk and include

A free raffle

party food

Bucks Fizz

U3A diaries are on order and should be on sale on the Book stall.

£2.50 each.

Coach trip to the Peak District at the end of April 2018

Price includes

Half Board at a 4* hotel

Excursions to Chatsworth, Bakewell and the High Peaks

A few places remaining. See Tony Reed at the Committee Desk

Belated Happy Birthday to **Jo Webb** who was

90 years young

In October



Meetings at the Eden Centre

- Doors open at 1.15pm
- 1.55pm Chairs' chattering
- 2pm Speaker
- 3pm Raffle

For those who have difficulty hearing please sit on the left- hand side of the hall where there is a hearing loop.

Disabled access at the rear.

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**New Members' Meeting**

At the Kino Lounge on the 16<sup>th</sup> November at 10.30am. Come and meet the committee and tell us what you hope to get from Ise Valley U3A.

Sylvia Dale, Chair

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Coffee at the Kino Lounge

Coffee mornings this month are 9th and 23th November. See you there.

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**Slimming Group**

This group has now re-convened after a summer break at Wendy's house, 31 Anderson Dve, Tuesday mornings, 9.30-10.30am (Wendy is a retired health visitor who used to run a group professionally) We are a friendly, supportive group with a common interest - to shed a few pounds. We share our knowledge and experience (of which we all have a lot!) as well as a weigh-in and, of course, a cup of coffee. The charge is 50pence to attend, with a system of fines (a pound for every pound gained!).The secret is in helping and supporting each other.

We would love to have more members (male and female). We meet most Tuesdays 9.30-10.30am, apart from the last Tuesday of the month, to allow members to go on the walks-exercise is the other side of the coin! If interested phone

Wendy Islip 01536 510870

**Knit and Natter**

We all appear to be making blankets! Must be something to do with the winter coming – or we spend too much time nattering and can't concentrate on anything else!! Everyone was there this month so it was nice to catch up with what was going on. Decisions to be made shortly about when we finish for Christmas and whether we can manage without the meetings until we are into January. Watch this space.

Sylvia Dale 01536 411865  
sylviadale@live.co.uk

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Healthcare - M.O.T. TIP

How many of you reading this do in fact have a yearly health check after you have reached 65+.

If not think about it, as it may help you to enjoy your life better. - Just an appointment with your local doctor for a yearly health 'M.O.T.' is invaluable, as I have just found out.

It is surprising what a blood test can reveal, even if you feel fit and well, as I did, and an early treatment can possibly save your life for you and your loved ones to enjoy after treatment.

Please be wise and take my tip. Have a yearly M.O.T

Tony Burke

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**Needlecraft and Chatter**

We have settled into a routine now which is great. Information about what we are knitting/crocheting or sewing comes first and then we settle down to whatever project we are currently working on. We chatter on and cover a wide range of subjects. The time flies by and before you know it, it is time to go home. Looking forward to the next one!

Sylvia Dale 01536 411865  
sylviadale@live.co.uk

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Scrabble & Mah Jongg Group

Scrabble and Mah Jongg players are getting adventurous. They are now going to meet twice in the month –

Once on the 2nd Monday of the month at Linda Laws' house - 30, Manor Rd, Barton Seagrave, NN15 6WD. (Manor Rd is part of the Red Row estate off Polwell Lane). The second on the 4th Monday at Margaret Hopkins' house, 8, Headlands, NN15 7HP. On both days we will meet from 2 - 4pm.

Margaret Hopkins

MUSIC APPRECIATION GROUP

The combined Ise Valley and Great Oakley group met on the 3rd October to play examples of the first records bought, along with those acquired most recently. As usual there was a wide variety of music including:-

- Blues performers like Mike Cooper and Lighting Hopkins
- Jazz singers and instrumentalists (Nat King Cole, Gerry Mulligan, Pee Wee Hunt, Nellie Lutcher, Lionel Hampton, Stan Getz and Dave Brubeck)
- Opera arias by Offenbach (from "Grand Duchess of Gerolstein" sung by Sofie van Otter) and Puccini (from "La Boheme" featuring Jonas Kaufmann)
- Some "Middle of the road" (Bryn Terfil singing "Some enchanted evening"), Hoagy Carmichael ("Stardust"), Kate Bush ("Heathcliffe") and an "Electronic Mix" by Nathan Fake.

Our next session will be on Tuesday 7th November, at No. 7 Delapre Place, with the theme "Female Singers".

Ken Bridges



Making Music

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 and more experienced players are welcome. And you get a free cuppa!

Alan

Kettering Symphony Orchestra – Winter Concert

will take place on Saturday, 25th Nov 2017 at 7.30 pm
at Kettering Buccleuch Academy, Weekly Road, Kettering, NN16 9NS.

The programme contains:
Academic Festival Overture by Johannes Brahms
Symphonie Espagnole by Edward Lalo
Symphony No. 8 by Antonin Dvorak

Tickets in advance online at www.kettsymporch.co.uk or available on the door, but the latter is subject to availability.

Kate Coles U3A Member
and Orchestra Publicity Officer

Variations Choir

A number of our U3A members are part of the Variations Choir. Why not join them in their annual "Celebration of Christmas" Concert at the United Reformed Church, London Road, Kettering, on Saturday the 9th December, at 7.15pm.

Tickets including refreshments cost £5 or £2.50 for under 12's.

Tickets are available at the door or telephone 01536 513548 or 01536 723376

June Mason

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. If you have a laptop with Windows 7 on it NOW is the time for it to be updated (for free), if it is possible for your computer to run it, since the latest Fall Creators update is imminent.

The group has now started to cover a Microsoft course in (very) Basic Computing. We are currently exploring the Start Menu and the tiles – how you can remove, hide or add to them and various settings. We also covered how to change the desktop picture to something more friendly. Similarly we looked at the Lock screen picture. We will soon be moving on to Word Processing and letters. There is room if you want to join us – give me a ring on 01933 350147.

Alan

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## Tech Corner 1

### Windows update

Now that hackers have started publicly boasting about targeting Windows 10, it's vital that you get patches the moment they are available. Automatic updates are enabled by default in Windows 10, but it's not infallible, so check regularly for patches that have slipped through the net.

To check, Right click the Start button then choose Search , type update then click 'Settings' or 'Check for updates' from the list of results. (If Settings was clicked then choose Update & Security and when the Windows Update window opens, look for the 'Update status' section (at the top), then click the grey button just below it that says 'Check for updates'. ) If any updates are found, click each in the list to install until all have been installed. (or it might just kick-start the update

process for you) With the Fall Creators update due on 17<sup>th</sup> October allow plenty of time for any update – make sure your laptop is plugged into the mains before you start.

Alan

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Tech corner 2

I had a phone call allegedly from Talk Talk (20th October) from a 01536 number. The lady told me that there was a problem with my router which had been hacked. If I would switch on my computer she would show me the errors in the router 'in front of my eyes'. As I was using my computer and had been accessing the Internet perfectly, I knew it was a scam. If I gave her the password to my router she would have downloaded hacking software on to it or she might have asked for payment to remove the 'problems'. Eventually, after leaving her on hold for 10 minutes, I put the phone down – it immediately rang from a 006 number cold caller which I ignored. I reported it to the Talk Talk fraud line. Unsolicited technical calls from your telephone supplier are always suspect and if it is 'from Microsoft' it is definitely a scam. Tell the caller you haven't got time to deal with it at the moment and to ring back later, then check with the company on another phone line (cell phone etc.) to confirm they are genuine – or simply ignore them.

Alan

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## Discussion Group

Our Discussion group now meets on the 1<sup>st</sup> Wednesday of the month at 2pm. We would welcome more of you to join us if you enjoy a good chat about anything and everything. The next meeting will be Wednesday, 4<sup>th</sup> December.

If interested, please ring  
Linda Miller

01536 483773

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Trips and Theatre

Oxford and Waddesdon Manor. Friday November 24th, 8.45am start time.

We still have a few tickets/receipts to be collected for the above. Will members who belong to the National Trust please remember to bring their proof of membership.

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**BBC Gardeners World Show.** June 2018.

We have booked tickets for the above Show for Friday 15th June. Members who have already put their names on the list will have the first opportunity. We have to pay for the tickets by March 2018 so we will be collecting the monies at the January and February meetings.

The total price for the Show and Coach Fare is £26.00

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We would like to thank Joyce and Jean for arranging the trip to Nottingham to see the show "Beautiful". It was a super show and everyone enjoyed it.

Julie and Jessie

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Would any members who are interested in going to Birmingham Hippodrome on Wednesday 28th March 2018 to see The Show that goes wrong (a comedy on the lines of Fawlty Towers/ Noises Off) please put their names on the list at the November meeting.

Joyce

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Book Group

This month we enjoyed a Richard and Judy book by Tracy Rees, Florence and Grace a young girl living in Cornwall with her elderly grandmother.

It is a basic lifestyle she leads but has the benefit of many friends. Her life dramatically

changes one evening when she and her friends help at the big house for a social event. As all good stories go Florence finds that her mother was the daughter of a rich family, the Grandfather inviting her to stay with him and his extended family.

After six years Cornwall beckons and she comes home after having her heart broken by one of her cousins.

The story is written in the first person so you feel drawn through the pages with our heroine, and a happy ending.

Margaret Turnbull



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Hello Northamptonshire U3A Network,

I'm writing to tell you about a show which will be touring in your region in November and December and which I think your network members might be interested in.

Together with my colleague Sue Macmillan I have researched, written and devised a theatrical performance called ***Eleanor Longshanks*** which is about the life of Queen Eleanor of Castile.

As you may well know, she died in Harby near Lincoln in 1290 and it took 12 overnight stops for her body to reach London for burial. In all the places where her body rested for overnight stops her widower Edward I erected memorials to her, known as the Eleanor Crosses. Our show tours the route of these crosses. Of particular relevance to your network members are:

Stamford on Thurs 30th Nov.

Geddington on Sat 2nd Dec.

Delapre Abbey on Sunday 3rd Dec.

Anybody interest in this show can also check our face-book page for more details:

<https://www.facebook.com/eleanorshow>

kind regards,

Hannah McDowall and Sue Macmillan

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Camera Group

We had a good array of shadow and silhouette photos to admire at the October meeting. Rose had asked us to bring objects which made us think of Autumn. These we photographed and our homework is to create a montage using these or other photos which remind us of the season. We meet again at 3, St. Mary's Road on 13th November to find out more about 'depth of field'.

Jenny Goddard



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## Publicity Workshop hosted by Northampton Network

Sylvia Dale (Chair), Lynne Franklin (Secretary) and Sammy Brewer (Newsletter Editor) attended the above workshop in Northampton on 4<sup>th</sup> October 2017. It was attended by representatives from the 13 U3A groups belonging to the Northampton Network.

The morning was taken up by Liz Drury from National Office giving us a presentation on how to become an ambassador for the U3A movement with the help of Social Media, Press Releases and Photo Images.

- Social Media: Liz Drury concentrated mainly on tweeting. Alas, the majority opinion was that tweeting is definitely more for the younger generation. And unless one of our Ise Valley U3A Members is interested in tweeting and prepared to tweet for Ise Valley U3A on a very regular basis tweeting is not an option.
- Press Releases: these were dealt with in detail in the afternoon.
- Photo Images: the main lesson learnt here was that whatever photo images may be used in press releases, advertising and such like, permission must be obtained from those captured in the photo.

The afternoon session was, at least for the three of us, far more interesting. We were split into 5 groups and given specific assignments:

- Brainstorming all ways of publicising the U3A
- Write an effective press release
- Plan an event locally to attract the public
- Plan a spot on the local/national radio/TV where we lead the interview
- Plan a pre-retirement seminar and write up a presentation

To finish off the workshop each group presented their "outcomes" and we all went away, feeling we had had quite a productive day.

Sammy Brewer

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Attention all Members!

To make our newsletters more interesting and varied we are looking for members to share anecdotal moments of their lives. May be you have been on an interesting holiday or you enjoyed a fun day with grandchildren or you experienced something out of the ordinary. Whatever it is, if it is a tale to be told then send it to the editor omi.brewer2@btinternet.com for publication.

Sammy Brewer
Editor

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## Activity Groups and Leaders

| Day/Group               | Leader                           | Telephone                    | Venue                                | Frequency                                   | Time             |
|-------------------------|----------------------------------|------------------------------|--------------------------------------|---------------------------------------------|------------------|
| <b>Monday</b>           |                                  |                              |                                      |                                             |                  |
| Art Group               | Martin Dale                      | 01536 411865                 | Mind Centre, Russell Str., Kettering | Every Monday                                | 10am-12 noon     |
| Book Club               | Margaret Turnbull                | 01536 511139                 | Varies                               | 3 <sup>rd</sup> Monday                      | 2pm              |
| Camera Club (Advanced)  | Jenny Goddard<br>Pat Johnson     | 01536 482972<br>01536 483398 | 3 St. Mary's Rd.                     | Monday following monthly meeting            | 2pm-4pm          |
| Canasta                 | Margaret Hall                    | 01536 512215                 | Kettering Bridge Club                | Every Monday                                | 2pm-4pm          |
| Knit, Knatter & Crochet | Sylvia Dale                      | 01536 411865                 | Dorothy Stock's home                 | Alternate Mondays                           | 2pm-4pm          |
| Mah Jongg/Scrabble      | Margaret Hopkins                 | 01536 503308                 | Varies                               | 2 <sup>nd</sup> & 4 <sup>th</sup> Monday    | 2pm-4pm          |
| Needlecraft             | Sylvia Dale                      | 01536 411865                 | Sylvia's home                        | Alternate Mondays                           | 10am-12 noon     |
| Swimming                | Isabel Collins                   | 01536 520971                 | Kettering Swimming Pool              | Every Monday in Term Time                   | 9am-9.45am       |
| <b>Tuesday</b>          |                                  |                              |                                      |                                             |                  |
| Camera Club (Beginners) | Julie Bates                      | 01536 725538                 | Home                                 | 2 <sup>nd</sup> Tuesday                     | 2pm              |
| Computer Club           | Alan Bailey                      | 01933 350147                 | Chris Ditri's home                   | Fortnightly                                 | 10am-12 noon     |
| Travel                  | Geraldine Hardwick               | 01536 481203                 | Varies                               | 1 <sup>st</sup> Tuesday                     | 2pm              |
| Walking (medium)        | John Sumpter                     | 01536 722198                 | Varies                               | Last Tuesday                                | 10am             |
| <b>Wednesday</b>        |                                  |                              |                                      |                                             |                  |
| Country Dancing         | Janice Angles                    | 07768 169490                 | St. Andrew's Hall                    | 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday | 10.30am - 12noon |
| Discussion Group        | Linda Miller                     | 01536 483773                 | Home                                 | 1 <sup>st</sup> Wednesday                   | 2pm-4pm          |
| Gardening               | Chris Ditri & Sandra Tecklenberg | 01536 723145<br>01832 733419 | Varies                               | 1 <sup>st</sup> Wednesday                   | Start at 10am    |
| Lunch Club              | Margaret Hall<br>Patricia Stokes | 01536 512215<br>01536 724342 | Varies                               | 3 <sup>rd</sup> Wednesday                   | 12.45pm          |
| Music Appreciation      | Rosalind Bridges                 | 01536 741455                 | Rosalind's home                      | Varies                                      | 2pm-4pm          |
| <b>Thursday</b>         |                                  |                              |                                      |                                             |                  |
| Basic Maths             | Chris Crick                      | 07940 591224                 | Chris' home                          | 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday  | 10am-12noon      |
| Pop in for Coffee       | Dyann Strauss                    | 07985 181737                 | Kino Lounge, Market Place, Kettering | 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday  | 10.30am-11.30am  |
| Spanish                 | Geraldine Hardwick               | 01536 481203                 | Hertford Rd. Centre, Kettering       | 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday  | 2pm-4pm          |
| <b>Friday</b>           |                                  |                              |                                      |                                             |                  |
| Ballroom Dancing        | Matilda Harvey                   | 01536 522915                 | Mash Dance Studios                   | 2 <sup>nd</sup> & 4 <sup>th</sup> Friday    | 12.45-1.30pm     |
| Making Music            | Alan Bailey                      | 01536 350147                 | Home                                 | Weekly                                      | 2pm-4pm          |
| Singing for Pleasure    | Jill Dee                         | 01536 514054                 | Fuller Church                        | Fortnightly                                 | 10am-11.30am     |
| Ten Pin Bowling         | Dai Johnson                      | 01536 483398                 | Thunder Bowl, Kettering              | Friday following monthly meeting            | Start at 10am    |

### Days arranged by individual Group

|                |                                 |     |                             |
|----------------|---------------------------------|-----|-----------------------------|
| Day Trips      | Julie Bates 01536 725538        | and | Jessie Mills 01536 722421   |
| Theatre Visits | Joyce Williams 01536 48256      | and | Jean Issitt 01536 513218    |
| IPad Group     | Michael Collins 01536 520971    |     | arranged after each meeting |
| History Group  | Geraldine Hardwick 01536 481203 |     | arranged after each meeting |



**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 Lynne on 01536 618001



**Newsletter Contributions:**

Please post copy to me, the Editor, Sammy Brewer, 3 West Way, Kettering, NN15 7LE (01536 481700) to reach me **latest 2 weeks before the next monthly U3A meeting.** If you prefer emailing me then please send it to [omi.brewer2@btinternet.com](mailto:omi.brewer2@btinternet.com)



**Webmaster**

Alan Bailey

01933 350147



**Committee – 2017-2018**

|                                |                  |              |
|--------------------------------|------------------|--------------|
| Chairperson                    | Sylvia Dale      | 01536 411865 |
| Vice Chair & Speaker Secretary | Valerie Walker   | 01536 511838 |
| Treasurer                      | John Cousens     | 01933 664602 |
| Secretary                      | Lynne Franklin   | 01536 618001 |
| Membership Secretary           | Pauline Bailey   | 01933 350147 |
| Group Co-ordinator             | Pat Johnson      | 01536 483398 |
| Assistant Group Co-ordinator   | Rosalind Bridges | 01536 741455 |
| Assistant Speaker Secretary    | Helen Checkley   | 01536 418616 |
| Newsletter Editor              | Sammy Brewer     | 01536 481700 |
| General Duties & Media         | June Mason       | 01536 726654 |
| General Duties & Travel        | Tony Reed        | 01536 481733 |
| General Duties                 | Linda Miller     | 01536 483773 |

