

June 2018

What's on.....

Songs for a Summer Evening – with Cransley Hospice
Community Choir

Friday 6th July, 7pm Salvation Army Citadel, Kettering

Tickets £6

A number of our members are in this choir so go along and support them as well as Cransley Hospice.

If you didn't see them last time at the Lighthouse, you can catch up with the **Grumpy Old Women** at the **Royal and Derngate** in Northampton on the 18th June.

Something not to be missed is the **Brighouse and Rastrick Brass Band** who are appearing at The Core in Corby on the 7th July at 7.30. One night only so book early.



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The Third Age Trust run a number of Summer Schools (residential) over 3 days that as members, you can go to. For further details put Third Age Trust summer schools into the search engine and go on a voyage of discovery!

Our Speaker this month is local man David Capps who will be talking about Kettering of Yesteryear. Please give him a warm welcome.

Gardening Group

"I am writing this on a beautiful hot sunny day. What a contrast to the cold weather just a week ago, when members of the gardening group made their way down to the bottom of Chris and Peter's garden in the pouring rain. There we found shelter in the greenhouse where we spent time happily potting up containers with young plants, which we hope will provide colour in our gardens during the summer months. Our meeting included our usual tea and coffee break and lots of chatter. Thanks once again to Chris and Peter for welcoming us into their home."

Greta Cheshire

Music Appreciation

We met on Thursday 10th May to share music with the theme "Rivers". We went down the "Mississippi", "Up a Lazy River" with "Old Man River" (3 Versions – Bruce Hibberd, Paul Robeson and Eddie Condon), along the "Blue Danube" and the "Yellow River", heard "The Train and the River", watched "Moon River" and listened to Siegfried's journey on the "Rhine". Next, we went up the "Hudson", over "Niagara Falls", "Under the Bridge" to our "Dear River Thames".

Our next meeting will be on Thursday 14th June (2:00 to 2:15 pm start). The agreed theme - "Numbers".

Ken Bridges



Singing for Pleasure

Can you sing? Do you enjoy entertaining people? Would you like to join our Singing for Pleasure group? We would welcome a few more ladies joining us. We sing popular songs and have a laugh and go out to various retirement homes and sing to people not much older than us!!! Why not come and join us?

We have taken our new programme out twice so far this month. Everyone appeared to enjoy it so we will continue! For more information please ring Jill Dee on 01536 514094.

Knit and Natter

We have welcomed 2 more members to our group. We are all seldom together at the same time due to holidays and other commitments and with the Bank Holidays on a Monday we have missed a couple of meetings this month.

More wool has been given to us from Age UK and a 'thank you' card for them for the blankets etc that we have donated. We are now knitting scarves ready for the winter.

Sylvia Dale

Travel Group.

Our group meets on the 3rd Tuesday of the month at 2pm. We learn each about other's holidays by watching photographs on the TV. We have welcomed two new members so we are full at the moment. Help and advice would be given to start a new group. Contact Geraldine on 01536 481203.

Camera Club

Some of our regulars are on holiday this month, so a small cohort of photographers met to discuss the use of RAW and to plan next month's meeting, when we will visit Jordan's mill in Bedfordshire. Those who wish to come please let me know if you need a lift. I'm sure we can organise it so that only 2 cars need to be driven. During the last part of the session, we set up, and experimented with using mirrors in differing ways to make unusual photos.

Jenny Goddard

Techno Corner

Some interesting links you might like to try out. Simply copy the links into your browser's address box and press Enter

National Trust for Scotland

<https://www.nts.org.uk/>
This is an excellent site, recently revamped. If you live in Scotland or are planning a trip it is really useful since there are lots of places you will want to visit. Plenty of maps, photos, helpful recommendations and general articles.

History of District Nursing

www.qniheritage.org.uk
Organised by the Queen's Nursing Institute, this is a history of district nursing since 1859 and is a fascinating archive of stories, photos and films. Just in case you are feeling poorly it also contains recipes for invalids.

Google and Artificial Intelligence

<https://youtu.be/ogfYd705cRs>

(Note there is a . inyoutu.be – it is not a spelling mistake)

This is the fascinating demonstration of Google's new artificial intelligence machine actually making calls to book a haircut and a table at a restaurant. The persons receiving the calls have no idea they are talking to a machine. Worth listening to and the Google ideas which follow. There is much more to the talk and to hear the entire speech with Google talking about Artificial Intelligence and improvements in healthcare and their ideas on Be Internet Awesome to do with children being safe slide the time line pointer near to the beginning.

Alan Bailey

Painting for Pleasure

This month we had two sessions painting together as a group and Catherine came to give us her expert helping hand. This time we learned the different ways of shading and stippling, making use of pencils, different types of paint, and graphite etc. We looked at Henry Moore in painting mode rather than his more usual sculpture and tried to follow his shading methods. Martin also showed us how he was painting with water soluble oil paint, which eliminates the strong smell associated with oil paints, quite tempting to have a go. A really helpful and informative month, with Catherine to give us her help and advice.

Carlene Lee

100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses!

Spanish.

We are now progressing through Pasos 1 with the help of Bob and Bill. We could accommodate new members as we rent a room at the Hertford Rd Community centre. New members would need to have some knowledge of the language but holiday Spanish would be fine. We meet twice a month, on the 1st and second Thursday at 2 till 4pm. Come for a taster session but please contact Geraldine on 01536 481203 to arrange this.

Play reading

Nearly a full house to read the Comic Play Boing Boing by Marc Campaux. Still with only Ron to support the male roles, he became Bernard a chap who entertained several air hostess girlfriends in his flat, juggling their air trips to miss each others visits helped by his friend Robert with the inevitable disaster of them all arriving unexpectedly. We had great fun with this play, refreshing our parched throats with Ros's tea and biscuits. The next play read is on 19/06/18.

Carlene Lee

Discussion Group

The discussion group met on Wednesday 2nd May at 2pm. We discussed a wide range of topics including: how does Theresa May stay sane? – with difficulty one would think! Should Donald Trump come to Britain? Have we met any famous people? This was disappointing as only a few minor celebs were mentioned. Wednesday 6th June at 2pm.

Linda Miller

Short Walks

The second short walk was small in number due to people having previous appointments and poor Janice stuck in traffic at Rushden. So four of us and Teddy the dog took off round Irchester Country Park in lovely sunshine, but there was a chilly wind. It was all new to our companions. There were very few people about, we went out onto a pier overlooking the old iron works. Very impressive. The May blossom was out and it smelled and looked wonderful. Lovely to hear and see the birds. Doreen said it would have been worth taking her binoculars. Teddy enjoyed his walk too. Before leaving we sat with a coffee at "The Quarrymans Rest". Hopefully more of you can join us next time. Wendy Islip is heading the next walk on 21st June. We are going to Barnwell Country Park. The meeting time is 10.00am as usual.

More details at the next meeting June 13th and of course we shall email as always.

Wanda and Bob Moffatt

Ten Pin Bowling.

Another successful meeting. We welcomed two new players to the group.

The group are continuing to improve, but more importantly we have lots of fun.

Please come and join us, we have room for a few new players. Only £2 per session.

Dai Johnson.

Every time you clean something, you just make something else dirty!

Group News

We have asked all groups to let us know where there are vacancies. Thank you to all those who replied. We will let you have this information at the next meeting.

We would like to set up more groups as we have a growing membership. If you would like us to set up something, or you have an interest you could share with others, please let us know. We can only have successful groups with input from our members, so don't be shy, have a word with us at the next meeting.

Pat Johnson and Rosalind Bridges.

Trips

Please remember that we need someone to take over from Julie and Jessie by the end of the year. It would be a shame for the trips to finish as everyone enjoys them so much. If you think that you might be able to help, please speak to Julie, Jessie or one of the committee. Thank you.

Sylvia

May 2018 Medium walk

13 walkers met at the Montagu Arms, Barnwell under grey skies. A group from Peterborough U3A were also walking albeit a different route

The first part of the walk was 200 yards along the Heminton road without a footpath, so leader and tail ender wore hi-vis vests.

Once we were in the fields it was a steady climb until we re-joined the road for 500 yards, again with no footpath. The next couple of miles was on a level but the overnight rain had made the grass wet and a trip through a rapeseed field where the plants had over grown left us with wet trousers.

A nice steady descent took us back to the village past the expensive houses to the pub where we were joined by 2 non-walkers for an excellent meal.

Bill Joyce

Ode to a Pill

Little pill here in my hand
I wonder how you understand
Just what to do or where to go
To stop the ache that hurts me so.
Within your content lies relief
You work alone in disbelief
You sink in regions there below
As down my throat you quickly go!
But what, I wonder, little pill
Is how you know where I am ill
And just how do you really know
Exactly where you have to go?
I have a headache, that is true,
My broken ribs need attention too!
So how can anything so small
End my aches in no time at all?
Do you work alone or hire a crew
To do the good things that you do?
I'm counting on you mighty strong
To get to there, where you belong.
Don't let me down, please do not shirk
To do your undercover work.
So down my throat, be on your way
And end my aches for another day.
Don't take a wrong turn is my plea
I can't take another till after three!

Speakers

July 11th AGM, Quiz

August 14th The Abdication Crisis – Mrs Wallis Simpson by Roy Smart

Vacancies in Groups

Singing for Pleasure – 3

Swimming – 93

Computer Club – 2

Making Music – Plenty of room

Tenpin Bowling – plenty of room

Painting for Pleasure - 2

Coffee Mornings at the
Kino Lounge are
June 14th and 28th



Volunteer for Age UK Northamptonshire in Kettering! Two opportunities have arisen in Kettering on various days to suit the individual, but both promise to be sociable and will utilise your skills! Within our warm and lively Day Centre that provides a day out of the house for older people from the town and surrounding areas, we would love to place someone who can manage the reception desk. A welcoming smile and willingness to chat, as well as taking phone calls and messages, plus a little computer work is all that's asked for! Along with full support from colleagues. This is needed on Mondays & Fridays.

The second opportunity is also office and admin-based, supporting a small team, 2-3 days a week (to suit you!) for about 3 hours per day to help manage the phones, make phone calls to clients, deal with onward referrals to external or Age UK Northants services, reports and keeping records/filing up to date. This is ideal for you if you like the office environment within a small team of colleagues!

Please don't hesitate to contact Volunteer Co-ordinator Jo Gunnett on 01604 611 200 to hear more!



Handymen required.....

I am still looking for your recommendations for Handymen. We are trying to compile a list of firms/individuals that you have used and were happy with. So far I have 2..... which is not a very long list! You can let me know anonymously – I don't want your name just the firm that you would recommend. We all prefer to use a firm/individual that someone else has been happy with. Anyone know of someone who is good with guttering and soffits?

Sylvia

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Art Group	Martin Dale	01536 411865	Mind Centre, Russell St	Weekly	10am-12 noon
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd Monday	2pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483396	3 St Mary's Rd	Monday following Monthly meeting	2pm-4pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Every Monday	2pm-4pm
Knit and Natter	Sylvia Dale	01536 411865	Dorothy Stocks house	Alternate Mondays	2pm-4pm
Mah Jongg/scrabble	Margaret Hopkins	01536 503308	Varies	2 nd & 4 th Monday	2pm-4pm
Play reading group	Rosalind Bridges	01536 741466	Venue and date vary	Normally 1 st Monday	2pm-4pm
Swimming	Isabel Collins	01536 520971	Kettering swimming pool	Every Monday in term time	9am-9.45
Basic Maths	Chris Crick	07490 591224	Home	2 nd & 4 th Monday	10-12
Tuesday					
Camera Club (beginners)	Julie Bates	01536 725538	home	2 nd Tuesday	2pm
Computer club	Alan Bailey	01933 350147	Chris Ditri's house	Fortnightly	10-12
Walking (medium)	John Sumpter	01536 722198	Varies	Last Tuesday	10am
Ukelele Group)	Alan Bailey	01933 350147	Home	Fortnightly	10 am
Travel	Geraldine Hardwick	01536 481203	Varies	3 rd Tuesday	2pm
Wednesday					
Country Danciong	Janice Angles	07768 169490	St Andrews Hall	2 nd & 4 th Wednesdays	10.30 – 12 noon
Gardening	Chris Ditri & Sandra Tecklenberg	01536 723145 01832 733419	Varies	1 st Wednesday	10 am
Lunch club	Margaret Hall & Patricia Stokes	01536 51225/724342	varies	3 rd Wednesday	12.45
Short Walk	Wanda & Bob Moffatt	01536 659236	Varies	3 rd Wednesday	10 am
Discussion Group	Linda Miller	01536 483773	Home	1 st Wednesday	2pm
Thursday					
Music Appreciation	Ken Bridges	01536 741455	Home	Varies	2-4pm
Spanish	Geraldine Hardwick	01536 481203	Hertford Community Centre	1 st & 3 rd Thursday	2-4pm
Short Walks	Wanda Moffatt	01536 659236	Varies	3 rd Thursday	10am
Friday					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Jill Dee	01536 514054	Fuller Church	Fortnightly	10-11.30
Ten Pin Bowling	Dai Johnson	01536 483398	Thunder Bowl	Friday following monthly meeting	10am
Ballroom Dancing	Matilda Harvey	01536 522196	St Edwards Church Hall	Weekly	11-11.45

Pop in for Coffee – the Thursday after the main meeting and a fortnight later. Venues change so look for the current venue in the newsletter.

Days arranged by individual group

Day trips Julie Bates 01536 725538 and Jessie Mills 01536 722421
Theatre Visits Joyce Williams 01536 482566 and Jean Issitt 01536 513218
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 Editor:

This is now Martin Dale. Please send contributions by 5pm, 30th of the month to sylviadale@live.co.uk. If you can get them to us earlier that would be appreciated as the newsletter fills up and it is often a job to get the last contributions in.



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
General Duties & Media	June Mason	01536 726654
General Duties & Travel	Tony Reed	01536 481733
General Duties	Linda Miller	01536 483773
General Duties	Jill Burgess	01536 515045

