

# ISE Valley News

Kettering, Northants



Registered Charity Number 1179738

February 2019

## Forthcoming Events

### Regifting

This month we have a table dedicated to unwanted and unused Christmas presents that members are donating. The proceeds will be sent to a local charity. This month Homestart has been suggested. Please let me know of other charities you would like to support.

### Gardening Club

At the April meeting there will be a table dedicated to all garden related things. If you have any unwanted plants/seedlings etc please bring them in and all proceeds will be donated to a local charity.

On the 24<sup>th</sup> March, **Cransley Hospice** are organising a 1 mile walk and Remembrance Service at Stanwick Lakes. This is called Lanterns at the Lakes and is for people to walk in remembrance of lost loved ones. Lanterns will be provided and the cost of tickets is £10 for adults and £5 for children, under 3's are free (no lantern). The time for the walk is 5pm. Further details from their website [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk)

Best wishes are sent to **Tony Reed** who is now recovering from his heart operation. For those of you who knew **Stephanie Mercer** had had a fall on the way to the meeting in January, she broke her hip and is now on the mend.

Look out for details in the newsletter of the **Quiz**, with supper in April. Tickets are on sale at the Raffle table.

**Coach trips** are organised for March and May, so if you haven't seen them go to the trips desk for details.

Sylvia

## Music Appreciation

Our meeting on Thursday 10<sup>th</sup> January was to share music that had some connection with "Winter". The theme was illustrated by "Let it snow", Vivaldi's "Winter", "Your Tiny hand is frozen", 2 lots of "Skating", "Snowfall", "Love to keep me warm", "Sleigh Ride", "It's cold outside", "New Year", "Ill (and Wild) wind", and "Winter Wonderland". Types of music, as usual, included classical, jazz, opera, popular etc. Our next meeting will be on Thursday 14<sup>th</sup> February (2:00 to 2:15 pm start). The agreed theme - "Love and Romance" (As per the date!!).


Ken Bridges



## Trips

**Belton House and Boundary Mills** on 21<sup>st</sup> March. Payment now due.

**Black Country Museum** on May 7<sup>th</sup>. Please sign up if interested. Payment is now being taken for this trip.



## Short Walks

First walk of the new year. Good turn-out. All wrapped up for the weather, but it was dry and sunny. Sywell reservoir shimmered in the sun, there were lots of wild fowl on the water and many little birds in the trees and bushes. We all felt we had blown the winter blues away at the finish. Some good ideas for a walk were discussed. Watch this space and join us.

The next walk is on February 21st 2019. We are considering Rushton Lakes, we just have to make sure it ok. Will know by the next U3A meeting.

Wanda and Bob

## Ten Pin Bowling

We had another successful session with lots of strikes and spares. Personal bests were achieved by Michael, Jill, George and Isabel. Lots of high fives and fun ensure the group enjoy sharing the highs and lows. Come and join our group if you enjoy fun and good company.

Dai Johnson



## Singing for Pleasure

Lovely to be back with the gang and we are really enjoying the new songs that Jill and Lynda have come up with. There is nothing like a good singsong to make you feel better.

Sylvia



## Theatre Trips

The Tickets for "Annie" will be available at the February meeting. Will those who put their names down to go but haven't yet paid please do so asap.

Joyce Williams



## Garden Club

We start again on the 1st Weds in Feb which is the 6th at 10 am at Chris and Peter Ditre's in Barton Seagrave. We are discussing our yearly programme with drinks and no doubt cake and biscuits. We really need more male input to support Peter but also have vacancies for 2-3 people. Anyone interested contact Chris at the meeting on her home number or myself.

Sandy Tecklenberg

## Book Group



This month the U3a book group met at Beckworth's for our annual lunch which was very enjoyable.

We managed to find enough time to discuss our book for this month. The Memory Book by Rowan Coleman. A thought-provoking book about a young mother with so much to enjoy in her life. A new husband, child and a daughter ready to attend University, but the dreaded Alzheimer's waiting to rob the family of all they held dear. The author seemed to have first-hand knowledge of this terrible affliction. The story was told within the family. Grieg, Claire's husband, not long married and how he found it so hard to cope with his wife's loss of memory. Claire's mum, daughter Catlin and her younger sister Esther. Several other characters were introduced the book. My favourite was Zach he befriended Catlin whilst she was searching for her unknown father, Paul. Claire started a memory book to help her to not forget all those important stages of her life Very emotive subject but you felt that you

knew the family by the conclusion of the book. A sad story but a positive outcome.

Margaret Turnbull

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## News from the Groups.

2019 has started well with a new Yoga group and in February we are starting a new Keep Fit Group. There has been quite a lot of interest in the new Cinema Group. To be able to get this group started, there will be a short meeting for all those who have signed up, at the end of the February meeting. The Singing for Pleasure Group is now full with a waiting list, but the singing group run by Kettering U3A has vacancies. There are 2 spaces in the Monday Camera Group for experienced photographers. There are also plenty of spaces in the Swimming, 10 Pin Bowling, Scrabble/Mah Jong Groups. We have also been asked to run a second Art group on a different day to the Monday one. If that would interest you please let us know.

Pat Johnson and Rosalind Bridges.

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## Mahjong and Scrabble

We continue to meet in the café at the Village Hall, Barton Seagrave. Bertone Road is on the Red Row estate off Powell Lane.

These free sessions are on the second and fourth Monday's of the month at 1.45pm to 3.45pm. We have plenty of room to accommodate more players and will give you help if you are new to either game. The facilities are good with a wide range of drinks available. There is parking at the Hall but also the 47,48,49 and 50 buses from Kettering stop nearby.

Come along and give us a try we are open to Ise Valley and Kettering U3A.

Linda Law

## Painting for Pleasure

This month we continued painting some of us with watercolour and some taking up acrylic, again with the help of Catherine's tuition; she came during the month and we finished off the project with acrylic painting. Next month we are looking forward to trying a different project with pencil and charcoal.

There are 2 vacancies in this group

Carlene Lee



## Tech Corner

### And the most popular password is....

[Splashdata](#) recently released its report of the 100 most common passwords in 2017. Analyzing over five million hacked and leaked databases of passwords, they tallied up the most popularly used passwords, and the result is ... depressing.

The top five are much the same as 2016 and include:

1. 123456
2. Password
3. 123456789
4. 12345678
5. 12345

The rest of the list is more diverse but just as obvious, including passwords like "iloveyou", "qwerty", "charlie", "secret", and many more simple, easy to guess words for hackers to try. In addition, in my opinion, they also suffer from the greatest problem with passwords.

They're short.

Length matters when it comes to password. For example, let's take the first password above: a six-character password can be made much more secure by adding a simple pattern eg

\*\*\*\*\* 123456 \*\*\*\*\*

This turns it into a 20-character password which is much stronger and is just as easy to

remember. You can obviously use other characters rather than just the \*

As an alternative pick 3 items on your desk and combine them

Staplerpunchcellotape gives a 20-character password and if you need special characters, add spaces, or an exclamation point in what for you might be a "standard" location, like at the end of the first word. It may be a lot to type but wouldn't you rather your password was secure?

Next month I will be telling you why you should use a Password Manager and [why it is so important to use a different password on every important site](#).

Alan



## Message to all members

Recently one of our members was on a coach trip when someone had a heart attack. We would like to offer the following advice.

When you go on any of our coach trips please be sure that you have a piece of paper with you with any medical details and emergency phone numbers. Should there be a medical emergency the trip organiser can then pass these details over to any paramedics. We would also advise that these details are made known to the trip committee, but if you don't wish to do this, then please make sure you have the details with you when you travel with us. Thank you.

Sylvia



## Travel Group

Our first meeting this year was led by Pat who showed us photos about Stamford a town we all love to go to. We all joined in with memories and photos. Our next meeting will be on February 19th at 2pm.

Geraldine

## Spanish

We welcomed a new member in January. We now have eleven members but have decided that we now have enough members to cover our costs at the Hertford Rd, community centre and allow us to cover other expenses such as our Que Tal magazine. Anyone wanting to join our group will now have to put their name on a waiting list.

Geraldine

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## Coffee Morning

All are welcome at our coffee morning at the Cransley Hospice Coffee Shop. We meet there on the Thursday following the main meeting and 2 weeks later. It is only for an hour – 10.30 to 11.30 – but it is great to meet with friends and put the world to rights.

Gentlemen are welcome as well!

Sylvia

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## Knit and Natter

The needles are working hard again and a variety of work is being undertaken. Patterns are exchanged and suggestions made for lunch/tea venues we may enjoy in the better weather. How do 2 hours go so quickly?

We all stop for tea and cake and to give our aching wrists a break and then it is off home and back to normality. For a couple of hours we have forgotten everything but what we are making. Great afternoons spent with friends and catching up with the world.



Sylvia

## Play Reading

We met in Geddington this time, to read Spiders Web by Agatha Christie. This was one of Agatha Christies most successful plays with her usual twists, turns and red herrings, finishing with an unlikely murderer. There were interesting parts for all the readers, with some gruff voiced ladies helping out our sole male member, throats lubricated by the usual interval of tea and biscuits

Carlene Lee and Rosalind Bridges

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## MEDIUM WALKING GROUP

Eleven walkers including one member who hadn't walked with us for a very long time and one new member met in the car park of the Old Victoria on a chilly but dry morning ready to order lunch before setting out on a five-mile perambulation much of it around the streets of Burton Latimer.

We did make a brief sojourn into the country side via some fields and across the new railway bridge to the village of Isham where we had our banana break. Isham is one of the villages which when you drive through it appears quite small, but when you walk through it appears much bigger with some charming buildings.

After leaving the village via a brief spell on the A509 we turned down Station Road to head back to Burton having a good look at the bridge works being carried in connection with the Midland Main Line Electrification project. A loop round the vast Morrison's warehouse complex and a spell on the old A6, brought us back to the pub where we were joined by one other member.

This visit to the Old Vic was a vast improvement on our last one a few years ago and the food was excellent.

Thanks to John Sumpter for organising and leading an excellent Winter walk.

John will also be leading the February walk with details TBA.

David Hamilton

## **Maths for Fun!!**

We are a small, friendly group that meets every other Monday between 10.00 and 12.00 at my home in Kettering.

The group is all about having fun and exercising our brain. None of us (apart from our tutor, Marilyn Hinson, a retired physics teacher, who is kindness and patience personified) are mathematicians. In fact, we would all say that at school we could not do maths. We have gone right back to basics and there is no pressure, no tests or exams.

We are working from a GCSE book but please don't be put off, it's just a framework for our sessions.

As the group is held at my home, we could probably accommodate a few more people. If the group does grow any bigger, we could possibly investigate getting a slightly larger venue.

If you are interested in joining us, please feel free to ring me for a chat. Go on, give it a go!!

My mobile no is: 07940 591 224 Christine Crick

## **QUIZ**

With

### **FISH/CHICKEN/SAUSAGE AND CHIP SUPPER**

Monday 15<sup>th</sup> April

At: The Athletic Club, Rockingham  
Road

Doors open 7.15 for a 7.30 start.

Tickets: Quiz only £2

Quiz and supper £6

Tickets on sale at the main meeting or  
from

Sylvia 01536 411865

This is open to friends and family

## **FLY**

With

### **Welland Gliding Club**

And soar over our beautiful  
countryside.

We are located at Lyveden  
airfield, a mile east of Brigstock  
off the A6116. We operated  
each weekend throughout the  
year, weather permitting.

Your flight will be in a 2-seater  
dual-control glider and you will  
be encouraged to take the  
controls yourself, guided by a  
qualified instructor.

Cost is £50 per person. If you  
are interested please put your  
name on the sheet on the  
committee desk and we will see  
if we can get enough people  
interested for a days' gliding.

## Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
<b>Monday</b>					
Painting for Pleasure	Tessa Bellamy	07854 864632	Mind Centre	Weekly	10-12
Book Club	Margaret Turnbull	01536 511139	Varies	3 <sup>rd</sup> Monday	2pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483396	Home	Monday after main meeting	2-4pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Weekly	2-4pm
Knit and Natter	Sylvia Dale	01536 411865	Members home	fortnightly	2-4pm
Mahjong/Scrabble	Linda Law	01536 659091	B.S Village Hall	2 & 4 <sup>th</sup>	2-4pm
Play Reading	Rosalind Bridges	01536 741466	Varies	1 <sup>st</sup> Monday	2-4pm
Swimming	Isabel Collins	01536 520971	K. Swimming Pool	Weekly termtime	9-9.45
Maths for Fun	Chris Crick	07490 591224	Home	2 & 4 <sup>th</sup>	10-12
Recorder Group	Mary Cooper Sue Hartley	01536 420336 01536 357676	Central Methodist Church School Lane, Kettering	2 <sup>nd</sup> & 4 <sup>th</sup>	2.30-3.30
Yoga Group	Annette	01536 513234	St Andrews Church Rooms	Weekly termtime	11.15-12.45
<b>Tuesday</b>					
Walking (medium)	John Sumpter	01536 722198	Varies	Last Tuesday	10am
Ukelele group	Alan Bailey	01933 350147	Home	Fortnightly	10am
Travel	G. Hardwick	01536 481203	Member's home	3 <sup>rd</sup>	2pm
Camera Club beginners	Julie Bates	01536 745538	Home	2 <sup>nd</sup>	2pm
Computer Club	Alan Bailey	01933 350147	Members home	Fortnightly	10-12
<b>Wednesday</b>					
Keep Fit	Katie Reynolds		BL Civic Centre	Weekly	9.45-10.30
Country Dancing	Janice Angles	07768 169490	St Andrews Hall	2 <sup>nd</sup> & 4 <sup>th</sup>	10.45
Short Walks	Wanda Moffatt	01536 483773	Varies	3 <sup>rd</sup>	10 am
Discussion Group	Linda Miller	01536 483773	Home	1 <sup>st</sup>	2pm
Gardening Club	Chris Ditre S Tecklenberg	01536 723145 01832 733419	Varies	1 <sup>st</sup>	10am
<b>Thursday</b>					
Music Appreciation	Ken Bridges	01536 741455	Home	Varies	2-4pm
Spanish	G Hardwick	01536 481203	Hertford C Centre	1 <sup>st</sup> & 3 <sup>rd</sup>	2-4pm
<b>Friday</b>					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Jill Dee	01536 514054	Fuller Church	Fortnightly	10am
Ballroom Dancing	Matilda Harvey	01536 522195	St Edwards Church	Weekly	11.45
Ten Pin Bowling	Dai Johnson	01536 483398	Thunder Bowl	Friday after meeting	10 am

### Speakers

This month's Speaker is Bob Thoroughgood with a talk 'Behind the call of Duty (Policemen)  
March 13<sup>th</sup> is Tricia Thompson with 'Don't Dilly Dally – the history of the Old Time Music Hall

**Trips**

Day trips      June Mason                      01536 726654  
Theatre Visits   Joyce Williams            01536 482566 and Jean Issitt   01536 513218

**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:**

Please send contributions by 5pm, 30<sup>th</sup> of the month to [sylviadale@live.co.uk](mailto: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 – 2018-2019**

Chairperson	Sylvia Dale	01536 411865
Vice Chair & Assistant Group		
Co-ordinator	Rosalind Bridges	01536 741455
Treasurer	John Cousens	01933 664602
Secretary & Assistant Speaker		
Secretary	Lynne Franklin	01536 618001
Membership Secretary	Pauline Bailey	01933 350147
Group Co-ordinator	Pat Johnson	01536 483398
General Duties & committee desk	Tony Reed	01536 481733
Speaker Secretary	Helen Checkley	01536 418616
General Duties & raffle	Linda Miller	01536 483773
General Duties & New Members	Jill Burgess	01536 515045

