

ISE Valley News

Kettering, Northants



Registered Charity Number 1179738

May 2019

Chair's Chatter

Reminders:

Subscription renewals – Pauline and Pat will be in the hall taking renewals. We are keeping the cost at £15 but if you want the Third Age Magazine it will be an extra £3.

The trip to Derbyshire is full. If you are still interested in going then please put your name on the waiting list.

The Donations for the gardening table last month raised £32 for the Motor Neurone Disease Association. A cheque has been sent off to them.

The raffle last month raised £54. A different theme this month.

Information – Did you know that if you are over 75 and enjoy swimming then you can go swimming at the Nene Centre, Thrapston for £10 for 12 months. Unlimited use of the pool! I call that a bargain.

If you would like to try Tai Chi then Caroline runs a class at Barton Seagrave Village Hall on Mondays between 1.30 and 2.30. Just turn up, you don't have to book. Her phone number is 07947 191916 if you want more information.

Do you have a Leisure Pass? If you are over 60 and live in the borough then you are entitled to this. It gives you reduced rates on a number of activities and events in the area. You can apply for one at the Council Offices. If you already have a bus pass then you will find your Leisure Pass on the reverse.

Members needed to run the Lunch Club! We have a few for later in the year but if anyone is interested in getting it going again, please let me know.

The Speaker this month is Rosemary Leonard with Songs from the Shows.

Sylvia

Knit and Natter

We are certainly enjoying the nattering and occasionally a bit of knitting/crocheting! We are off to Yvonne's next time for a change of scenery! Tea, coffee and biscuits to end the afternoon and thanks to Dorothy for hosting it again. Our best wishes go to Carol who isn't very well at the moment. We hope to see her back soon.

Sylvia

Ten Pin Bowling

A much better session was had by all this month. We enjoyed some highs and lows. Michael scored a massive personal best, which means he will lead from the front at our next meeting. Personal bests were also achieved by new member Lou and by Dipsy 1 and 2. New members are always welcome to join our happy band. Only £2 for a game and lots of good company.

Dai Johnson.

Discussion Group

The Discussion Group met on Wednesday 3rd April at 2pm. One of my daughter's friends had written on Facebook – 5 things she was trying to quit!

- 1 Trying to please everyone
- 2 Fearing change
- 3 Living in the past
- 4 Putting yourself down
- 5 Overthinking.

I asked the group if they would like to discuss these – it took us the whole afternoon.

I personally think I do everything except overthinking!

- 1 I don't think I have ever grown out of this.

- 2 I don't fear change – I just don't like it!
- 3 I personally like remembering some things from the past – not others! But it is a good thing to move on.
- 4 I don't think I've ever grown out of this.
- 5 I don't think I overthink – I still go headlong into things – when I have the energy!!!

How about all of you? Of course, if you have felt like reading this epistle!

We finished with a welcome tea and biscuits – thank you Enid.

The next meeting is on Thursday 2nd May at 2pm – Thursday instead of Wednesday for May.

Linda Miller

Theatre Trip Reminder

The Trip to Nottingham to see "Annie" leaves Cornmarket Hall at 9.15 am on Wednesday 22nd May 2019.

Joyce Williams

Singing for Pleasure

We had our first outing with the new programme. Unfortunately, we had to sing in the garden of the Retirement Home and it was quite windy! Lynda managed to keep her music on the stand with clips but those sitting at the back could hardly hear her so it was all a bit of a struggle. However, a bird decided to accompany us for a bit which was nice. Hopefully we will be indoors at the next one.

Sylvia

Book Club

This month we have been reading a book by Tan Wan Eng, "The Garden of Evening Mists" This is tied in very much with history with the Japanese war time camps and Malayan jungle, with a woman who has lost her sister in the camp and her wish to create a Japanese garden in memory of her sister. She hears of a famous gardener nearby Aritomo a former gardener of the Emperor of Japan. The story switches from past to present day, which can get confusing, but if you can stay with this wonderful story and of course Japanese names it is well worth the effort. Tan Wan Eng introduces many wonderful characters in this book and you feel as if you know them personally.

Margaret Turnbull

Reminder to Group Leaders

If you hire a hall or pay for a tutor, then please make sure that you get your accounts to John Cousens at the end of May (end of financial year). If you are unsure what you need to do then please contact either John or myself. These need to be added to the accounts for the Charity Commission.

Sylvia

Short Walks

Hi Everyone, I thought we were going to be short of walkers but I was wrong. Two new people joined us, great! I'm sure we shall see more of them. Irthlingborough was the start of the walk, then down towards Stanwick Lakes, then back towards Rushden and then up to Irthlingborough. In the most glorious weather, sunshine all the way. We stopped to see a boat navigating a lock. It looked like it was going to be a busy day with boats lining up waiting to go through. Next part was a grassy path and on its banks each side were some very interesting flowers. Days like this help us all to move more easily! The perfect

end of the walk was in "The Good Old Days" cafe for coffee and a slice of cake. It's quirky, we were really well looked after and sat outside with caged budgies for company, coffee flowing freely. Teddy found the birds stressful, he got really excited. It's a must before you leave to use the bathroom, you are in for a surprise.

Wanda and Bob

Computer Club

We have had a slight recess due to holidays and bereavements but will be starting up again (probably yesterday) with more internet access and how to search properly.

Alan

Ukulele Group

We were very successful in our first real Gig at Thorndale Home and they have invited us back in October when we will have learned more songs. We have another new member and are coming up to our 1st year anniversary!

Alan

Camera Group

After discussing our 'yellow' photos and how we had developed them, we talked about the ways we might go about taking photos from above. This is to be our homework for next month.

As Pat and I will be away in May, the task is to go out in your own area, choose a subject and take it from different angles and in different lights.

See you in June.

Jenny Goddard

Tech Corner

A few statistics from www.internetlivestats.com where you can see that users of the internet increase by about 10 a second. There are over 4 billion internet users at any time. That's well over half the global population (around 7.6 billion). There are 1,681,746,968 internet sites increasing by the second – if you tried to visit every site you would never get to the end since they increase faster than you could look at them. And over 123 billion emails have been sent so far today (11am on 23.4.2019) and about 300 billion are sent daily (but not by my kids to me!). Google processes more than 3.5 billion searches every day (about 40,000 per second). 15% of the searches are new which means no one has searched for that term before! Facebook has 2.5 billion active users at any one time. That's the size of China ...plus the US..plus Brazil ...plus.....

Alan

Maths for Fun!!

We still have spaces available for anyone interested in giving us a try. It is a light-hearted look at maths and gives us all a good brain workout. No pressure, no tests, just a small friendly group. We meet twice a month at my home.

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

P.S. And we have tea and biscuits and a chat!!

Trips

The trip to Derbyshire is now full. Please make sure that you have paid the balance – if you haven't already done so – by June.

Sylvia

Mahjong and Scrabble

We continue to meet in the café at the Village Hall Barton Seagrave on the second and fourth Monday's of the month at 1.45pm. We have plenty of room to accommodate more players at these free sessions 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



Beginners Camera Group

The group met on Thursday 11th April and we were given the task of taking photographs of any yellow articles which we could find and yellow flowers in the garden. The next meeting will be in June as most of the group will be away in May. The date in June is Tuesday 11th, when we will be showing photographs of different subjects in the colour of red which was our homework!!!!

Julie Bates.

Painting for Pleasure

It has been a short month due to the Easter Holiday and rather quiet as one or two members have been away, however those of us painting have had an enjoyable month exchanging ideas and experimenting with watercolour and acrylics. Catherine will be with us again soon with her help and advice. New members welcome.

Carlene Lee

Travel Group.

We had a low-key meeting as some of our group were occupied as the meeting was so near to Easter. We watched photos of our visit to Foxton Locks, Birmingham back to backs and Jordan's Mill. We also elected to watch a commercial video of a tour of Portugal. Next meeting will be on 21st May at 2pm.

Geraldine



Spanish

We only had one meeting in April due to other commitments. Due to a smaller group we had more conversation practice. Most of us need it. We continue to progress through Pasos 1. We meet on the 1st and 3rd Thursdays at 2pm, usual venue.

Geraldine

Quiz

We are short of a few reports this month so see if you can answer the following:

- 1 Which is the largest ocean – the Pacific or the Atlantic?
- 2 Which pop star was born in Gary, Indiana on August 29th 1958?
- 3 Who is the Roman God of love?
- 4 Which Steve Carell movie has the tagline “The longer you wait, the harder it gets?”
- 5 In which sport might you compete for the Claret Jug?
- 6 Wolfgang Amadeus are the first names of which Austrian composer?
- 7 Which former Question of Sport captain was known for his ‘flying dismounts’?
- 8 Which singer had a 2011 hit with Born this Way?
- 9 Russell Crowe plays Inspector Javert in which 2012 film?
- 10 Which colour gives its name to the region of spacetime that has strong gravitational affects that nothing can escape?
- 11 Which smoked fish might you expect to be served with cream cheese and lemon juice in canapes?
- 12 Brian Lara played International cricket for which national side?
- 13 Kurt Cobain was the lead vocalist with which US rock band?
- 14 The logo for Chang Beer features two of which animal?
- 15 Cordozar Calvin Broadus jr. is the birth name of which US rapper known for hit singles ‘Gin & Juice’ and ‘Drop it Like it’s hot’?
- 16 Which American actor and political activist is known for playing Moses in The Ten Commandments and Ben Hur as the title character?

Answers on page 6

Kettering U3A have vacancies in the following groups:

Card Making – Marian Tucker 01536 510354

Music – Eileen Mason 01536 725925 3rd Wednesday at 2pm, venue varies

Hearbeat – David Clayton 01536 520965, 2nd Monday at 10am

French – Michele Junin 01536 671971, last Friday of the month at 2pm

Family History – Richard Boyles, 01536 744753, 2nd Monday at 2pm

Jewellery Making – Sherry Calvert, 07722 407636

If you fancy any of these groups, please contact the number above.

Coffee morning at Cransley Hospice Coffee Shop is May 9th and 23rd. This is open to any member who wants to come and have a chat. We meet at 10.30 for about an hour. A great way to start the day and put the world to rights!!!

Ideas Wanted

We want to start some new groups but don't know what. Is there anything that you have a skill in that you would be happy to pass on to other members? You don't have to be professional, just proficient. Anyone interested in joining a Barbershop group, a hairdressing group, a charades group? How about meeting once a month and producing a lunch for four or five people and take it in turns to host it? I'm sure that you can come up with some more ideas as way-out as these. Have a think and let us know. Talk to either myself, Pat Johnson, Ros Bridges, Linda Miller or any other committee member that you see around at the meeting. Anyone interested in making up poetry?

Sylvia

We are looking for **Speakers** for next year. If any member sees someone that they think will be good for us to have at our meetings, please let Helen Checkley or Lynne Franklin know. We have had a number of recommendations this year which have worked out well so far and it is always nice to get input from our members.

Quiz answers ;

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|---------------|--------------------|-------------------|-----------------------|------------------|
| 1 The Pacific | 2 Michael Jackson | 3 Venus | 4 The 40yr old Virgin | |
| 5 Golf | 6 Mozart | 7 Frankie Dettori | 8 Lady Gaga | 9 Les Miserables |
| 10 Black | 11 Salmon | 12 West Indies | 13 Nirvana | 14 Elephants |
| 15 Snoop Dogg | 16 Charlton Heston | | | |

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Painting for Pleasure	Tessa Bellamy	07854 864632	Mind Centre	Weekly	10-12
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd 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 th	2-4pm
Play Reading	Rosalind Bridges	01536 741466	Varies	1 st 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 th	10-12
Recorder Group	Mary Cooper Sue Hartley	01536 420336 01536 357676	Central Methodist Church School Lane, Kettering	2 nd & 4 th	2.30-3.30
Yoga Group	Annette	01536 513234	St Andrews Church Rooms	Weekly termtime	11.15-12.45
Tuesday					
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 rd	2pm
Camera Club beginners	Julie Bates	01536 745538	Home	2 nd	2pm
Computer Club	Alan Bailey	01933 350147	Members home	Fortnightly	10-12
Wednesday					
Keep Fit	Katie Reynolds		BL Civic Centre	Weekly	9.45-10.30
Country Dancing	Janice Angles	07768 169490	St Andrews Hall	2 nd & 4 th	10.45
Discussion Group	Linda Miller	01536 483773	Home	1 st	2pm
Gardening Club	Chris Ditre S Tecklenberg	01536 723145 01832 733419	Varies	1 st	10am
Thursday					
Short Walks	Wanda Moffatt	01536 483773	Varies	3 rd	10 am
Music Appreciation	Ken Bridges	01536 741455	Home	Varies	2-4pm
Spanish	G Hardwick	01536 481203	Hertford C Centre	1 st & 3 rd	2-4pm
Friday					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Jill Dee	01536 514054	Fuller Church	Fortnightly	10am
Ballroom Dancing	Pat Johnson	01536 483398	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 Rosemary Leonard with Songs from the Shows
June 12th The Plague Doctor of Eyam with David Bell.

Trips

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

Timings at the Eden Centre

Main meeting – 2nd Wednesday of the month at the Eden Centre
Doors open – 1.15
Chair's Chatter – 1.55
Speaker – 2.05
Raffle – 3pm
Finish – 3.15

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, 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
Safeguarding Officer	Bob Moffatt	01536 659236



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
General Duties	Helen Hicks	01536 483109

