

**u3a**

learn, laugh, live

# **ISE VALLEY NEWS**

**Kettering, Northants**

**Charity Number 1179738**

**December 2020**

Hello again. I hope everyone is keeping as safe & well as possible.

I'm writing this as we're nearing the end of the second lockdown & about to return to the tier system up to Christmas. At least now we have something to look forward to with the possibility of seeing friends & family over the holiday weekend.

The U3A Christmas party has previously proved popular & will be sadly missed this year. With that in mind the committee have decided that the first time we are able to hold a monthly meeting we will make it a purely social gathering without a speaker, perhaps even a belated Christmas party!

The success of scientists developing vaccines now makes a return to some sort of normality look possible and I'm hopeful we will be able to hold large meetings again next year. At the moment we have had to cancel all planned talks until we know what we will be allowed to do.

In the meantime, Zoom and other virtual meetings have become widely used. Some u3a groups have held their AGM this way and many are using it for interest groups. A number of speakers are offering talks & presentations this way.

Ise Valley u3a have held Zoom committee meetings but I have no experience of larger online presentations. However, I have heard that they can be popular.

A number of speakers have been in touch offering this service to us.

I would like to know what you the members think before spending funds booking anything, as I know some people like the idea & some don't. We'll never be able to please everyone but I would like to please a majority if possible.

Please can you email your thoughts on the idea as well as any suggestions for subjects you'd particularly like to hear about to ... [chairmanisevalleyu3a@gmail.com](mailto:chairmanisevalleyu3a@gmail.com)

Lastly, I've been asked to let everyone know that u3a are looking for a PR advisor. The job description is attached.

Wishing everyone a very happy Christmas.

Helen

## **Regional PR and Media Advisers – U3A England, Scotland, Wales and Northern Ireland**

**Do you want to help raise the profile of u3as in your part of the world, and support the national campaign to celebrate and promote awareness of the u3a movement?**

We are looking for volunteers with knowledge and experience of working in a PR, media or marketing capacity to join their Regional Team and be linked to the national Communications Team. Volunteers will be part of a UK wide team with other PR Advisers.

The role is home based but could include travel around the region or country, as necessary. Most meetings will be conducted online but occasional team meetings in London (when permitted) will be required, but no more than twice a year. Expenses will be paid under the Expense Policy of the Trust.

For an informal discussion contact Sue Stokes, Chair of Communications and External Affairs: email [sue.stokes@u3a.org.uk](mailto:sue.stokes@u3a.org.uk) or call 07931 865903



## Appeal

The Salvation Army is accepting donations of food for the needy for Christmas at their premises in Regent Street/Rockingham Road on Friday, 4<sup>th</sup> and Saturday 5<sup>th</sup> December. The Salvation Army normally have a carol concert at this time of year, which I know many of you attend and the monies collected at that go towards providing food parcels. At the moment they are not able to raise money this way so would appreciate any donations made to them. They also support Cransley Hospice Choir to which some of our members belong. Please help them to help others.

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## Book group

This month we have been reading a memoir by Nicola Chung. 'All You Can Ever Know'. Life as a Korean child adopted by a loving white American family. Until she was five years old, she was a happy child, then she found herself experiencing racial discrimination amongst her peers at school and later at college. It was much later when she met Dan her future husband and started a family of her own, that Nicola felt that she needed to find her birth family, only to discover that she had two sisters, Jessica and Cindy. They had been told that Nicola had been premature and died. Also, that her father and mother had separated quite soon after, with her sister, Jessica staying with her Mother and Cindy with her father. Nicola was able to contact Cindy and her father and discovered that her Mother had been abusive to Cindy when she was a young child and her father had decided to have Nicola adopted, to save her from the same fate.

Unfortunately, Nicola decided not to engage with either her Mother or sister Jessica to hear their story.

The relationship between her sister Cindy and birth father gave Nicola, her husband Dan, and Abbey, her daughter, better insight into the Korean background and looking forward to learning the language of her forebears.

Hazel/Margaret

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Victoria, a middle-aged mother, decided that she wasn't going to remind her kids any longer of their need to write thank-you notes when they received presents. The result of this was that Grandad never received any thank-you letters for the very generous cheques he'd written to the children. However, the following year, things were different. 'All the Kids came over personally to thank me,' declared Grandad in a triumphant manner. 'That's good,' commented his friend, 'why do you think they decided to change their behaviour?' 'Well, that's easy,' declared Grandad, 'this year I didn't sign the cheques.'

BOOM BOOM!!

November quiz answers

- 1 Ethiopia
- 2 HMS Invincible and HMS Hermes
- 3 Flower Power
- 4 Belinda Carlisle
- 5 Mad Max
- 6 Monaco
- 7 A tent or portable dwelling structure
- 8 Private Sponge
- 9 Cutty Sark
- 10 Eucalyptus (the trees are hollowed out by termites)

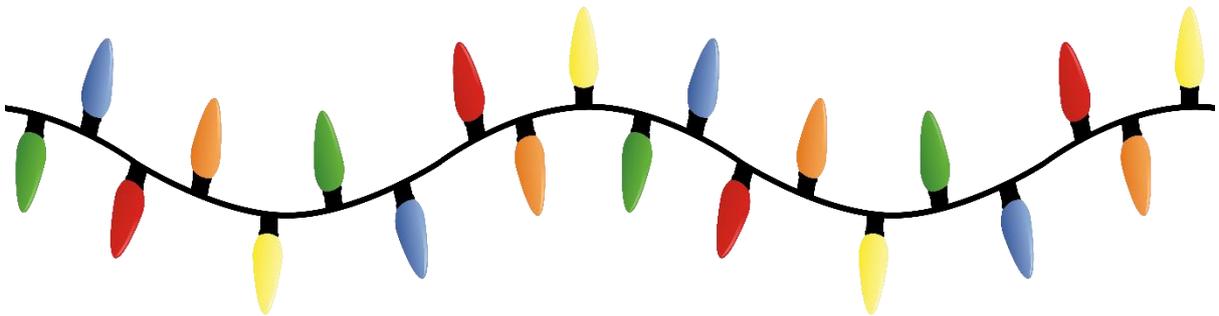
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**This is Wilson. He is now  
working from home 😊**



## "My Grown-Up Christmas List"

Do you remember me?  
I sat upon your knee  
I wrote to you  
With childhood fantasies  
Well, I'm all grown up now  
And still need help somehow  
I'm not a child  
But my heart still can dream  
So, here's my lifelong wish  
My grown-up Christmas list  
Not for myself  
But for a world in need  
No more lives torn apart  
That wars would never start  
And time would heal all hearts  
And everyone would have a friend  
And right would always win  
And love would never end  
This is my grown-up Christmas list  
As children we believed  
The grandest sight to see  
Was something lovely  
Wrapped beneath our tree  
But heaven only knows  
That packages and bows  
Can never heal  
A hurting human soul  
No more lives torn apart  
That wars would never start  
And time would heal all hearts  
And everyone would have a friend  
And right would always win  
And love would never end  
This is my grown-up Christmas list



Christmas Quiz – all answers are related to presents you might give or receive at Christmas!

- 1 These can be borrowed from the library
- 2 A collection of games
- 3 Cutting puzzles
- 4 Mineral water session
- 5 There's a land for these building blocks
- 6 A slide for females
- 7 Sounds like aspirin, paracetamol etc
- 8 Keep your eye on this
- 9 Moveable communication device
- 10 The result of head bells
- 11 A naked Edward
- 12 Forgive
- 13 Could be worn more often
- 14 A bag of air to kick
- 15 Joey pull worm (anag)
- 16 24 hour involvement
- 17 Fake being hurt
- 18 Loose catch (anag)
- 19 Soft toy filling
- 20 An animal in bedcovers
- 21 Menu ill dew (anag)
- 22 A good thump
- 23 Calendar related liaisons
- 24 Frivolous small thing
- 25 Alcoholic cheek
- 26 A male stirrer
- 27 A crimson moan
- 28 Help for lemons
- 29 What is a young turkey called
- 30 Green shoots
- 31 Father's scissors
- 32 Sounds like tinned monkeys.

Good luck with that one. Answers next month.

## *Mrs Dale's Diary*

*In case anyone hadn't realised we are back in lockdown! It was okay-ish last time as the weather was better and we could get out in the garden, but now ..... grey skies, rain, and short days, long evenings! On the bright side, Christmas is coming but what will it be like? We have decided to stay at home and treat ourselves to all the things we like - hang the diet!*

*Last Sunday was bright so we thought we would have a walk along the embankment at Wellingborough - so did everyone else and we couldn't park! So many swans there, and the ducks were sitting on the bank while the seagulls were flocked in the water with the swans!*

*We have all missed our coffee mornings. Roll on the end of lockdown when we can actually see other people again. Phone calls are great but nothing beats a face to face chat.*

*There have been some suggestions that we have a virtual meeting via zoom with a speaker. What do you think? If you think it is a good idea, contact Helen Hicks [chairmanisevalleyu3a@gmail.com](mailto:chairmanisevalleyu3a@gmail.com)*

*I hope you all have a good Christmas wherever you are and I hope to see you in the New Year.*

*Sylvia*



A Recipe to try

### Prune and Oat Loaf

50g (2oz) coconut oil plus extra for greasing  
275g (9oz pitted prunes – chopped  
100g (3.5oz) rolled oats  
1<sup>1/2</sup> teaspoons bicarbonate of soda  
125ml (4fl oz) boiling water  
150g (5oz) clear honey  
175g (6oz) wholemeal flour  
¼ teaspoon ground cinnamon

Grease a 2lb loaf tin and line the base with non-stick baking paper  
Place the prunes, oats, bicarbonate of soda and coconut oil in a heatproof bowl, pour over the water and leave to stand.  
Meanwhile, whisk together the eggs and honey in a separate bowl until well combined, then fold in the flour and cinnamon. Add the prune and oat mixture and mix well.  
Spoon the mixture into the prepared tin and bake in a pre-heated oven 180°C (350°F) Gas Mark 4 for 40-45 minutes until a skewer inserted in the middle comes out clean. Cover the top with foil if it starts to brown too quickly.  
Turn out onto a wire rack and leave to cool before cutting into.

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Newt's pay was one old shilling per year.\*

\*NOTE FOR YOUNG PEOPLE AND AMERICANS: One shilling = Five Pee. It helps to understand the antique finances of the Witchfinder Army if you know the original British monetary system:

Two farthings = One Ha'penny. Two ha'pennies = One Penny. Three pennies = A Thrupenny Bit. Two Thrupences = A Sixpence. Two Sixpences = One Shilling, or Bob. Two Bob = A Florin. One Florin and One Sixpence = Half a Crown. Four Half Crowns = Ten Bob Note. Two Ten Bob Notes = One Pound (or 240 pennies). One Pound and One Shilling = One Guinea.

The British resisted decimalized currency for a long time because they thought it was too complicated.

<http://you.regettingold.com>

Enter your birthday and see all the interesting facts that have happened in our lives.

Action Fraud is warning the public to take extra care when shopping online, ahead of Black Friday and Cyber Monday, as shoppers search for bargains and gifts for loved ones in the run up to Christmas.

### Top tips to shop online securely this festive season:

#### **Where to shop:**

Making a purchase from an online store you haven't used before? Carry out some research first, or ask a friend or family member if they've used the site and about their experiences before completing the purchase.

#### **Your information:**

Only create an account if necessary or to save you effort if you're going to use that site a lot in the future. Be cautious if the website asks you for details that are not required for your purchase, such as your mother's maiden name or the name of your primary school.

#### **Payments:**

If you decide to go ahead with the purchase, ensure that the webpage where you enter your payment details is secure (website address starts with "https"). Using a credit card to pay online also means that should the worst happen and your payment details are compromised, your main bank account won't be directly affected.

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I am looking for anything of interest to put in the newsletter next year. Do any of you have ideas for trips - when we are allowed to have them? Does anyone have any ideas for groups - when we are allowed to meet again?

Do you have things for sale?

Can you recommend a firm/handyman?

Please let me have any of the above so that I can share with our members.

Email to: [sylviadale@live.co.uk](mailto:sylviadale@live.co.uk)



With the restrictions being lifted for the holiday, the committee wish you all a safe, healthy and happy Christmas and New Year. We hope to see you all in 2021.

Ise Valley U3A

