



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

June 2020

Chair's Chatter:

This is the third month that the Newsletter is appearing online only. We still have a few groups meeting virtually which is great. A huge THANK YOU to Group Leaders who are keeping in touch with the members of their groups and also to the Committee members who have rung our members without email, to let them know what is or what is not, going on.

As lockdown is being gradually eased, we will have the opportunity to meet a few friends – while still social distancing – so this is an opportunity to start getting back to normality. I am having a coffee morning next week in the garden – while observing social distancing and hygiene rules – which I am looking forward to. Only a small garden so only a few friends at a time, but a social occasion which I haven't enjoyed for 3 months now. Why don't you do the same and meet just a few members of your groups in your garden (if you have one). Talking to one another on the phone is great and even Skyping them, but nothing is better than in person!

Do any of you have a garden pond and would like a few goldfish? Ours are getting to numerous for the size of the pond so could do with re-homing 2 or 3. Let me know if you can help. 01536 411865.

Our Webmaster, Alan Bailey, has been hard at work and has found a free meeting platform that doesn't need to be downloaded as a programme. He has been hosting the ukulele groups via it and it is easy for us technophobes to understand (apparently). So, I am asking if any of you are up for quiz via Jitsu? If you are, let me know and we will try it.

This month's newsletter has a few group reports, some handy email addresses, some cartoon/funnies and a few recipes. If any of you want to contribute to next month's in any shape or form, please let me have details.
Take care – Be safe – start socialising and keep in touch!

Sylvia Dale
Chair

Singing for Pleasure

Due to the lockdown we have not met for the past two singing sessions. Several of us have emailed the group, mostly at the beginning of the lockdown, I think we have all tried to stay positive, but new news gets scarcer. We must hope that age restrictions will not be too prolonged as our voices will be very weak.

We all miss the company and trying new hobbies is not much fun when there is no one to appreciate your efforts. Keep practicing and look forward.

Velda



Camera Club

Another virtual meeting which turned out quite successfully. Just think of the petrol we are saving!

We showed photos from our Oundle visit and some which showed the use of negative space to enhance a subject. Our homework is to look upwards and take photos from an unusually low aspect. We meet again on June 15th. thanks to Mike as a zoom host. If you wish to, send your photos to him.

Jenny



Book Club

STILL ME. By JO JO MOYES

This is the third and final book of Lou's journey starting with *Me Before You* which has been made in to a film.

We all enjoyed joining Lou on her final journey to happiness and meeting the characters we were introduced to in her time in New York, with favourites Sam her boyfriend, Treena and Tom, not forgetting Will's daughter carried forward from the last book.

Lou was treated very badly by the Gopnilks, especially by Agnes who told Lou she thought of her as a friend, but we did not know until till later that Agnes had a secret, a daughter left in Poland. We had no sympathy for Agnes as she accepted all the wealth and statues but behaved like a spoilt child.

Margaret de Witt - who would have guessed what an important role she would play Lou's life. To begin with, another spoilt resident of the apartment block together with her dog, she gave Lou the chance to fulfil all of her dreams. Starting her own business and most importantly gave her the chance to connect with Sam again. We all thought, when Lou met Josh, this was goodbye to Sam, he seemed everything Lou needed and, of course, not forgetting he looked like Will, but again he let her down. He loved her quirky side but of course, when he had a chance to further climb the professional ladder poor Lou did not fit as the corporate wife.

The caretaker and his family made a welcome addition to her story and, more so when Lou was able to save the library, thanks to Mr Gopnicks donation.

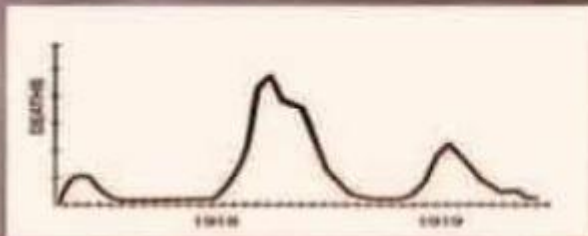
We had planned to watch the film '*Me before You*' this month together with a lunch, but of course, this has been postponed until we can all meet together as a group.

Margaret Turnbull



LESSONS OF HISTORY

The most severe pandemic in history was the Spanish Flu of 1918. It lasted for 2 years, in 3 waves, with 500 million people infected and 50 million deaths. Most of the fatalities happened in the 2nd wave. The people felt so bad about the quarantine and social distancing measures that when they were first lifted, the people rejoiced in the streets with abandon. In the coming weeks, the 2nd wave occurred, with tens of millions dead.



Let's not repeat
history in the
time of Covid-19

500 million people = one-third of the world's population became infected with this virus. – will we learn from History?
=====

We talk about resuscitation or ventilation but a lot of people don't know what it's really about.

It's not about an oxygen mask put in your mouth while you enjoy lying down thinking about your life

Invasive ventilation for COVID19 (intubation that is done under general anaesthesia) consists of staying 2 to 3 weeks without moving, often upside down (ventral decubitus) with a tube in your mouth to the trachea and allowing you breathe to the rhythm of the machine it's connected to.

You can't talk or eat or do anything naturally.

The discomfort and pain you feel need from the administration of sedatives and painkillers to ensure tube tolerance for as long as the patient needs the machine to breathe all this during an artificial coma.

In 20 days of this treatment in a **young** patient the loss of muscle mass is 40 % and re-education will be 6 to 12 months, associated with injury to the mouth or vocal cords.

This is why old or already fragile people can't stand it!

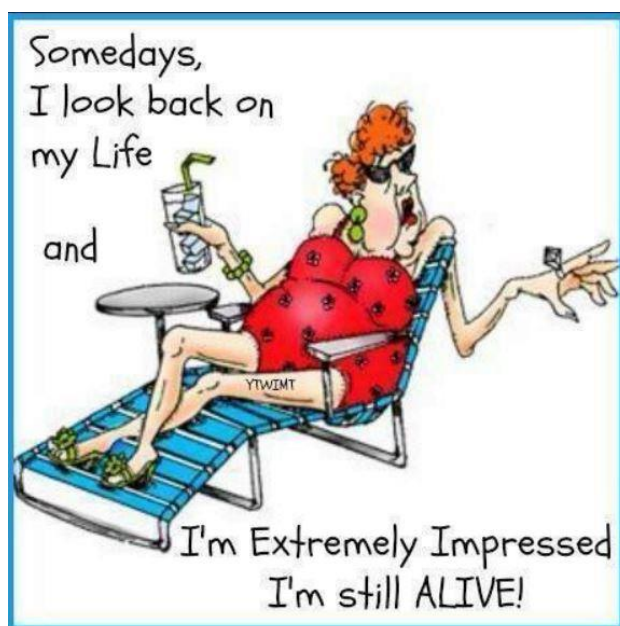
Keep social distancing
=====

The last time the Chancellor presented a new budget it was November, and it included the removal of VAT charged on eBooks and e-newspapers. The plan wasn't intended to come into force until December 2020. However, Rishi Sunak recently sped up the process to start on 1 May 2020. So, a £12 e-book should now be £10, and e-newspapers subscriptions should come down by about 15%.

e-Newspapers which can be read on your PC, tablet or phone are now considerably cheaper than the printed version. The Times and The Telegraph are both £26 per month online, versus £60 pm and £39 pm respectively for the print versions. The Guardian is only £11.99 pm online, versus £52.99 in print.

A Love Story

I will seek and I will find you
I shall take you to bed and have my way with you
I will make you ache, sweat, moan and groan
I will make you beg for mercy, beg for me to stop
I will exhaust you
When I am finished you will be weak for days
Love
Corona





Easy Wholemeal Soda Bread

Prep time 10 minutes

Cook time 30 minutes

Ingredients

350g wholemeal flour

1tsp salt

1tsp bicarbonate of soda

285 ml buttermilk

Instructions

- 1 Preheat your oven to 220C/200C/gas mark 7/425F. Dust a baking tray with a little plain flour.
- 2 Mix all the dry ingredients together thoroughly. Tip in the buttermilk and stir to combine
- 3 Keep stirring until the ingredients come together as a dough, then squidge together to form a ball.
- 4 Place the ball of dough on your baking tray and cut a deep cross in the centre. This is really important as it helps the centre of the bread to cook properly – so cut nice and deep, almost to the bottom.
- 5 If you wish, you can dust the loaf with a little flour, then place the bread in your preheated oven for 30 minutes.
- 6 Serve with soup, salad, or cheese, olives and cold meats.

If you don't have buttermilk you can use the same quantity of regular milk with 1 tablespoon of lemon juice stirred into it.



Pizza

Uses no yeast

Ingredients

Tin of chopped tomatoes or tomato paste

½ tsp salt plus ½ tsp black pepper, oregano, basil

Mozzarella cheese or cheddar – whatever is your favourite

Milk

Onions, mushrooms, bacon, cooked meats, garlic.

6oz SR flour plus 1tsp baking powder

1oz margarine

Grease a large baking sheet. Put flour, baking powder, salt, pepper, basil, and oregano into a large bowl. Rub in the margarine, you can also add cheese to the base, and mix into a dough with milk.

Roll out on a floured board and place onto the baking sheet.

Spread the tomatoes or tomato paste and cover with the onion, bacon, mushrooms etc and put the sliced mozzarella on top. Cook for about 20 minutes in a hot oven. Serve with home-made coleslaw.

For the gluten free amongst us:

Lemon Sultana Cake

120g/4 ½ oz virgin coconut or dairy free margarine

150g/5 ½ oz peeled banana, mashed

1 large lemon, juice and rind only

120g/4 ½ oz rolled oats (gluten free) pulverised in a food processor

2 large eggs plus ½ tsp gluten free baking powder

25g/¾ oz cornflour

100g/3 ½ oz sultanas

Method.

- 1 Heat the oven to 180C/350F/Gas 4 and line a 6" loose-bottomed cake tin with baking paper
- 2 Soften the coconut oil or margarine in a microwave and beat it with the mashed banana
- 3 Beat in the lemon rind and juice and then the oats.
- 4 Add the eggs with the cornflour
- 5 Finally stir in the sultanas and mix well.
- 6 Spoon the mixture into the cake tin and bake for 30-35 minutes.
- 7 Allow to cool in the tin before removing.

