



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

March 2020

Chair's Chatter:

Something a little different this month. There are questions between the group reports. The first letter of the answer to the question is what you need to find. Find all eleven letters and you have solved the riddle! The first member to tell me the answer wins a small prize, so get your thinking caps on!

June 3rd is **National U3A Day**. Ise Valley U3A will be having a pitch/stall/table in the Newlands Centre in Kettering that day to give out leaflets and to publicise ourselves. We are looking for a few people (maximum 10) in order to man the area and to engage with the public to encourage interest in our U3A. You only need to be there for an hour at a time and be happy to speak to people about how our U3A works. We are also having an article in the 4Locals magazine, so look out for that in the May edition.

Quiz

There is still time to book yourself or your team into the Quiz. This is at the Athletic Club in Rockingham Road on 25th March. A fun evening for friends and family to join in with. Fish, chicken or sausage and chips for supper or just come for the quiz. Doors open at 7.15 for a 7.30pm start. For those of you who haven't been before, bring your own cutlery as it is a job to cut chicken with a plastic knife!!! Cost is £6 with supper or £2 without.

Gardeners World Live

We still need a few more names before we book the tickets for this event at the NEC. The Food show is also on at the same time. Please visit the trip desk if you are interested.

New Members and Committee Interest Coffee Morning

This is on March 19th at the Royal Hotel. The committee will be there to answer any questions you may have. We realise that it is sometimes difficult to ask questions at the meetings so we thought a relaxed coffee morning would be the ideal place for you to ask your questions. You do not need to commit yourself but we do need 6 new members for the committee in July or we cannot continue. We are looking for members who might be interested in being the Groups Co-ordinator, Membership Secretary and Chair. As always two people can undertake each position or you might just like to fill in where you can. Please come and join us at 10am – the coffee is on us!

Sylvia Dale
Chair

Singing for Pleasure

We have now selected songs for our Spring/Summer programme and have started to rehearse.

Lynda sources most of our material but we all have an input, so there are songs to please all of us.

Once again we have a wide selection and are enjoying singing them.

We have one date in our diary for this year already though it is not until December.

Our collection instead of sending Christmas cards to each other totalled just over £100 and this we are donating to the Kettering General Hospital charity appeal for "Twinkling Stars."

This appeal is for providing more suitable accommodation for parents that have lost a baby

Velda

'Grows in hot countries as the fruit of a tree. Has a hard inedible shell which used to be used for sound effects'.

Gardening Group

This being our first meeting of the year, we spent our time planning our programme for the months ahead. It's great to start thinking about warmer, lighter days and we put together what will, I'm sure, be a very interesting and enjoyable gardening year for our group. Alongside some practical work such as potting up plants and exchanging seeds and cuttings, we have visits to garden centres and members' gardens to look forward to. Our thanks to Sandra and Chris for their help and guidance.

Greta

'There's a bright golden in the meadow'.

Music Appreciation

Our meeting on Thursday 13th was to share music that had some connection with Valentine's Day. There weren't many of us but we enjoyed our usual wide selection of items, including some operatic arias from composers Korngold, Mozart and Puccini (Die Tote Stadt, Marriage of Figaro, Madam Butterfly and

Tosca), a little C and W (Bonnie Tyler), jazz instrumentals and vocals, classical (Tchaikovsky), and various popular music items (including some forgotten numbers from quite a while ago as well as from more contemporary artists like Carol King). And of course, "My Funny Valentine"!

Our next meeting will be on Thursday 26th March (back to our normal 2:00 pm start), to play music for "Spring

Ken

'Not a single record but an

Lunch Club

The Lunch Club will be visiting Lee Gardens for their lunch on 15th April. Cost is £8 and pay on the day. If you would like to go, please put your name down on the list. We will be in the usual place in the hall.

Neil Bridgstock

Knit and Natter

We met at Dorothy's again as she is feeling a lot better. Yvonne has had another spell in hospital so we wish her a speedy recovery. Doreen is unsure where she is going on her cruise due to the coronavirus stopping the ship from visiting China. We are all working on our items but do enjoy the natter as well. The afternoon concluded with tea and cake.

Ten Pin Bowling.

Our smallest attendance for a long time, but it did not curb our enthusiasm. Hopefully more people will be able to attend in March, with Michael taking charge of the registration. We are always looking for new members who would like to give our activity a go. You will be most welcome and supported in maybe trying a new activity.

Dai Johnson

Lunch Club

At the last Lunch club meal, 24 of us sat down to a tasty meal at a very reasonable price, at the Stirrup Club in Barton Seagrave. We were well looked after by the staff and we all enjoyed our meals.

The next Lunch Club will be in April and you will be able to sign up for that at the April meeting.

There are still some free months so if you would like to consider organising a Lunch Club meal please let me know.

Pat Johnson

'After the washing comes the

News from the Groups.

The Ballroom dancing group has now closed on a Friday morning. However, I have spoken to Lisa from the Mash dance Company and she said that our members will always be welcome to join their classes. They run at different times and venues throughout the week. She is going to let me have further information of what is available. If you are interested, please see me at the April meeting when I hope to have some details.

Please could I remind all group leaders to send their reports of their groups to Sylvia for the newsletter.

Please could you also let Sylvia have some photos of your group activities to use in the newsletter, but also to use for publicity to promote our U3A.

Pat Johnson

'This bright colour means stop.'

Painting for Pleasure



Our Art group is now blooming after numbers dropped last year when we thought we might have to close the group. We are now up to 10 members so now need a

waiting list as we can only fit 10 in the ideal craft room which we rent in the Mind offices. Everyone is producing interesting work with Catherine's advice and ideas as always.

Tessa Bellamy

'It is what Knit and Natter need!'

Short Walks

For the first time we fell foul of the weather and had to cancel our planned walk. There was a high wind the day before we were due to go and Fineshades Wood was closed for health and safety reasons. The day of the walk forecast was for heavy rain so we decided not to go elsewhere. We have decided to attempt Fineshades again in March. Will let every-one know at the next meeting.

From Wanda, Bob and Teddy

Spanish

We are recovering after our Christmas break. We soon forget. We are now half way through Pasos 1 and enjoying our Que Tal magazine which gives us information about the Spanish speaking world. We will be moving to North Park pavilion for the month of March as Hertford Road is having yet another roof repair. Thanks to Ursula at the council for arranging this.

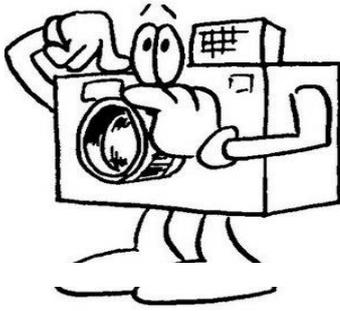
Geraldine

Travel Group.

We continue to meet on the 3rd Tuesday of the month. This month we were treated to Pat and Dai's anniversary trip to Mauritius. It is certainly a wonderful island with amazing sunsets, and a chequered colonial history too. Next meeting is on Tuesday March 17th.

Geraldine

Camera club



A collection of musical instruments were brought together to make a themed photo session at our last gathering. We also showed our

experimental photos taken using artificial light. These will be on show in March. For our next camera group meeting we will meet at the Waitrose car park in Oundle at 2pm to take photos of the town.

Jenny

'Main blood vessel that carries blood away from the heart'.

Beginners Camera Group.

At the February meeting members brought the photographs they had taken of "Interesting Skies" and we had some really good ones which were displayed at the February meeting. The homework given was to take photos of frosty scenes. Some of the beginners group joined the other camera group at their meeting to take photographs of musical Instruments.

The March meeting is on the 10th of March usual time and venue.

Julie

Medium Walking Group



The February walk started from the Dukes Arms in Woodford. Nine walkers turned out on a bright sunny morning, although the wind was cold. David and Daphne went off to a shorter walk on their own. The remaining seven of us left the village on the Nene Way to see how muddy the route might be.

After about 1 mile we found the track flooded so a diversion was found. This turned out to be a good move as we were able to walk along the old railway line for about 2 to 3 miles. Along the way the river had broken its banks and all the fields were under water. Because of this we returned to Woodford via the same route.

The lunch at the pub was good value for money and enjoyed by everyone.

John Sumpter

'Authors write them!'

Coffee Morning

We meet at Cransley Hospice Coffee Shop on Thursday 12th and 26th of March. We are there from 10.15 if anyone wants to join us for a chat. Cransley Hospice are asking for people to sign their petition for new premises as they are losing the existing ones in 3 years time and are hoping to get enough support. So if you are passing, please pop in and sign it as numbers help. You only need to put your name and postcode, nothing more.

We welcome newcomers as well as regulars!

Sylvia

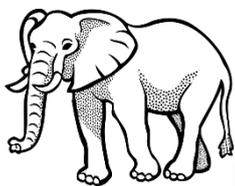
'The national drink'

Film Group

1917

We saw the latest from director Sam Mendes on the 27th Feb. It is a brilliant film and deserved to win the Oscar for best cinematography. I do not think I have ever felt so totally immersed in a film, I am still a little shaken by it even an hour later. However, it is not for anyone of a nervous disposition - as they used to say on the telly!

Tony



Nellie the

Dates for your diary.....Things you may be interested in.

March 12th Our Coffee morning at Cransley Hospice Coffee Shop

March 13th Lighthouse Theatre – An audience with Archer’s actress Sunny Osmonde.

March 17th Lighthouse Theatre – Living Dangerously with Sir Ranulph Fiennes.

March 18th Anything Goes at the Derngate, Northampton. This is the story of Meatloaf and Jim Steinman hits.

March 19th Our New Members and Committee Interest meeting at the Royal Hotel, Kettering at 10am.

March 22nd Antiques Fair at Wicksteed Park.

March 25th Our Quiz with Supper at the Athletic Club in Rockingham Road

April 3rd Strictly Professional Giovanni Pernice is performing at the Derngate.

April 4th Fascinating Aida are coming out of retirement and performing at the Derngate. An evening of song and laughter with the performers taking the mickey out of life.

I used to say to my daughter “Stop being aqueen!

Have you worked it out yet?

... ..

Quick and Easy recipes

Cheeselettes

3 eggs

2oz SR Flour

4oz grated cheese

Grated onion

Salt and pepper

Mix all the ingredients together. Heat some oil in a frying pan and drop in spoonfuls of the mixture. Fry until crisp and golden brown and then turn over and fry the other side. Drain well and serve with bacon, baked beans or a salad.

Tuna Fish Cakes

Tin of tuna in oil

1lb mashed potato

Anchovy paste

Egg

Bread crumbs

Oil for frying.

Mix together the mashed potato, tuna, anchovy paste and add the egg to make a soft mix. Make into fish cakes and coat with breadcrumbs. Fry on both sides in hot oil.

Much tastier than shop bought ones.

Handy hint: when baking place cakes, pastry or anything hot that might stick to its tin on a very wet cloth for a minute or so before attempting to turn it out. This will loosen it slightly from the base of the tin.

It would be great if members could send me some more info for the newsletter.

Smart Phone – Dumb User

My new phone is 'smart' I guess that I'm not
Amazing what all this here smart phone has got
TV and Weather and Internet too.
There's just no limit to what it can do
Check my blood pressure and my temperature
Without even probing all my apertures
I now know the time in Paris or Greece
Or find Chinese food; it's here on this map
Oops, my finger just slipped, now where was that at?
A camera ... a CAMERA! Now I can take shots
Of everyone I know (who'd rather I not)
Push this here button and take me a 'selfie'
(If I had a nose would this thing take a 'smellfie')?
Email to pester with, video to shoot,
Maps to drive round with, wow that's a hoot!
A compass to guide me home if I'm lost;
Thank God work paid for this thing (what it COSTS!)
The things that it does would amaze Mr Bell
What he would have thought of it, no one can tell.
But one question's still stuck in my middle-aged craw
Despite all the gizmos that strike me with awe,
They're fun and they're useful and 'techy' and all
.....But how do I just simply make a phone call?



A few seats still left on
the coach to
COVENTRY

21ST April

Leaving Kettering 9am

Leaving Coventry 4pm

£10

Open to friends and family

Coach trip to

Gardener's World Live

At the NEC

Friday June 19th

Tickets are £29.50

If you are interested please put
your name down on the list on the
Trip desk.

This is open to friends and family

Payment due in April

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 483398	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 659236	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
Ten Pin Bowling	Dai Johnson	01536 483398	Thunder Bowl	Friday after meeting	10 am

The Speaker in April will be Michael A Kushner from Bletchley Park

Trips

Day trips June Mason 01536 726654

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	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	Julie Bates	01536 725538
General Duties & raffle	Linda Miller	01536 483773
General Duties & New Members	Jill Burgess	01536 515045
General Duties & Assist Speaker		
Secretary	Helen Hicks	01536 529408
General Duties	Helen Checkley	01536 418618
General Duties	Lindsey Cole	01536 515689

