



# ISE VALLEY NEWS

**Kettering, Northants**

**Charity Number 1179738**

**May 2020**

## **Chair's Chatter:**

Welcome to May's edition of our newsletter. This month is mainly made up of a few reports and a lot of quizzes, information and poems. Two groups have managed to meet through technology which is fantastic. I am looking forward to the time when we can go to our groups again, meet friends and not feeling guilty going out!

Please check our website regularly as we are putting any information on there for you. Are you enjoying Mr Motivator or do you prefer Oti Mabuse's dance class? If you are feeling stressed then you can listen to a calming cd from Judy Cooper who is Group Leader for Mindfulness and Wellbeing with Wellingborough U3A.

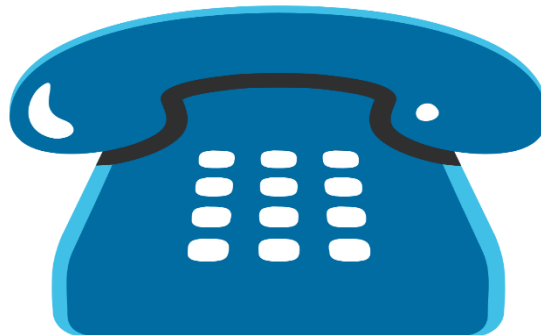
I am pleased to report that we have had 2 members who have volunteered to join our committee – one of them has offered to become our Membership Secretary. We are still looking for a Groups Co-ordinator and a Chair.

I do have a number of 1000 piece jigsaws should anyone like to have them for the rest of the lockdown.

I do hope that we have some good news in the next newsletter and that we will be able to start back with our groups and activities and meetings soon.

**Keep Safe, Keep Well, Keep In Touch.**

Sylvia Dale  
Chair



## Quiz by Erika Beecher

1. More than a hill + burnt remains
2. Lost your voice but still got your trunk and head
3. Liked by friends and associates
4. You'll find this at the seaside
5. First part of rhyme with a mouse
6. Good for a blocked nose
7. Rhymes with perch
8. found in the hand
9. two of a kind
10. A sauce to go with waffles
11. A Greek island
12. Unwanted in kettles
13. Be unhappy without someone
14. He's looking very smart
15. If it's not me it must be
16. He fought at the battle of Jericho

## TODAY I SAW A NURSE

Today I saw a nurse.  
Dressed head to toe in blue  
A mask, a gown, some gloves  
Fearlessly working for me and you.

She moved from bed to bed  
Tirelessly doing all her checks  
But even in the midst of chaos  
Her kind words to me have great effects

She said I'm here beside you  
Please do not despair  
This helped calm me down as my lungs  
gasp for air

No visitors can come to me  
No flowers will pass my door.  
For a virus has come for us  
That makes our chest, throat and head  
sore

Yet there is my little angel  
Walking around the room  
Looking after us all  
And fighting off our gloom

I watch her hold a patient's hand  
And guide them to the light  
These nurses truly understand  
They're full of courage and might.

After each one passes  
She softly hides her cries.  
Then takes a little moment  
And mourns anyone who dies.

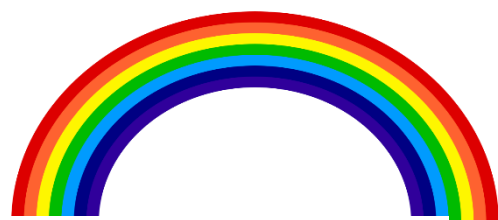
Today I saw a nurse  
A mighty powerful person  
A hero, an angel, a friend.  
Helping people who have come to the end.

Today I saw a nurse  
She stayed a while beside me  
That's when I knew this awful curse  
Was going to come find me.

I thought of all my family outside  
And those that I so love  
And felt a hand grab mine  
Through a blue powdered glove

Today I saw a nurse  
She was there at the very end  
I felt the love pour from her  
As she held me like a friend

So do not worry friends and family  
Stay safe at home and fight  
For today I saw a nurse  
And the light she had was bright



## **Singing for Pleasure**

Despite the onset of the virus we had about eighteen members turn up for the last group meeting before lockdown. As with many other people we are disappointed that it now looks as though our summer programme will not take place this year. We had put together a very happy programme but we will shelve it until next year.

We had already been looking at menus for our end of term lunch which we were hoping to hold at Lavender Bee in Weekley.

Hoping this lockdown will not go beyond our hopes.

Best wishes to all.

Hope our tins of biscuits and chocolates are safe from church mice!!

Velda

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## **Time for us girls**

I'm normally a social girl I love to meet my mates  
But lately with the virus here we can't go out the gates  
You see, we are the oldies now, we need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died  
They'll never know the things we did, before we got this old  
There wasn't any Facebook, so not everything was told  
We may seem sweet old ladies who would never be uncouth  
But we grew up in the 60's, if you only knew the truth  
There was sex and drugs and rock'n'roll, the pill and miniskirts

We smoked, we drank, we partied,  
and were quite outrageous flirts  
Then we settled down, got married  
and turned into someone's mum,  
Somebodies wife, then nana, who on earth did we become?

We didn't mind the change of pace  
because our lives were full  
But to bury us before we're dead is like a red rag to a bull!  
So here you find me stuck inside, for 4 weeks maybe more  
I finally found myself again, then I had to close the door!  
It didn't really bother me, I'd while away the hour,  
I'd bake for all the family, but I've run out of flamin' flour  
Now Netflix is just wonderful, I love a gory thriller  
I'm swooning over Idris or some random sexy killer  
At least I've got a stash of booze for when I'm being idle  
There's wine and whisky, even gin, if I'm feeling suicidal  
So, let's all drink to lockdown, to recovery and health  
And hope this awful virus doesn't decimate our wealth  
We'll all get through the crisis and be back to join our mates  
Just hoping I'm not far too wide to fit through the flaming gates!

Pam Ayres

These times with all the hand washing reminded me of a poem from when my children were young. It was printed, amongst many other poems, in a Children's Book of Verse. I think some of the sentiments of a child will resonate with us all!

Lynne Franklin

## Washing

What is all this washing about,  
Every day, week in, week out?  
From getting up till going to bed,  
I'm tired of hearing the same thing said.  
Whether I'm dirty or whether I'm not,  
Whether the water is cold or hot,  
Whether I like or whether I don't,  
Whether I will or whether I won't —  
'Have you washed your hands, and washed  
your face?'  
I seem to *live* in the washing place.

Whenever I go for a walk or ride,  
As soon as I put my nose inside  
The door again, there's someone there  
With a sponge and soap, and a lot they  
care  
If I have something better to do,  
'Now wash your face and your fingers too.'

Before a meal is ever begun,  
And after every meal is done,  
It's time to turn on the waterspout.  
Please, what *is* all this washing about?

By John Drinkwater

## Ukulele Group.

We have now had 3 video conference sessions. We found that the time delay made group playing 'interesting'. We get round it by one person playing while everyone else listens and plays but with their microphones switched off so it feels like duetting! Everyone says the sessions are useful and we have a laugh and chat - unfortunately the coffee and biscuits are severely lacking!

Alan

## Tech corner

### Isolation is affecting mental health

#### The Bathtub Test

During a visit to the mental asylum, I asked the director how do

You determine whether or not a patient should be institutionalized.

"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub..."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the director, "A normal person would pull the plug. Do you want a bed near the window?"

#### ARE YOU GOING TO SHARE THIS, OR DO YOU WANT THE BED NEXT TO MINE??

Please Note: I get many of these excellent links from a weekly newsletter called Ask Webster at [www.askwebster.co.uk](http://www.askwebster.co.uk)

Want to see the spoons played properly. Have a look at this

<https://twitter.com/abmassie/status/1241746101264429058>

There are all sorts of rumours around at the moment about the dreaded virus (eg. Stay in at night to avoid helicopters spraying disinfectant! Or at least take an umbrella!) and most of them are nonsense. Note that while cats and possibly dogs can transmit the disease between themselves (one or two cases have been confirmed notably tigers and lions in the Bronx zoo), there is still no evidence that they can transmit the virus to humans thank goodness. Check here and then the 'fact check claims' picture.

<https://fullfact.org/health/coronavirus/>

Want to watch Official One Man, Two Guvnors with James Corden - a Free National Theatre Full Performance? The National Theatre is allowing free access to one filmed play each week. Here's the link

<https://www.youtube.com/watch?v=XzqcRwWVv8k>

As you are reading this on your computer or tablet just click on the link and it will load your browser and take you to the site. If that doesn't work then copy the link and paste it into the address line on your browser.

The government's Corona virus website has been changed And is now

<https://coronavirus.data.gov.uk/>

### **Camera Group**

Well, really pleased with ourselves as we managed a virtual meeting with seven of us getting together on Zoom. Steve gave a tutorial on "negative space" which will give us a task for the next month. We showed some of our previous photo examples and managed it all except the cup of tea. I was very proud of the group as many of them including me had never used zoom before. Good luck and keep safe everyone. We are missing you all.

Jenny

### **Book Club**

The Reader by Bernhard Schhlink

This was not a book where I enjoyed the story but one that gave us some insight into what happened after the war in the forties. With the trial of one prison guard Hannah, and her relationship with a young impressionable boy Michael, which affected him having a grown-up relationship.

Hannah befriended him at first, but this swiftly turned into something much more. She enjoyed Michael reading to her in bed, but what he did not realise was that she could not read or write. The relationship carries on for a while and only finishes when Hannah disappears very suddenly.

It is only much later when Michael, as a law student, stumbles across a trial for ex guards in the war, that he finds Hannah standing trial for crimes she committed in the camps with the Jewish people.

Unfortunately, it is not a happy ending and left us all with many questions. It will make for a good discussion when we can meet sometime in the future.

Margaret Turnbull

### Origins of Words

#### **Bite the Bullet**

Meaning: to accept something difficult or unpleasant.

Origin: In the olden days, when doctors were short on anaesthesia, they would ask a patient to bite down on a bullet to distract them from the pain. The first recorded use of this phrase was in 1891 in *The Light that Failed*.

#### **Break the Ice**

Meaning: to break off a conflict or commence a friendship.

Origin: back when road transportation was not developed, ships would be the only transportation and means of trade. At times, the ships would get stuck during winter because of ice formation. The receiving country would send small ships to 'break the ice' to clear a way for the trade ships. This gesture showed affiliation and understanding between two territories.

DINGBATS-ONE

ALL <sup>WORLD</sup>	Lang4uage	XQQME
ACRIML	roforkad	Pot00000000
Reawithson	ABCDEFGHIJMO PQRSTUVWXYZ	Mail Male
KNOW it NO	BREN Jr	<b>GMADEB</b>
10	11	12
THYME PLAICE	ROBBERS	Polmomice
13	14	15

## 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 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 <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
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>					
Short Walks	Wanda Moffatt	01536 659236	Varies	3 <sup>rd</sup>	10 am
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
Ten Pin Bowling	Dai Johnson	01536 483398	Thunder Bowl	Friday after meeting	10 am

## **Trips**

Day trips          June Mason                  01536 726654

## **Timings at the Eden Centre**

Main meeting – 2<sup>nd</sup> 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, 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.



<b>Webmaster</b>	Alan Bailey	01933 350147
<b>Safeguarding Officer</b>	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

