



learn, laugh, live

ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

July 2021

Hello everyone,

I've become aware that even though the vast majority of members have email not everyone is aware that we have produced a monthly newsletter on the website. If you know of anyone who may not have seen these please could you tell them about it.

We have delivered shortened printed newsletters occasionally to those without email addresses but we cannot do this on a large scale.

Regrettably we are unable to meet at the Eden Centre as hoped this month.

As the u3a Day picnic in the park was popular we are suggesting that we could make another opportunity to meet outside at Meadow Road Park for a picnic lunch instead, weather permitting. We've chosen this as being fairly central and accessible to drivers, pedestrians & people coming in by bus. There are public toilets at the top of the Meadow Road.

This would be between 12 & 2 o'clock on Wednesday 14 July. You would need to bring your own food, drink and a chair or something to sit on. We still have to sit in groups of 30 or less to meet current guidance but that wasn't a problem at Wicksteed Park.

If unsure whether we will go ahead if the weather forecast is poor you can call me on my mobile phone 07827 889441 on the day.

With positivity the committee asked Julie, our speakers secretary to arrange a presentation in August. She has booked Ian Horton to tell us about Northamptonshire search and rescue at our meeting on Wednesday 11th August. He gave a very popular presentation last year about starting up a goat farm and he has recently appeared on County File describing the search and rescue work with his dog.

I'm really looking forward to this but of course we are at the mercy of the ever-changing Covid regulations and will have to wait for government guidance and thereafter relevant risk assessment by the Eden Centre before we are able to confirm details.

WATCH THIS SPACE

And keep an eye out for confirmation by email when we know if we can proceed.

Likewise, we continue to plan optimistically for our AGM in September.

Once again, we would like to invite everyone to consider joining the committee. New ideas are always welcome and as the saying goes "more hands make light work".

The committee meet just once a month and discuss the agenda over coffee. It's very sociable. If you're not sure whether it's for you why not come to one of the meetings before you decide.

We're also hopeful that all our interest groups can resume as soon as possible.

Jill, the groups coordinator is trying to contact all the group leaders to find out if their groups can resume and in what format. We are aware that some groups need to find a new location and some leaders and members may be reluctant to return. In fact, we may need new leaders for some of the groups.

Please support Jill while she tries to establish the current situation and get things going again.

It would be extremely helpful if members would suggest new groups or new ways of running existing groups to give us all as many opportunities as possible going forward.

Hoping to see as many people as possible in July

Helen



Good Service Award of the month

Have you had really good service unexpectedly this month? I have received outstanding service – when I least expected it – from the following shops:

Halfords – very happy to give me instruction and offer to sort my problem with the dashcam (kept falling off the windscreen). I couldn't understand the instructions in the box so took the car back and they sorted it in 30 seconds free of charge. Congratulations Halfords.

The 3 Shop: my friend had a problem with her mobile phone and we went to ask how to unlock etc. The lady took the time to tell us where to go to unlock, who to ask for advice and to go back if she could help any further. So, we did and she sorted my friend out with the best deal and proceeded to transfer her number and set it up for her, all with a friendly attitude and not making us feel like idiots for not knowing how to do it. Congratulations to Nat from the 3 shop for being instructive and helpful without being patronising.

If you have had exceptional service from a shop or anyone then let me know so that we can let our members know.
sylviadale@live.co.uk

Singing for Pleasure

We met face to face for a coffee morning – socially distanced of course. What a treat it was to see everyone after so much time. We still do not know when we can start singing again but we need to be prepared for when we can.

We will be starting back soon at the new venue which will allow us to have more members. If you fancy giving Singing for Pleasure a go, then contact Sylvia Dale on 01536 411865 or sylviadale@live.co.uk. Until we can sing again we are making the most of our coffee mornings!!

Coffee mornings

Our coffee mornings are continuing weekly at the Stirrup Cup in Barton Seagrave. If anyone wants to join us – male or female – just turn up

at 10.15 on Thursday mornings. You will be very welcome. We occasionally change the coffee morning to a luncheon club and have our lunch there. Very good value for money with good food, good company and a very friendly atmosphere – all socially distanced of course!.

Renewals

We are taking renewals now either by post or bring them round to me. If you want to receive your card by post, then please include a sae. If you bring them to the house, then I will give you your card there and then – providing I am in!!

Group Leaders

Would Group Leaders please let Jill Burgess (01536 515045) know if they are no longer able to continue in that role once we can return to normal. I do know of a couple who are thinking that it is now too much for them – after all we have been without our groups for nearly 18 months now and none of us are getting any younger. We are trying to plan for the future and forewarned is forearmed. Thank you.

Be aware of a **Covid Vaccine Passport scam email** going around that purports to be from the **NHS** and informs recipients that they can apply for their “**Digital Coronavirus Passports**”

Clicking on the link within the email, takes you to a convincing but **fake** NHS website that asks for **personal** and **payment details**. **(for an admin fee)**

The website has since been taken down, but similar emails/websites are likely to appear. If you need a statement about your vaccination status you can get it **FREE** using the NHS app on your phone or go to the NHS website or ring the NHS on 119.

Short Walks

We were so lucky with the change to cooler weather. Helen suggested we walk around Weekly Wood. Seven of us met in the Holiday Inn car park wondering if we were going to need rain coats. It turned out that we did not. The first part of the walk was edged with waist high grasses on a good track to follow. Then by and in Weekly Wood. Teddy loved it. We then crossed the A43 and onto made up paths which was different again. The cafe was at the end of the walk but it felt as if we were in the middle of nowhere. The cafe staff couldn't have more helpful. They even took a group photo for us. The next walk is planned for Thursday 15th July.

Wanda, Bob and Teddy



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Answers to last month's quiz

- 1 Elephant
- 2 Brazil
- 3 Jerusalem
- 4 Motor Racing
- 5 Predictions
- 6 Wolf
- 7 Fruits
- 8 Diabetes
- 9 Hiroshima
- 10 The fear of skin disease
- 11 A Bicycle
- 12 Observer
- 13 Amadeus

- 14 Taxidermy
- 15 Brake horse power
- 16 Arthur
- 17 John Kay
- 18 Radiation
- 19 The legal profession (Doctor of law)
- 20 2 – Anne Boleyn and Ann of Cleves

A man asked a fairy to make him desirable and irresistible to all women. She turned him into a credit card.

Old age comes at a bad time!
When you finally know everything you need to. You start to forget it all.

Where does time go ?

One minute you're 21 & staying up all night eating & drinking beer
You go jogging, work 12 hours a day, & spend 3 hours in the pub.
Suddenly you're 50, drinking water & eating salad.
You can't get out of the house because you've pulled a muscle
putting your socks on!!!

Diet day 1

I have just removed all the unhealthy food from the house.
It was delicious!!

Day 2

I just cleared some space in the freezer.
That sounds much better than I've just eaten a tub of ice cream.

Book Group

This month we enjoyed reading Mike Gayle
"All the lonely people"

All the group enjoyed this month's book. Hubert Bird a lonely pensioner who has sadly lost the people he had loved. Hubert had first come into this country from Jamaica in the fifties and fell in love with Joyce, a young lady who worked in the same department store. Unfortunately, their courtship was not straightforward because of Hubert's parentage. Joyce and Hubert were determined to marry even if it was against her parents wishes. They were blessed with two children Rosemary and David. Rosemary attended university but David showed no interest in furthering his education and became a drug addict.

Joyce became ill with dementia and Hubert nursed her for 10 years until she died. Hubert became very depressed and cut himself off from the community until Ashleigh, a young single mum and her daughter Layla moved in next door to Hubert and helped - after some coaxing - to join in with a group of people in the same circumstances. The beginning for Hubert not only to help himself, but many others, also to contact his long lost friend Gus.

Mike Gayle introduces some wonderful characters and the way that you know them so well and only wish for a happy ending ! I Don't want to give too much away but recommend you read this book, if you enjoy some tears and laughter this is for you,

We all agreed it will make a great film

We also were celebrating a member's birthday, a good excuse for cake and strawberries with cream.

Margaret Turnbull

A quiz for July

- 1 When did Big Brother first air on Channel 4?
 - 2 Who was the first presenter of the X Factor in the UK?
 - 3 Which actor played the ninth reincarnation of the Doctor in Doctor Who?
 - 4 The Simpsons was the spin-off show of which American sketch series?
 - 5 What was the name of the other block where Del Boy and Rodney Trotter lived in Only Fools and Horses?
 - 6 Gillian Anderson plays a therapist in which hit Netflix show?
 - 7 What is the name of the fictional borough of Melbourne where Australian soap Neighbours is set?
 - 8 EastEnders began broadcasting on BBC One in which year?
 - 9 Who is the longest serving presenter of the BBC Children's show Blue Peter?
 - 10 What is the name of Mackenzie Crook's character in sitcom The Office?
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Ise Valley U3A Recorder Group

We have been meeting regularly via zoom since January and are now meeting in the garden or large room in one of the group members' houses.

We meet on Monday afternoons - usually on the second and fourth Mondays of the month although, at the moment, we are flexible on dates.

We play a variety of music from different periods and genres.

We would love to have some new members.

You need to be able to play from C to top G - including F sharp and B flat - on a soprano (descant) recorder.

For anyone who would like to learn to play the recorder - it may be possible - to organize a beginner group.

If you would like to join us or would like to learn to play, please contact Mary Cooper.

Tel: 07977882493 or email - cooperm1@btinternet.com

No, getting a Covid-19 vaccine doesn't mean you can connect to Bluetooth

More than 600 people have shared a Facebook post which claims that Covid vaccines give recipients "magnetic" properties, and allows them to be detected by electronic devices via Bluetooth.

This is false. There is nothing in any of the Covid vaccines that would make people magnetic—nor is there anything in them relating to Bluetooth technology.

The vaccines are made up of a number of chemicals, and don't contain anything capable of transmitting short distance radio waves, which is what Bluetooth is. The vaccines don't contain microchips, or anything of the sort.

As 'evidence', the author posted a screenshot, which she claimed was proof that her smartphone had identified her parents as available devices.

But it's very common for devices, such as smartphones, to pick up signals from a number of other available devices that it has never connected to.

These are the devices in the area around you. If you're at home, you may see your neighbours' devices listed, or if you are on

public transport, your fellow passengers' tech items.

This comes from a fact checking site <https://Full Fact.org>



An elderly man hurried to his 8:00 am doctor appointment, he wanted to finish quickly so he could get to another appointment. The doctor asked what it was and he proudly said that every morning at a 9:00 am at the hospital he had breakfast with his wife. The doctor asked what her condition was and he replied that for 5 years she has had Alzheimer's and hasn't known who he is. The doctor asked why he continues if she has no idea who he is and the old man replied "because I still know who she is."

We are hoping to have a meeting on August 11th at the Eden Centre – government guidance will be followed. To remind you of the timings: doors open at 1.15pm and the meeting starts at 2pm. We have a speaker booked and are hoping that we can all get together then. Don't forget that we have a social coffee morning at the Stirrup Cup at Barton Seagrave on Thursday mornings at 10.15am and now have a few men joining us, so the more the merrier.

If you have anything you would like us to publicise in the newsletter, please send it to sylviadale@live.co.uk

COME AND JOIN US
FOR A PICNIC



AT MEADOW ROAD PLEASURE PARK,
KETTERING
(OPPOSITE B&Q)
ON WEDNESDAY 14TH JULY AT 12 MIDDAY.
BRING A PICNIC/TAKEAWAY AND
SOMETHING TO SIT ON
WEATHER PERMITTING, OF COURSE!

CHESS CAN BE ENJOYABLE (& GOOD FOR YOU)

After two successful u3a Zoom meetings support has been gathered from u3a members representing all parts of the UK for the start of the **u3a CHESS NETWORK**

The Network aims to promote the study and playing of Chess in the u3a – both in local u3a's and nationally on web-sites and Zoom, etc.

Chess, unlike Bridge, has never flourished in u3a – probably because it has the reputation of being a difficult, aggressive, complex game, played in silence.

On the contrary the rules are straightforward and easy to grasp and after a short while interesting, thought-provoking games can be played.

Also, we have shown in the last few years that a Chess Club can be sociable, interactive and co-operative - where the intention is to explore the theory and play well but also to enjoy playing the game and meeting other people.

There is little doubt that playing a game like Chess improves concentration, memory, decision-making and spatial comprehension – so a real advantage for all of us in u3a!!

In September we are starting a nation-wide **u3a Chess League** which will be available to all members of all abilities from learners to experts.

The objectives of the new u3a Chess Network are:

- to help and encourage new Chess Clubs; (*one of the most common questions we have received has been 'how do I start a Chess Club ?'*)
- to collect, and make readily available, information relevant to u3a chess players and clubs.
- to encourage Zoom or on-line u3a Chess groups or leagues; (*another typical complaint to the Subject Advisors is that there are no u3a chess groups in my area!*).

It is now possible to join the u3a CHESS NETWORK by going to:

www.u3aChessNetWork.org.uk - where it is also possible to register for the u3a Chess League starting in September.