

**u3a**

learn, laugh, live

# **ISE VALLEY NEWS**

**Kettering, Northants**

**Charity Number 1179738**

**June 2021**

Hello everyone,

This month seems to have flown by for me. I guess it's because I've finally been able to go out & mix. I hope you're all enjoying things beginning to open up again.

I hope you liked the May online presentation. Unfortunately, I was away and unable to access the internet and I was very disappointed to miss it. Your feedback is most welcome.

The big thing to look forward to in June is the u3a day **Picnic in the Park**.

It's for ALL Ise Valley u3a members. You're welcome to bring along friends and family.

We're meeting in groups of up to 30 on the Arena field at Wicksteed Park between 12 & 2 on Wednesday 2nd June. See the map in May's newsletter. Bring your own picnic and a chair. Please wear something in u3a colours of blue and yellow if you can.

Car sharing is now officially allowed if following Covid guidelines. It will be lovely to see as many of you as possible. Let's all hope for good weather!

We had planned to hold our AGM in July when we should be able to meet indoors again. However with current uncertainty about complete relaxation of the rules due to the latest virus variant, we've decided to defer this to September. It will enable us to give notice with (hopefully) more certainty.

If we can meet indoors in July we'll take the opportunity to hold a purely social occasion incorporating renewals which were delayed & completed by post last year. The fees will be £15. We'll send out a general email when we know what we're allowed to do.

If all goes to plan we will try to have a speaker at the August meeting.

Looking further ahead we're aiming to hold the very popular quiz night with fish and chip supper in October. Further details to follow as available.

We've had a discussion about trips but at the moment we're not sure what, where & when this will be safe. Therefore, they will have to wait until things are more certain. Sorry about that but we'll have to look forward to the time when we're certain things can go ahead.

It would be very much appreciated if all groups meeting virtually or in person could send a monthly report for the newsletter.

Any groups holding physical meetings should complete a written risk assessment. An example is available to download on the u3a website documents page.

I look forward to meeting you in person on 2nd June.

Helen

MEETINGS RESUME AT THE EDEN CENTRE ON

JULY 14<sup>TH</sup>

USUAL TIME

(SOCIAL DISTANCING COULD STILL BE  
APPLYING)

THIS IS A SOCIAL OCCASION FOR US ALL.  
COME AND HAVE A CUP OF TEA AND A BISCUIT  
AND HELP US ALL TO DECIDE ON THE WAY  
FORWARD AFTER THE LAST DIFFICULT YEAR.

LOOK FORWARD TO SEEING YOU THEN.

YOU CAN RENEW YOUR MEMBERSHIP AT THIS  
MEETING.

RENEWAL FORMS WILL BE DELIVERED DURING  
JUNE. IF YOU CAN'T GET TO THIS MEETING,  
PLEASE INCLUDE A SAE WITH YOUR CHEQUE SO  
THAT I CAN SEND YOUR MEMBERSHIP CARD TO  
YOU.

WE ARE ARRANGING A SPEAKER FOR THE  
AUGUST MEETING.

## **Book Club**

Our book this month was *The Gardener* by Pru Leith, the cook and Great British Bake off presenter.

Charlotte or Lottie as she is called is a divorced mother of 3, Annie 13, Cristo (son), Jojo 9. Lottie has had enough of life in London and being an architect, so applies for and gets a job as Head Gardener of Maddon Estate, owned by Irishman Brody Keenan, self made millionaire in the .com world.

Lottie has a cottage to live in on the estate and the children go to local schools. She becomes obsessed with the history of Maddon and its garden and begins to research the estate, which puts her in contact with Peter who is an archivist at Oxford and who falls in love with her.

Lottie finds plans of the old gardens and wants to bring them back to life, but Brody isn't interested and just wants to keep his wife Amber happy who is a stick thin model and doesn't like living in the country and also becomes jealous of Lottie.

The story follows the discovery of the old gardens, the difficulties of moving children from their life in London to Oxford and the love affairs of Lottie, Brody and Peter.

The book club members enjoyed this book, which was part love story and part history of stately home gardens, plus this meeting was our first face to face inside meeting and was celebrated with tea and cream cakes.

Lynda

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## **Coffee Morning**

Coffee morning at the Stirrup Cup has been weekly – weather permitting! We can now meet indoors and it was great. The Stirrup Cup has been very welcoming to us and our numbers have grown. We now have a number of men who come regularly so if any of you fancy an hour of conversation with a good cup of coffee, come and join us. It is on a Thursday morning at 10.15.

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## **Short Walks**

Our first walk this year went very well. Eight of us in all plus Teddy. We even dodged the rain. It started just as we finished our coffee and were heading home. The choice of Sywell country park was perfect. Lots of work has been done on the foot paths, new fencing and seats etc.. You could happily push a pram round, the path it is that good. The next walk is being considered and I will be in touch. The date will be 17th June 2021.

Wanda and Bob

We hear a lot about false claims on Facebook and other social media platforms. Just to show how bad some of these claims are, one of the fact checking sites checked the following during the past month: eating cucumbers stops lung cancer, honey and ginger cures Covid-19, Covid-19 swabs are harmful, and that Covid-19 vaccines are 'experimental'.

All these claims are false but people are still sharing them. People will believe anything! It used to be said that if it was in the papers' it must be true - no-one believes that any more (do they?) but if it is on the Internet..... Rumours like this put lives at risk, and threaten to prolong the pandemic.

### **'Tis the Season - Swimsuit Time**

I have just been through the annual pilgrimage of torture and humiliation known as buying a bathing costume. When I was a child in the 1950's, the bathing costume for a woman with a mature figure was designed for a woman with a mature figure - boned, trussed and reinforced, not so much sewn as engineered. They were built to hold back and uplift and they did a damn good job.

Today's stretch fabrics are designed for the prepubescent girl with a figure chipped from marble. The mature woman has a choice - she can either front up at the maternity department and try on a floral costume with a skirt, coming away looking like a hippopotamus escaped from Disney's Fantasia - or she can wander around every run-of-the-mill department store trying to make a sensible choice from what amounts to a designer range of flowery rubber bands.

What choice did I have? I wandered around, made my sensible choice and entered the chamber of horrors known as the fitting room. The first thing I noticed was the extraordinary tensile strength of the stretch material. The Lycra used in bathing costumes was developed, I believe, by NASA to launch small rockets from a slingshot, which give the added bonus that if you manage to actually lever yourself into one, you are protected from shark attacks. The reason for this is that a shark taking a swipe at your passing midriff would immediately suffer whiplash. I fought my way into the bathing costume, but as I twanged the shoulder strap into place I gasped in horror - my bosom had disappeared.

Eventually I found one bosom cowering under my left armpit. It took a while to find the other. At last I located it flattened beside my seventh rib. The problem is that modern bathing suits have no bra cups. The mature woman is meant to wear her bosom spread across her chest like a speed hump.

I re-aligned my speed hump and lurched toward the mirror to take a full-view assessment. The bathing costume fitted all right, but unfortunately it only fitted those bits of me willing to stay inside it. The rest of me oozed out rebelliously from top, bottom and sides. I looked like a lump of play dough wearing undersize cling wrap.

As I tried to work out where all those extra bits had come from, the prepubescent salesgirl popped her head through the curtains "Oh, they are YOU!" she said, admiring the bathers. I replied that I wasn't so sure and asked what else she had to show me. I tried on a cream crinkled one that made me look like a lump of masking tape, and a floral two piece which gave the appearance of an oversize napkin in a serviette ring.

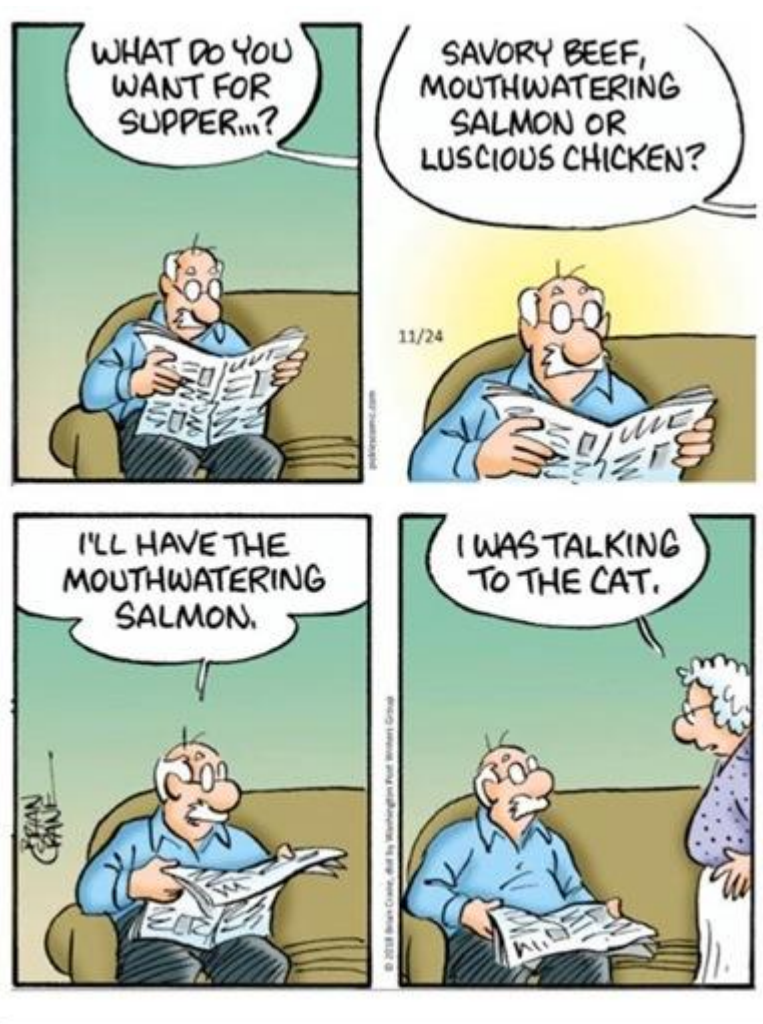
I struggled into a pair of leopard skin bathers with a ragged frill and came out looking like Tarzan's Jane on a bad day. I tried a black number with a midriff and looked like a jellyfish in mourning. I tried on a bright pink pair with such a high-cut leg I thought I would have to wax my eyebrows to wear them.

Finally I found a costume that fit...a two-piece affair with shorts-style bottoms and a halter top. It was cheap, comfortable and bulge-friendly, so I bought it. When I got home, I read the label which said 'Material may become transparent in water', but I'm determined to wear it anyway. I just may have to learn to breaststroke in the sand.

### **Answers to last months' quiz**

1. Knee
2. Iago
3. Tin
4. All the President's Men
5. 3
6. Olivia
7. Simon Amstell
8. Call of Duty

9. Tennessee
10. Nine Inch Nails
11. Krone
12. The French Open (Roland Garros)
13. Netherlands
14. Four (The Godfather Part 2, Heat, Righteous Kill, The Irishman)
15. Marathon
16. Emperor Hirohito
17. Mercury



Looking forward to seeing you at the Picnic in the Park on Wednesday 2<sup>nd</sup>.

## Facebook

I don't understand computers but the other day a friend showed me FACEBOOK.

As I was going into town, I thought I'd try it out in real life.

I spoke to everyone I met.

I told them when I was born, what schools I went to & where I used to work, how many children I had, how old they were & what their jobs were.

I related what I'd had for breakfast & lunch including how many cups of tea I'd drunk that morning. I told them I was going to the library & what sort of books I liked to read.

Believe it or not I have four followers, two policemen a social worker & a psychiatrist.

## Life's Laws

### Law of probability

The probability of being watched is proportional to the stupidity of your act.

### Law of the bath

When the body is immersed in water the phone will ring.

### Law of biomechanics

*The severity of the itch is inversely proportion to the reach.*

### Law of logical argument

*Anything is possible if you don't know what you're talking about.*

### Law of physical appearance

If the clothes fit they're ugly

## Law of marketing

If you find a product you really like, they'll stop producing it.

## Doctors' rule

If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better.... But don't make an appointment and you'll stay sick.

## June's Quiz

1. What is the world's largest land mammal?
2. Rio de Janeiro is a city in which South American country?
3. Which Middle Eastern city is also the name of a type of artichoke?
4. With which sport is Silverstone most associated?
5. Nostradamus was famous for making what?
6. In mythology, Romulus and Remus were brought up by which animal?
7. What is the main source of vitamin C?
8. Insulin is commonly used to treat which condition?
9. The first atom bomb was dropped on which Japanese city?
10. What is dermatophobia the fear of?
11. The Velocipede was a nineteenth-century prototype of what?
12. Which is Britain's oldest Sunday newspaper, published for the first time in 1791?
13. What was the middle name of Wolfgang Mozart?
14. What is the art of stuffing animals for preservation?
15. The term bhp is used when describing the power of a motor vehicle; for what does it stand?
16. What is Prince William's second name?
17. Who invented the Flying Shuttle in 1733?
18. What does a Geiger Counter measure?
19. If you were an LLD, what profession would you be involved in?
20. How many of Henry VIII's wives were called Anne?



## Subject: Thought Provoking Message

Barely has the day started and... it's already six in the evening.  
Barely arrived on Monday and it's already Friday.  
... and the month is already over.  
... and the year is almost over.  
... and already 50, 60 or 70 years of our lives have passed.  
... and we realize that we lost our parents, friends.  
and we realize it's too late to go back...  
So... Let's try, despite everything, to enjoy the remaining time...  
Let's keep looking for activities that we like...  
Let's put some color in our grey...  
Let's smile at the little things in life that put balm in our hearts.  
And despite everything, we must continue to enjoy with serenity this time  
we have left. Let's try to eliminate the afters...  
I'm doing it after...  
I'll say after...  
I'll think about it after...  
We leave everything for later like " after " is ours.  
Because what we don't understand is that:  
Afterwards, the coffee gets cold...  
afterwards, priorities change...  
Afterwards, the charm is broken...  
afterwards, health passes...  
Afterwards, the kids grow up...  
Afterwards parents get old...  
Afterwards, promises are forgotten...  
afterwards, the day becomes the night...  
afterwards life ends...  
And then it's often too late...  
So... Let's leave nothing for later...  
Because still waiting see you later, we can lose the best moments,  
the best experiences,  
best friends,  
the best family...  
The day is [today](#)... The moment is now...