

**u3a**

**ISE VALLEY NEWS**

**learn, laugh, live**

**Kettering, Northants**

**Charity Number 1179738**

**August 2022**

Hi Everyone

Hope you are all keeping well.

I hope that the trips being organised will be well supported, they are open to family and friends.

I have also made contact with other groups who could be interested if we cannot fill the seats.

The suggestion box seems to have been a good idea and can be found on the group table each month.

We have 9 committee members this year which is an improvement on last year. There are 3 vacant places for anyone wishing to join, please talk to myself or SYLVIA, it would be nice to welcome more men to the committee.

Hopefully we can with our 3 new members can start to improve our services in the coming year.

Jill

## Gardening Group

Our July meeting was held at Chris & Peter Ditre's house. We enjoyed a wander around their lovely garden and noticed the grapes and figs beginning to form, as well as vegetables such as beans, peas, potatoes and tomatoes all looking very healthy. Flowers too in abundance, roses in particular are so beautiful this year. Afterwards we enjoyed cups of tea and a slice of Chris's delicious home made courgette cake.

Although we were a very small group this month, it's good that we are now 'up and running' again - although 'running' is probably not quite the right word - just doing our best!

Greta Cheshire

---

## Help wanted

If any of you Group Leaders have photos of your groups, I would like to have your permission to use them in a talk I am doing in November about the u3a. We don't seem to have taken many over the last few years and I want to put together an interesting talk about our activities. If you have any, please forward them to me [sylviadale@live.co.uk](mailto:sylviadale@live.co.uk)

---

Many of you use Whatsapp to send messages to your family - here is a word of warning - everyone thinks they are too intelligent to fall for it but the number of reports shows that we are not immune!.

The National Fraud Intelligence Bureau (NFIB) is warning the public about the continued increase in reports about scams where victims are targeted on WhatsApp by criminals pretending to be someone they know - typically their children.

Between 3rd February 2022 and 21st June 2022, there have been a total of 1235 reports made to Action Fraud linked to this scam, with total reported losses exceeding £1.5mn.

Criminals will usually begin the conversation

with "Hello Mum" or "Hello Dad" and will say that they are texting from a new mobile number as their phone was lost or damaged. They will then ask for money to purchase a new one, or claim that they need money urgently to pay a bill

The criminal will provide bank details for the payment to be made to, with some coming back with further demands for money.

Detective Chief Inspector Craig Mullish, from the City of London Police, said:

"If you receive a message like this from a friend or family member, don't send any money until you've had a chance to call them and confirm their identity. Taking a moment to stop and think before parting with your money or information could keep you safe."

How to protect yourself: STOP. THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person (on their old number to start with) to confirm their identity.

You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

---

## Got a new phone – not sure how to use it?

We now have a lady who is happy to help with this on a one to one basis if necessary. There is no charge and she will do her best to show you how to get the best out of your new – or old – phone. Ring or email me and I will put her in touch with you. [sylviadale@live.co.uk](mailto:sylviadale@live.co.uk)  
01536 411865

---

Would anyone be interested in helping the committee out. We need someone to send cards - sympathy, get well, happy birthday etc when necessary. You would need to purchase the cards and stamps (keep the receipts and you will be re-imbursed). If interested let Sylvia Dale know. [sylviadale@live.co.uk](mailto:sylviadale@live.co.uk)  
01536 411865

## Speakers

In August we are looking forward to hearing from Rachael Thompson who will be telling us about her coast-to-coast adventure.

September 14<sup>th</sup> Dancing with Diana – Speaker is Colin Hill

---

## U3a Day at Chester House – A Grand Day Out

Things are gathering apace with arrangements for our u3a Day on 21<sup>st</sup> September at Chester House. For those not aware of Chester House Estate, it is a nationally significant heritage site, being one of the few places in the country which can demonstrate over 10,000 years of human activity. Within the Estate are Café's, shops, a museum and the Regional Archaeological Resource Centre where artefacts from across the county will be housed and archived.

On September 21<sup>st</sup>, Northamptonshire u3a's will be taking over the site to celebrate u3a Day with activities showcasing what we do, and entertainment provided by Ukelele groups, folk dancing and crafting demonstrations. Food will be available from a number of places on site and these include a Hog Roast, barbecue and pizzas or by prebooking an afternoon tea picnic box.

The afternoon will include the culmination of the Mile a Member challenge when it is envisaged, walkers from each of the Northamptonshire u3a's participating will complete their final miles by meeting together in front of the house.

More news on activities planned will follow, but for now, put the date in your diary and tell your friends. Although there is no entry charge and there is plenty of parking, we need to know likely numbers of attendances to assist Chester House caterers. We will tell you how to book your places in our next newsletter.

## New Group called Craft 'n' Coffee

Open to anyone interested in crafting, the idea is to meet monthly (day and time to be confirmed) at the Stirrup Cup, Barton Seagrave to discuss any craft projects, (not just yarn based). Show people what you are doing, ask for help or to help someone else. Anyone can attend even if they do not craft but are interested in perhaps learning or just want to have a coffee and chat. Anyone who is interested please contact Joy Knight (on the group info desk) or call 07535 446 758 (if I don't answer please leave a message)

Joy

---

## Singing for Pleasure

The group does not meet in August and so our last meeting for this term was to be on Friday July 22<sup>nd</sup>. Unfortunately, Lynda our pianist and organiser was ill with the Covid virus and we will not meet again until September.

Fortunately, our previous meeting was on Friday 8<sup>th</sup> July, and as we had sung at Martha Wallis Court the day before we had decided to have a shorter singing session and then have a few nibbles and coffee at that meeting. It turned out to be more than nibbles, everyone had made an effort to bring food and it was very enjoyable.

It was good to meet old friends again at Martha Wallis Court, and we think they enjoyed it as they were all joining in.

Lynda has asked to inform her if there are any favourite songs we would like to include next term.

Have a good Summer, we all look forward to meeting again on September 9<sup>th</sup>

Velda Robinson

Don't forget to renew your membership as Alan won't be sending out emails to you if you haven't and the Group Leaders will shortly be asking for your new membership numbers.

---

### Kettering u3a trip

Trip to Denby Pottery on Monday 19<sup>th</sup> September. Cost is £30 which includes coach, entrance to museum and cup of tea/coffee and cake. Contact [di\\_debbutt@hotmail.com](mailto:di_debbutt@hotmail.com) if interested.

### Ise Valley u3a Coach trip

Trip to Sheringham Tues 20<sup>th</sup> September cost 18.75 pp. it is open to family and friends. Please ring Jill on 01536 515045 to book your place.

Picking up from Cornmarket Hall, Higham Ferrers and Rushden.

Money to be collected at August Meeting.

---

### July Quiz Answers

1. The cast of *Friends*
  2. *Stranger Things*
  3. Paris
  4. Ramsey Street
  5. Andrew Lloyd-Webber
  6. Seattle
  7. *Toy Story*
  8. Amsterdam
  9. Lucasfilm
  10. *The Mouse Trap*
- 

### TEN PIN BOWLING

An interesting week with some great bowling, but on the down side we sank to some appalling shots.

We are all looking for consistency but failing to find it. Pat was our most consistent this week with a new Personal Best score. Well done Pat.

What we need are some more new bowlers to inspire us. Anyone is welcome to come and join us.

Dai Johnson

---

### LUNCH CLUB

There was no Lunch Club in July, but Tony Reed has kindly agreed to organise one for August. It will be at The Axe and Compass in Ringstead, on August 17<sup>th</sup> at 12:00 for 12:30. We have been to eat there and the food is lovely. Menus will be available at the August meeting. The Lunch Club is not a closed group and is open to any member to join us, so please sign up and come along. At the moment we are also thinking about our Christmas lunch club. If anyone has an idea of where they would like to go, please let us know.

Pat and Dai Johnson

---

### Short Walks

We cancelled the walk because Bob caught covid. I followed him a week later. At the time of writing its day 5 for me. We're not at our best. Hopefully by the weekend we should be better. We had to cancel our holiday, yet again. Teddy had to have a second operation on his knee as the lump was cancerous. As things turned out we couldn't go anywhere so he had all the rest he needed and is now fine.

We will do The Windmills walk again, 18<sup>th</sup> August 2022. Trust you are all well and enjoying the summer sun.

.From Wanda, Bob and Teddy.

## Request

I am getting fewer and fewer reports from the groups so would appreciate all Group Leaders making sure that a report from their group is sent in next month (30<sup>th</sup> latest) so that all members can see which ones are full and which ones are struggling with numbers and that they may be able to join.

I know that a lot of groups have a holiday in August but I have to fill the newsletter with something so a status report would be very much appreciated.

Sylvia

---

Finally old enough  
to do anything I want.  
Too tired to actually  
do it.



Once an old lady stepped into a bus with her son and when the bus started to move, his son stepped out and asked her to mind stop X. After two minutes of the ride, the old lady walked up to the aisle and asked the conductor if stop X has come. The conductor said not yet. After that, she started doing it every now and then. So the conductor got pissed off and shouted "You old lady,

go back and sit at your place. I'll tell you when we reach there."

This time conductor said "Ma'am, we are really sorry, stop X passed 1-hour ago. But we will go back there for you "So the lady sat at her seat for about two hours and then went back to him for the same question.

So the bus ran for one hour in the opposite direction. On reaching X, the conductor told her "Here is your stop X ma'am".

The old lady took a pill from her bag, swallowed it and told the conductor to move ahead.

" My son told me to take them when we reach place X"

### **Moral of the Story:**

We must not take a decision which involves others without knowing the situation and the scenario perfectly. Taking decision for others does not only harm others but it may return to you and affect you too.

---

## The Beach Lovers

Come and walk beside me  
For the sun is sinking low  
And together to the edges  
Of the ocean we shall go  
And all our rosy future  
In perspective we shall put  
Stepping lightly on the rubbish  
As it moulders underfoot  
Where all the plastic bottles  
Blow across the golden sand  
And old refrigerators  
Know the tide's caressing hand  
We'll breathe the sweet aroma  
I will take your hand for ever  
Across life's broken glass  
And I shall jettison you never.

Pam Ayres

who do you see when you look at me ?”  
I’m not the person I used to be.  
At times I will not know your name,  
But really I am not to blame.  
Dementia has changed a part of me.  
A part that you can’t even see.  
It’s had an effect upon my brain,  
But deep, deep, down, I’m still the same.  
I can still feel and laugh and cry.  
So when you see me, don’t pass by,  
Without a word, a wave, a smile.  
Please just stop and chat a while.  
You’ll cheer me up and make my day,  
Maybe, we’ll laugh at things I say.  
For there’s still humour to be found,  
It is not doom and gloom, all round.  
So, please, please, treat me just the same.  
The word ‘Dementia’ is only a name,  
For a condition that I’ve got,  
But I can still do such a lot.  
I may just need a bit more time,  
So please be patient when in line,  
I’m struggling at the shopping till.  
I’ll get there in the end, I will.  
So take a moment, pause a while,  
And then give me a nod, a smile.  
And maybe then, your hand you’ll lend.  
For you are now a ‘Dementia Friend ‘.

---

There appear to be more and more people becoming vegan. I came across this recipe which uses everyday items for those occasions when you need to bake a vegan cake.

### Apple Cake

150g dairy free spread, melted

300ml oat milk

1 tsp lemon juice

350g SR flour

100g caster sugar

100g light brown soft sugar

1tsp baking powder

1tsp almond extract

300g Granny Smith apples chopped

2tbsp flaked almonds

Grease a 20cm deep cake tin and line with baking parchment. Heat the oven to 180C/160 fan/gas 4. Pour the oat milk into a jug , add the lemon juice and leave to sit for 5 mins at room temperature.

Put the flour, both sugars and the baking powder in a large bowl, pour over the thickened oat milk mixture and almond extract. Add the melted butter and ½ tsp salt. Beat everything together using an electric whisk. Tip the apples into a second large bowl, sprinkle over the extra 1 tsp flour and toss to coat. Fold the apples through the cake batter using a spatula, then spoon the mixture into the prepared tin and sprinkle over the almonds.

Bake in the centre of the oven for 1 hour – 1 hour 20 mins or until golden and firm to the touch. Leave to cool for a few minutes in the tin. Serve warm or turn out onto a wire rack and leave to cool completely. Once cool, will keep in an airtight container for up to three days.

- 
1. What type of pastry are profiteroles made from?
  2. What is the main flavour of aioli?
  3. Which vegetable can be oyster, chestnut or shitaki?
  4. What is wiener schnitzel?
  5. How is steak tartare cooked?
  6. Which drink is Worcester sauce traditionally added to?
  7. Which fish is the main ingredient of Scotch Woodcock?
  8. What is beef fillet cooked in puff pastry called?
  9. What gives Windsor Red cheese its colour and flavour?
  10. What is a Worcester Pearmain?
  11. Which meat is used in Glamorgan sausages?
  12. Which vegetables can be Pentland Crown or Maris Bard?
  13. What type of food is basmati?
  14. What is Roquefort cheese made from?
  15. Which fruit is a cross between a blackberry and a raspberry?

## Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
<b>Monday</b>					
Art Group	Tessa Bellamy	07854 864632	Woodcroft London Rd	Monday	2-4pm
Book Club	Margaret Turnbull	01536 511139	Varies	3 <sup>rd</sup> Monday	2pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483398	Member's home	Monday following Monthly meeting	2pm-4pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Every Monday	2pm-4pm
Mah Jongg/scrabble	Linda Law	01536 659091	Barton Seagrave village hall	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	1.45 - 3.45
Play reading group	Rosalind Bridges	01536 741466	Venue and date vary	Normally 1 <sup>st</sup> Monday	2pm-4pm
Recorder Group	Mary Cooper Sue Hartley	420336 357676	Member's home	2 & 4 <sup>th</sup>	2.30-3.30
<b>Tuesday</b>					
Camera Club (Beginners)	Julie Bates	01536 725538	Member's house	2 <sup>nd</sup> Tuesday	<b>2pm</b>
Ukelele Group	Alan Bailey	01933 350147	Member's house	Fortnightly	10-12
Travel	Geraldine Hardwick	01536 481203	Varies	3 <sup>rd</sup> Tuesday	2pm
<b>Wednesday</b>					
Gardening	Chris Ditri and Sandra Tecklenberg	01536 723145/01832 733419	Varies	1 <sup>st</sup> Wednesday	10-12
Music Appreciation	Rosalind Bridges	01536 741455	Home	Varies	2-4pm
<b>Thursday</b>					
Ten pin bowling	Dai Johnson	01536 483398	Thunder bowl	Following monthly meeting	12 midday
Coffee Morning	Sylvia Dale	01536 411865	Stirrup Cup Barton Seagrave	Every Thursday	10.00am
Spanish	Geraldine Hardwick	01536 481203	St Andrews Church Hall	Fortnightly	2-4pm
Short Walks	Wanda & Bob Moffatt	01536 659236	Varies	3 <sup>rd</sup> Thursday	10am
<b>Friday</b>					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Lynda Harris	01536 628940	St John's Church Hall	Fortnightly	10-12.00

To enrol in any groups, please contact the group Leaders.

Day Trips                      Sylvia Dale                      01536 411865

### **Timings at the Eden Centre**

Main meetings – 2<sup>nd</sup> Wednesday of the month at the Eden Centre

Doors open – 1.15

Chair's Chatter – 1.55

Speaker - 2pm

Raffle – 3pm

Finish – 3.15pm

### **To all members**

If you are aware of anything affecting one of our members, such as important birthdays, anniversary or illness and feel that a card from the u3a would be appropriate, then please contact one of the committee.

---

### **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 me earlier, that would be appreciated as the newsletter fills up and it is often a job to get the last contribution in..

---

<b>Webmaster</b>	Alan Bailey	01933 350147
<b>Safeguarding Officer</b>	Bob Moffatt	01536 659236

---

### **Committee – 2022-2023**

Chairperson	Jill Burgess	01536 515045
Vice Chair	Sylvia Dale	01536 411865
Treasurer No 1 a/c	Tony Reed	01536 481733
Treasurer No 2 a/c	Tessa Bellamy	07854 864632
Membership Secretary	Sylvia Dale	01536 411865
Secretary		
Groups Co-ordinator		
Speaker Secretary	Penny Smith	07772 2237077
General Duties	Lynne Franklin	01536 618001
Assistant Groups		
Co-ordinator	Joy Knight	07535 446758
General Duties	Erika Beecher	01536 722932
General Duties	Sherida Cocks	01536 520508
Newsletter Editor	Sylvia Dale	01536 411865