

u3a

# ISE VALLEY NEWS

learn, laugh, live

Kettering, Northants

Charity Number 1179738  
December 2022

Hi

Hope you are all keeping well.

Our January meeting will be an open meeting, giving you an opportunity to meet up with old friends and new and have a good chat. It is also your opportunity to meet with the committee and give them your suggestions and ideas.

We will also be telling you about things we have planned for the new year.

A bit ahead of ourselves, but at the next AGM we will be looking for a new Treasurer as well as other roles. If you are interested in getting more involved, then speak to one of the committee.

A very merry and happy Christmas to you all and all the best for the New Year.

Jill

*Merry Christmas*



## **Play Reading**

This month we read The Ghost Train by Arnold Ridley

A real Classic, The Ghost Train has been performed everywhere in the world since it was written in the 1930's. An assortment of characters are stranded at a small station in the Cornish countryside. Lots of mystery, "delicate" ladies, bounders, and "ghosts" !! Where does the train come from? Who can be believed? Are we all doomed?? Lots of fun.

Rosalind Bridges

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## **Art Report.**

We have decided to give ourselves a weekly subject to draw or paint in whatever medium we prefer. Last week was Gary's choice of birds.

This week we chose trees and luckily have a new occasional tutor, Melanie Henson who introduced herself and did a quick watercolour demo which was very helpful.

As the Scout hall is used for the Christmas card collection during December we are meeting in the Jacques room at St Andrews church hall for the 3 Mondays in December.

Tessa

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Visits to the website - each quarter we get roughly 1200 visits to the website (Slightly more in the first quarter (Jan - March with 1400 visits) That means nearly 5000 visits for the year. Visits are more this year than last year.

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## **Ten Pin Bowling**

Another week of highs and lows. Despite this we all encourage one another. As we only had 3 people on each lane we had a Dipsy

and each took a turn. Dipsy did well and got the highest score! We hope to welcome back all those who missed us this week, for our last session before Christmas. New members will be most welcome to come and join us.

Dai Johnson

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## **Beginners Camera Club**

Six of us met to show our photographs of trees. There were some lovely images which were displayed at the November meeting. Our next topic is "Inside", a difficult subject for beginners, but we discussed ideas and will all interpret it in a different way. At our next meeting we shall be planning our programme for 2023.

Pat Johnson

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## **Advanced Camera Club**

Only 4 of us met in November and showed our images for the topic "Broken", not an easy topic but we had some interesting photos. You will be able to see those images at the Christmas meeting. Our next topic is "Footwear". I'm sure there will be some interesting photos which you will be able to see at the January meeting

Pat Johnson

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## **January Meeting**

We will be having our annual Bring and Buy Sale in aid of a local charity. This year we would ask anyone bringing an unwanted gift in to please mark it with a price – just what you think someone should pay for it. This will ensure that we make a good return for the charity as well as giving members a chance to buy something at a reasonable cost.

## November Lunch Club

Julie and Jessie organised a lovely lunch for 25 of us at the Sondes Arms in Rockingham. It was reasonably priced and we all came away contented.

The Christmas meal has been booked at the Old Vic, Burton Latimer on Wednesday 21st December. Most of you ordered your meal and paid a £10 deposit. At the Christmas party, you will need to pay the balance, but if you are not going to be there, it is important that you ring me and arrange to bring the balance to me. (tel.01536 483398)

Thank you to all those who have organised meals for us this year. It would be helpful if some members contributed by finding a venue for one of the months for next year.

Pat Johnson

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## Short Walks

Well! The weather really ruined the walk. So wet! Bob decided he'd go as Teddy needed a walk. They dressed up for the weather, even put Teddy's rain coat on. He doesn't like the wet or the cold. Off they went. Four people turned up. One went with Bob, another went to the cafe and waited to join them they got back. Tessa saw them in the distance, Decided not to join them as they had got too far ahead to catch up. So, I invited her for coffee. I was at home making Christmas puddings. I am really hoping I can walk soon.

I asked Bob how was the walk? Horrible!! Both he and Teddy looked like drowned rats. Teddy went straight in sink for a bath. Please can we have some better weather?

Wanda, Bob and Teddy

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## Coffee and Crafts

Another entertaining morning spent discussing crafts and life. We had people learning crochet and knitting. One of the ladies is crocheting a blanket and a

discussion was had regarding the lay out which was helpful.

This group is open to all and the next meeting is on **20th December**, 10.30 - 12.00, at Stirrup Cup, Barton Seagrave.

Please note if they have a Christmas party booked in the coffee lounge then we will be in the bar.

January's meeting will be 24th.

Joy

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## Observations on Aging

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've travelled a long way and many of the roads weren't paved.

First you forget names, then you forget faces. Then you forget to pull up your zipper.

Being young is beautiful, but being old is comfortable.

When you are dissatisfied and would like to go back to your youth, remember Algebra.

One of the many things no one tells you about aging is that it is better than being young.

You know you are getting old when everything either dries up or leaks.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

## TV quiz questions

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 Doctor in Doctor Who?
4. The Simpsons was the spin-off show of which American sketch series?
5. Gillian Anderson plays a therapist in which hit Netflix show?
6. What was the name of the fictional borough of Melbourne where Australian soap Neighbours was set?
7. EastEnders began broadcasting on BBC One in which year?
8. What was the name of the tower block where Del Boy and Rodney Trotter lived in Only Fools and Horses?
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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### Singing for Pleasure

Another good month for us. Now we are starting on the Christmas songs ready for the run up to Christmas. We are looking forward to performing at St Andrew's Church Christmas Fayre and also to the Ladies group there. We also have 'performances' for the Age Uk and Christ the King Church..

We also have our Christmas lunch to look forward to at Pal Michael. It doesn't seem that a year has passed since we had the last one.

Looking forward to the New Year now.

Sylvia

Talk

Jill, Joy and myself spent a lovely afternoon with Kettering Pensioner's Parliament. A bit like ourselves, it has an unfortunate name – parliament literally means talking – not politically minded at all. We have the same problem with university as there isn't one! Shows that you can't judge a book by its cover!

We spoke to the members about Ise Valley u3a and what it can offer. We had a very warm response with many saying that they would visit us in the new year. We know that you will give them a warm welcome

Sylvia

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### Ginger Cake

2oz marg  
5oz gran sugar  
1 egg  
2 tbs golden syrup  
2 rounded teaspoon of ground ginger  
7flox milk  
1 tsp bicarbonate of soda dissolved in  
1 tablespoon boiling water.

Cream together margarine and sugar. Beat in egg and golden syrup. Mix well. Fold in flour and milk alternatively after mixing the ground ginger with the flour. The mixture will be like a thick batter. Last of all, add the bicarbonate of soda and boiling water. Pour into a 2lb loaf tin.

Put immediately into a pre-heated oven at 350F (180C) for 45 – 60 minutes. Tet after 45 minutes.



## Coffee Morning

Why not come and join the regulars for coffee morning at the Stirrup Cup. We enjoy a chat over a very reasonable cup of coffee. There are usually about 6 men – who enjoy their own chat. Some stay on for an early lunch. Every so often we all decide that we will have a lunch instead of coffee. The food is very good and it is lovely to have your drink brought to you before you can even ask for it!

This is a good way for new members to meet others and to make new friends. It is every Thursday morning from 10am to about 11.30am. See you there.

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## Travel Group

Please come to our meeting on 20th December as this will be our Christmas celebration day. If you do come please bring an item of party food and a photo of one of your favourite holidays so we can all join in. We are also having a Secret Santa. £5 or less. We may well have a quiz. There are decisions to be made about the group as members and contributions have rapidly decreased since the lockdown. Please ring me if you are unable to come.

Geraldine. 01536 481203.

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## Spanish Group.

Our last meeting of the year. Meetings have been successful at St Andrews church. We have a lovely room in the centre of town. We lost one of our two teachers Bob in the summer but Bill has still continued to come once a month and we revise in the other session. Although there has been a slight increase in room hire we have been able to cover this and do not need to increase our monthly donation at present.

Geraldine 01536 481203

## Residential Burglary - from East Northants Neighbourhood Policing Team

- Burglars often break in at the rear of properties. Ensure your rear garden is secure at all times with 1.8m perimeter fence/wall/gate and keep all gates locked
- Make sure the front of your property is easily seen – fences and hedges should not be more than 1 metre high
- Install dusk to dawn lighting above your front door
- Keep your doors locked at all times – so many burglars just walk in – don't make it easy for them!
- If you're not in the room, close the window
- Make sure you're house looks occupied, leave lights on when you're out. Use timer switches for when you're away
- Security products help to deter and detect crime [Get Smart Security With Ring Doorbells, Cams & Security Systems](#)

More crime prevention advice can be found on the [Northamptonshire Police website](#) and on the [Neighbourhood Watch website](#).

If you would like to contact your local policing team, visit the [Policing in Your Area](#) section of our website.



## **Christmas general knowledge**

### **questions**

1. What day of the year is Christmas Day in 2023?
2. Which animal carried Mary before she gave birth to Jesus?
3. Which world leader celebrates his birthday on Christmas Day?
4. When do the 12 Days of Christmas start?
5. Which country annually sends a Christmas tree to be erected in London's Trafalgar Square?
6. Which monarch delivered the first Royal Christmas Day Message?
7. Which country is credited with starting the Christmas tree tradition?
8. What happened in the 1914 Christmas Day truce during the First World War?
9. In which year was the first Christmas card sent?
10. What indispensable item for the Christmas table did Tom Smith, a confectioner, invent?
11. Which ocean can Christmas Island be found in?
12. In what type of building was the baby Jesus born in?
13. What is your star sign if you are born on Christmas Day?
14. What time is the Queen's speech traditionally broadcast?
15. What gifts did The Three Wise Men give Jesus on his birthday?
16. Who was crowned King of England on Christmas Day in 1066?
17. Which country traditionally plays the Boxing Day Test Match every year?

18. Which plant based Christmas tradition was started by servants in Victorian Britain?

19. Which plant has bright red and green leaves and is sometimes known as the Christmas Flower?

20. How many ghosts appear in A Christmas Carol?

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## **Christmas Cracker Jokes**

**1. What do angry mice send to each other at Christmas?**

Cross Mouse Cards

**2. What do they sing at a snowman's birthday party?**

Freeze a jolly good fellow

**3. Why does Santa have three gardens?**

So he can 'ho ho ho'

**4. What does Miley Cyrus have at Christmas?**

Twirky

**5. Knock, knock Who's there?**

Arthur...

**Arthur who?**

Arthur any mince pies left?

**6. What do vampires sing on New Year's Eve?**

Auld Fang Syne

**7. Why did Santa's helper see the doctor?**

Because he had low elf esteem

## 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
Craft & Coffee	Joy Knight	07535 446758	Stirrup Cup	Monthly	2-4
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>					
Singing for Pleasure	Lynda Harris	01536 529410	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
	Jill Burgess	01536 515045

### **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.

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### **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..

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

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### **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	Sylvia Dale	01536 411865
Groups Co-ordinator	Jill Burgess	01536 515045
Ass. Groups Co-ord	Joy Knight	07535 446758
Speaker Secretary	Penny Smith	07772 237077
General Duties	Lynne Franklin	01536 618001
General Duties	Erika Beecher	01536 722932
General Duties	Sherida Cocks	01536 520508
Newsletter Editor	Sylvia Dale	01536 411865