



# ISE VALLEY NEWS

Kettering, Northants

**Charity Number 1179738  
July 2023**



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#### How to protect yourself from scam emails and texts

Received an email or text that seems suspicious? Report it. Your reports enable us to remove the emails and websites criminals use to commit fraud and cyber crime.

1: Forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Send emails to this address that feel suspicious, even if you're not certain they're a scam - we can check.

2: Forward suspicious text messages to 7726 (it's free of charge). Your provider can find out where the text came from and block or ban the sender.

3 - If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by calling 0300 123 2040. In Scotland, call Police Scotland on 101.

This is the last newsletter - at the moment. If you want it to continue, then please speak to Jill or a member of the committee.

Sylvia

## Chair's Chatter

Hi everyone,

Hope everyone is keeping well. For those of you going away - enjoy yourselves.

Thanks again to the three ladies who volunteered to come on the committee and to all those who volunteered to help behind the scenes. Also, thanks to all who are helping now.

The newsletter is on the agenda for the first committee meeting after the AGM, anyone interested please let me know.

Regards

Jill

## Theatre Trips

*Blood Brothers* – this is on Thursday 13<sup>th</sup> July. The coach leaves Corn Market Hall at 10am. This will give us a chance to have some lunch in Nottingham before the start of the show at 2pm.

*42<sup>nd</sup> Street* – this is on Wednesday 30<sup>th</sup> August. The coach leaves Cornmarket Hall at 10.30am. A quick stroll around the shops and lunch and back to the theatre for the show which starts at 2.30pm.

Looking forward to seeing you all there.

Sylvia

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## Play Reading

“Darling I’m Home” by Jack Popplewell is a mixture of a “Battle of the Sexes” story and a family “Power Struggle “. After many rows the wife decides that she will run the family business and “he” can organise the home (with help from a daily etc:). The failing company flourishes under her management and meals at home are much improved by him! Add in a daughter returning from Canada with twin babies and a fiancé, plus a few other twists and you have the basis of a farce!

We look forward to an even better play next time - Maralyn never lets us down.

Rosalind

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## Book Group

The Magnificent Mrs. Mayhew by Milly Johnson

This is the story of the trophy wife of an MP, who is a rising star of a political party, who is also a serial philanderer and expects his wife to stand by him and forgive him to save his career. However, she doesn’t do what is expected of her and runs off to Yorkshire and her life there is a whole other story.

Our members decided they had enjoyed this book as a good summer read and gave it 7 out of 10.

Lynda



## Singing for Pleasure

Our last but one meeting before our Summer Break, several of the members were away on holiday.

We have been invited to sing at Elm Bank Residential Home on Monday 3rd July, so we have added a few more songs to our programme and we look forward to the outing.

Our last meeting for the season will be on Friday 14th July and we will end with a lunch at the Stirrup Cup in Barton Seagrave.

Our meetings will begin again on Friday 8th September.

Velda Robinson

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## Art Group.

The group is still going strong with 15 members which is great, but the room is only just big enough for the full compliment. Most of the members attend regularly except for holidays and appointments but a few are intermittent attendees.

We enjoyed last week with Mel the tutor showing us ways to do a collage picture, cutting, tearing paper and other materials, and sticking down adding paint, where anything goes it’s like being a child again as well as good for mindfulness. A fun session.

Tessa

## Camera group

Our theme was reflections, and we found some imaginative examples in shop windows, wing mirrors and puddles. You can have a look at July's meeting. We have no meeting in July owing to holidays but ask the group to take unusual photos of Kettering at Sylvia's request. Our next topic is on August 14th. when we'll be looking at 'Architecture'.

Jenny

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## Spanish

We had some very sad news this month. A long-standing member of our Marilyn Hinson passed away after a short illness. We remember her for her humour and patience and numerical ability even in Spanish.

Geraldine

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## Travel Group

Because of illness there will not be any meetings until September. We have enjoyed our meetings talking and sharing our holidays using photographs and films and hope to resume then. I will keep you up to date .

Geraldine.

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## Beginners Camera Group.

The last group meeting was held on the 13th June at the usual venue, eight members were present. We brought our photographs on the subject "Sparkly Things" which was quite a difficult subject dealing with lights etc.

These were on show at the monthly meeting. The subject for July is Landscape/Seascape chosen by Michelle. Michelle did some good, interesting research into better ways to use our cameras to get good results for this type of photography. The next group meeting will be on the 11th July at the same venue at 2.00pm.

Julie.

## Short Walks

This time of year is when I love to walk round the windmills at Burton Latimer and it didn't disappoint this time. We had the right weather again, maybe a bit too warm but dry. 12 walkers and three dogs set off from Season's Garden centre car park.

We walked down the road first through the estate before turning at the bottom and walking up the hill towards the windmills. This gave us lots of opportunity to catch up on the news with friends as we walked along. At the top, the windmills stand, very imposingly making a whirling sound. I haven't counted but there seems to be even more. We took a break before moving on to cross the fields. I like this part. The first field is quiet, in the second, a cornfield we were suddenly surrounded by skylarks rising into sky singing. It's fantastic, so up lifting. Some people even saw them close up as they flew up from the corn.

From there we made our way back to Season's for refreshment having safely crossed the busy road to Fineden, then through a tree sheltered walk. By now the sun was making it very warm.

Teddy had two friends this time Dizzy and Bella who has been staying with us. They had a good walk.

Bill Lester met us for coffee at Season's looking very well and after the holidays hopes to join us. We look forward to that Bill.

Bob, Wanda and Teddy

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## Ten Pin Bowling

Things are improving, with five bowlers scoring over 95 this time. Our successes are greeted with much clapping, cheering and back slapping. This week's leader was Penny with a new PB, well done Penny.

We look forward to greeting new members to join in the fun

Well done everyone.

Dai Johnson

## Lunch Club

The June Lunch Club saw 24 members sitting down to a tasty meal at the Thornhill Arms at Rushton.

We were well looked after by Georgina and her staff. There will be no Lunch Club in July but Jenny Goddard has very kindly agreed to organise the next one on August 16th at Kettering Golf Club. Menus and order forms will be available at the August meeting. A deposit of £5 per person will also be collected in cash.

Everyone is welcome and there is no limit on numbers.

Pat Johnson

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## June Quiz answers

1. Oliver Reed
  2. Marlon Brando
  3. Lex Luthor
  4. Damien Lewis
  5. Teresa Russell and Debra Winger
  6. Bobcat Goldthwait
  7. Duck Soup
  8. Christopher Lee and Peter Cushing
  9. Regan
  10. Dirty Harry
  11. Denzel Washington
  12. Tobey Maguire and Andrew Garfield
  13. Will Smith
  14. Roots
  15. V (1983 miniseries)
  16. Willis
  17. Roger Moore
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## Coffee Morning

We have had a coffee morning for a few years now. It is well supported, and we have a thriving men's section. However, the day doesn't suit everyone we know, and although the Stirrup Cup are fantastic, I wonder if there would be enough members who would like to

meet in Kettering on another day. If you are interested, then let me know [sylviadale@live.co.uk](mailto:sylviadale@live.co.uk) It would be good to get another one going with different people.

Sylvia

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## Theatre trip to Nottingham

One of our members who was coming to Nottingham with us is now unsure whether she can make it. This is only the trip to Nottingham, not the theatre. So if anyone wants to have a day out in Nottingham with a friend – there are 2 seats available – then let me know. The date is Thursday, 13<sup>th</sup> July and we leave Cornmarket Hall at 10am.

Sylvia

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## Editor's Notes

I have had a fantastic 5 years editing this newsletter. I have been able to design it, change it, put whatever I thought members would like in it and I have loved doing it. It is the only way members find out what the groups are doing and perhaps to try something different. Please don't let it die. If you would like to try it but would like some help - I am happy to show you how I have done it.

It doesn't take a lot of time or effort and it is great seeing something in print that you have put together.

PLEASE KEEP OUR NEWSLETTER  
GOING!!!

## Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
<b>Monday</b>					
Art Group	Tessa Bellamy	07854 864632	St Andrews Church Hall	Monday	2-4pm
Book Club	Margaret Turnbull	01536 511139	Village Hall Barton Seagrave	3 <sup>rd</sup> Monday	1.45pm
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
Craft n Coffee	Joy Knight	07535 446758	Stirrup Cup	Monthly	10.30-12
<b>Wednesday</b>					
<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 628940	St John's Church Hall	Fortnightly	10-12.00

To enrol in any groups, please contact the group Leaders. Coffee morning is the exception - anyone is welcome.

## **Trips**

Day Trips                    Jill Burgess 01536 515045

Theatre 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.

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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	Joy Knight	07535 446758
Speaker Secretary	Penny Smith	07772 237077
General Duties	Lynne Franklin	01536 618001
General Duties	Erika Beecher	01536 722932
Newsletter Editor	Sylvia Dale	01536 411865