



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738
March 2023

Hello Everyone

Firstly, I would like to apologise for my non-appearance last month due to ill health. Thanks go to Penny for taking over in my absence, you did a grand job.

For those of you who know Bill Lester I have his permission to let you all know he has had his operation and is recovering well at home.

Myself and Penny will be going to a network meeting in March and if anything of interest comes up will report back at our April meeting.

Thanks once again to all our helpers - it is very much appreciated.

Please can I give a reminder for phones to be turned off or put on silent for the duration of the meeting. Also, I have received complaints from some members about the talking that goes on whilst the speaker is talking. This is particularly distressing for our members who are hard of hearing. So please let's all respect each other.

Thank you and I hope you all have a lovely Easter.

Jill

Save the Planet

I had a phone call from one of our members recently telling me about a recycling tip that I didn't know about. I didn't realise that the blister packs that tablets come in aren't recyclable!! I have been putting them in the wrong bin for years. She said that Superdrug will recycle them for you if you take them in. Now As the one she is sure takes them is in Wellingborough, she has offered to be a collection point for the scheme. If you want to bring your used blister packs into the meeting each month, I will make sure that they get to her.

Sylvia

Singing for Pleasure

At our last meeting we continued to sing and practice our new programme and are making headway with the music.

Our collection in December 2022 instead of buying Christmas cards has now been collated and a cheque has been forwarded to the charity Cancer with Kids.

This charity helps parents of sick children by providing accommodation nearby for the parents who find travelling difficult.

Velda Robinson

Book Group

This month we welcomed two new members to our book on Monday

I have always enjoyed the author Rachel Hore A Beautiful Spy which I understand was a true story back in the 1920 when Minnie was recruited to M15.

Minnie did not want to settled down to a life of housewife and mother which was expected of her by her family.

A chance meeting at a party gives her the opportunity to be introduced to Max. Who we believe was the first M.

Her role will be to join the Communist party, and thanks to her secretarial training is able to quickly become an useful member of the organisation and becomes part of the inner circle of the Communist party, where she is able to pass on vital information to Max and his colleagues. Minnie is trusted to journey to India for the party which didn't go very well with her becoming ill for several weeks. Minnie's private life suffered as an agent she was unable to sustain any friendship and as her closeness to Max became less she decided to leave the secret service and managed to find happiness in Canada with two children. Happy to report she never lost her dare devil ways and enjoyed racing the trains with her children

This story was based on Olga Grey's true story.

Margaret Turnbull

Camera Group

We had fun choosing a cheap item from a charity shop and photographing it imaginatively. You'll spot them at the March meeting. Our topic this month is 'barriers'. As Monday 13th was a beautiful day, we wandered into town and found quite a few examples. And that's the task for our next meeting on the 13th. March. See you all then.

Jenny



Ten Pin Bowling

We had a very quiet session this month but none the less very enjoyable. The two Dipsies had a great battle with one point difference.

Please come and join us.

Dai Johnson



Short Walks

Hi everyone,

It was very overcast with light rain when we met in the Holiday Inn car park. Thankfully it wasn't enough to make it muddy under foot and it did dry up as time passed. We had a very good turn out, 12 of us and Teddy had a friend, Dizzy. Walking at the edge of the Weekly Wood we could see that spring is coming. Very nice. Then we crossed the A43 and walked by the warehouses to Linear Park. Through the park and up the hill to the Fox and Peony for refreshment.

We won't be present for the next walk, we will be on holiday but there will be walk, I'll arrange it before we go. Hope you'll enjoy it. See you all in April.

Wanda, Bob and Teddy



Lunch Club

On the 15th February, 31 members met at the Stirrup Cup, Barton Seagrave.

A good time was had by all, plenty of chatter and laughter and not many empty plates. The staff did very well getting our meals out to us as soon as possible, some members said they would like to visit there again. So I think it was a successful outing. Anyone willing to host and organise a meal please contact Pat Johnson.

Jill

Theatre Trip

Forty of us went to the Savoy Theatre in London to see *Pretty Woman* during February. Unfortunately, the traffic was horrendous and it took us much longer to get there than planned. We had time for a quick sandwich before getting to the theatre in time for the show.

The show was very good with slick scene changes and a lot of comedy as well as some great singing and dancing. Well worth the trip.

However, it was a long day and we are now actively looking for venues nearer to home as spending 7 hours in the coach is not our idea of heaven!!! I will let you know as soon as we find something interesting, or alternatively, if you fancy seeing something more local to us (ie Leicester, Nottingham, Milton Keynes,) let me know and we can see what we can do.

Sylvia

Art Group

A short month this month as no session during the school half term.

We continued our own work and had a tutorial from Melanie Henson on the basics of Watercolour techniques which she will continue next month showing us how to use the techniques in a landscape painting.

Tessa

Beginners Camera Group.

The group meeting for February was cancelled. The photographs which should have been presented at this meeting ie. "My Favourite Things" will be shown at the next monthly meeting of the u3a on March 8th. The next group meeting will be on the 14th March at 2.00pm at the usual venue when the subject is Spring Bulbs.

Julie.

Easter Recipe to make with the Grandkids.

Easter Brownie Bites

175g butter chopped
150g dark chocolate
250g light brown soft sugar
85g SR flour
50g cocoa powder
3 large eggs beaten
100g milk chocolate chips
24 mini chocolate Easter eggs

Method

Heat oven to 180 C and line 24 holes of a mini muffin tin with paper cases. Put the butter, dark chocolate and sugar into a pan and heat gently, stirring all the time until they have melted. Remove from the heat and leave to cool.

Sift the flour, cocoa and a pinch of salt into a large mixing bowl. Stir in the warm chocolate mixture and the beaten eggs. Add the chocolate chips and mix well.

Divide the mixture between the 24 paper cases and push a mini egg into the centre. Bake for 12 – 15 minutes until cooked but still gooey in the centre.

Leave to cool for 10 minutes in the tin before transferring to a wire rack.

Melt the rest of the chocolate chips and allow to cool slightly. Then dot a spot on each bite and place another mini egg on top.

Enjoy!!!!



Future theatre outings you may be interested in.

Bonkers Playhouse, Kettering.

Par for the Course – a comedy

26th – 29th April 7.30. Cost of ticket is £11

Please put your name down on the sheet at our main meeting if you are interested in going.

The Lighthouse Theatre, Kettering

***Beyond the Barricade* Thursday 20th April at 7.30**

Tickets are £26.

2 hours of Broadway and West End music including Les Miserables.

***That'll be the Day*, Tuesday 16th May at 7.30. Tickets are £25.50**

If you are interested in making up a group to go to either of these, please put your name on the sheet at the main meeting.

Craft n Coffee

Next meeting 28th March 10.30 to 12.00 in Coffee lounge Stirrup Cup, Barton Seagrave. All welcome

Joy



Quiz for March

1. How many permanent teeth does a dog have?
 2. What is the most sold flavour of Walker's crisps?
 3. What is the full postcode of the Houses of Parliament?
 4. What does the Latin word 'tempus' mean in English?
 5. How many chukkers are there in a polo match?
 6. On average how far away is the moon from the earth in miles?
 7. What is someone who believes in antisestablishmentarianism opposed to the disestablishment of?
 8. What's longer, a nautical mile or a mile?
 9. Saying the name of what dried fruit used to be used to encourage people to smile before a photo in the 1800s, before the phrase "cheese?"
 10. Which country in the world is believed to have the most miles of motorway?
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Potato Bag Strength

An exercise for people who are out of shape: Begin with a five-pound potato bag in each hand. Extend your arms straight out from your sides, hold them there for a full minute, and then relax. After a few weeks, move up to ten-pound potato bags. Then try 50-pound potato bags, and eventually try to get to where you can lift a 100-pound potato bag in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each bag.

Committee Members

We are still looking for more committee members. This is not a job for life!! It just means trying it for a year. We need help at the monthly meetings mainly and also members to understudy committee members so that someone knows what to do if that person is taken ill! At the moment we are relying on a few of us to do everything which is getting very tiring.

We are in desperate need of someone with financial skills to take over as **Treasurer**. We need to make decisions as to whether we take bank cards, do bank transfers instead of taking cash or cheques and we can't do that unless we have someone in overall charge. It is not a difficult job and is not a busy one. If you can spare the time to talk about what you can do, please ring Jill Burgess on 01536 515045.

We also need someone with computer skills to take over as **Secretary**. You need to be able to use Word and Excel and be confident using a computer. Again, not a lot of work but we do need someone with those skills. If you want to find out more, please ring Jill Burgess on 01536 515045.

March's Speaker

The Speaker this month is Mr John Allison with his talk about Hearing dogs for deaf people. This sounds very interesting, and he may be bringing his dogs with him.



Rosie Hall buys a self-assembly, flat-pack, cupboard from her local Homebase store. Reaching home Rosie reads the instructions carefully, counts the pieces then assembles the cupboard in the bedroom. It looks really great and she is delighted.

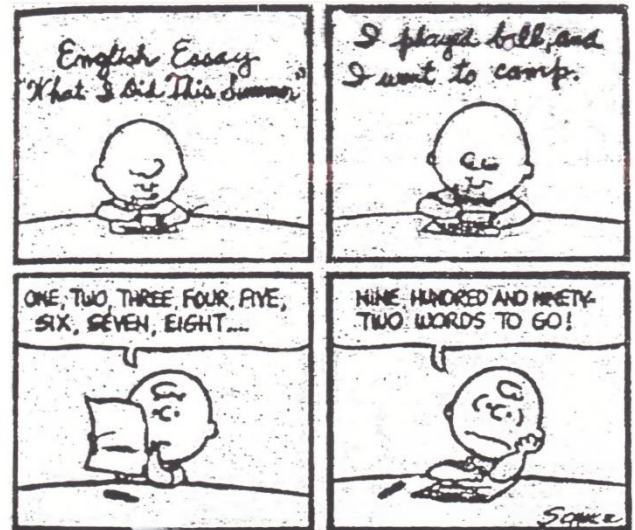
Now, Rosie lives near a railway line and as the train passes by the cupboard collapses. Undaunted by this misfortune she re-reads the instructions and re-assembles the cupboard. Once more, another train passes and the whole cupboard collapses again.

Rosie now frustrated and thinking that she must have done something "wrong" re-reads the instructions and re-assembles the cupboard. Shortly, a train passes and the whole cupboard collapses yet again for the 3rd time.

Rosie is now fed up, cross and rather angry so she 'phones the customer service department. She is told that this is quite impossible and that they'll send along a fitter to take a look.

The fitter arrives and assembles the cupboard. Again, a train passes and the cupboard collapses. Completely baffled by this unexpected event, the fitter decides to reassemble the cupboard and sit inside it to see whether he can find out what causes the cupboard to collapse. At this point, Rosie's husband comes home, sees the cupboard and says, 'Oh, that's a splendid looking cupboard,' and he opens it to look inside.

The fitter, who had been wondering how to explain his position in Rosie's bedroom cupboard, blurts out, 'You probably won't believe me, but I'm standing here waiting for a train.'



Possible Theatre Trip

If you are interested in going to see *The Drifter's Girl* at the Curve in Leicester could you put your name on the sheet at the main meeting please.

This will be on 2nd November 2023 at 2.15. If there is enough interest I will find out cost of coach etc and let you know.

Sylvia

Coffee Morning

Don't forget that you are welcome to join the Coffee Morning gang on Thursday mornings at the Stirrup Cup in Barton Seagrave. We spend a couple of hours putting the world to rights and enjoying each other's company.

Gentlemen, you are very welcome to join the already growing number of men who come on a regular basis. Not sure what they talk about but always seem to be enjoying the chat!!



Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Art Group	Tessa Bellamy	07854 864632	St Andrews Church	Monday	2-4pm
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd 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 Jong/scrabble	Linda Law	01536 659091	Barton Seagrave village hall	2 nd & 4 th Monday	1.45 - 3.45
Play reading group	Rosalind Bridges	01536 741466	Venue and date vary	Normally 1 st Monday	2pm-4pm
Recorder Group	Mary Cooper Sue Hartley	420336 357676	Member's home	2 & 4 th	2.30-3.30
Tuesday					
Camera Club (Beginners)	Julie Bates	01536 725538	Member's house	2 nd Tuesday	2pm
Ukelele Group	Alan Bailey	01933 350147	Member's house	Fortnightly	10-12
Craft & Coffee	Joy Knight	07535 446758	Stirrup Cup	Monthly	10.30-12
Travel	Geraldine Hardwick	01536 481203	Varies	3 rd Tuesday	2pm
Wednesday					
Gardening	Chris Ditri and Sandra Tecklenberg	01536 723145/01832 733419	Varies	1 st Wednesday	10-12
Thursday					
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 rd Thursday	10am
Friday					
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 – 2nd 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, 30th of the month to 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..

Webmaster	Alan Bailey	01933 350147
Safeguarding Officer	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	Sylvia Dale	01536 411865
Groups Co-ordinator	Joy Knight	01536 446758
Ass. Groups Co-ord	Jill Burgess	01536 515045
Speaker Secretary	Penny Smith	07772 237077
General Duties	Lynne Franklin	01536 618001
General Duties	Erika Beecher	01536 722932
Newsletter Editor	Sylvia Dale	01536 411865