



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

May 2023

Hi everyone hope you are all doing well. Our numbers have been steadily increasing since covid so that is good.

We are looking for a treasurer and a minute secretary for next year, also some new committee members please if you are interested come and talk to me.

I am afraid that the Springfields trip is cancelled due to lack of support. As it was so difficult to get a coach I have asked them to keep it and am currently trying to set up a trip on the 4th July to Wrest Park in Bedfordshire, fingers crossed this come off..

Hope to see you all at the next meeting,

Jill

Theatre visit

A group of us went to the Lighthouse Theatre to see Beyond the Barricade. It was a very professional performance with excellent singers and songs from many musicals. We all enjoyed ourselves and will go to another later in the year.

The following evening, I went to see the opening performance of Anton du Beke's stage show at the Derngate. What a great show that was and I recommend anyone who is considering seeing it to commit. You won't be disappointed.

Our tickets are booked for Blood Brothers which is the next trip in July. There are still a couple of seats free in the coach if anyone wants to go to Nottingham for a day out.

There are also a couple of seats available for 42nd Street at the end of August if anyone is interested.

Sylvia

Book group

As from June 19th the Book Group will be held in the Village Hall in Barton Seagrave Meeting at 1-45 prompt.

Ten Pin Bowling

What a change from last month! Lots of spares and strikes, but the highlight was a "Turkey" by Richard. This was a rare occurrence which was celebrated by everyone. Overall, a very pleasant session for everyone which we would gladly share with any newcomers. Please give me a ring if you would like to join us.

Dai Johnson



Lunch Club

The April Lunch Club visited a new venue at the Overstone Manor in Sywell. Julie and Jessie very kindly organised this one, but Jessie was unable to come as she was ill. We enjoyed a varied menu or carvery and a good time was had by all.

Pat and Dai will be organising the lunch club on June 21st. The venue has not been decided yet, but we will have details and menus for you to order from at the monthly u3a meeting on June 14th, accompanied by a £5 non-refundable deposit.

Please remember that the Lunch Club is open to all members, and we hope to welcome some new faces.

Pat Johnson

Kettering General Hospital

They are asking for people to knit cradles for premature babies. The pattern with a picture is on the following link.

<https://www.haddenham.net/doc/crib-pattern-D462818.PDF>

Sorry, the pattern is too long to put in the newsletter.



"What did you take away from the meeting?"

The speaker for the May meeting is Rachel Thompson whose talk is entitled "My Coast to Coast Adventure" celebrating the walk she undertook for her birthday celebrations. In June we shall be hearing about the inshore and at sea work done by the RNLI from Mike Alcock.

Penny Smith

Book group

"Murder Before Evensong" By Richard Coles.

Richard Coles, who used to be the Vicar at Finedon before his retirement, has branched out into writing novels. Although it does not mention the setting of the village in this mystery it certainly has a feel of the Northamptonshire countryside. The stereotypical village has at least 21 named characters complete with a Lord of the Manor in the big house. The plot was quite complicated, and we had to make sure we remembered all the names. There were 3 bodies and various suspects which kept us guessing until near the end which made for an interesting group discussion at the monthly meeting.

The next book we will be reading is "The Maid" by Nita Prose.

We meet in the café at Barton Seagrave Village Hall at 1.45pm on Monday May 15th

Short Walks

The weather played a large part in our decision as to where to walk this month. So much rain lately had left much mud everywhere. However, Stanwick Lakes has good paths so we went there. We had a good turn out. It was perfect walking weather, except for a nagging cold easterly wind, but the sun was shining and the sky blue. Lots of birds were nesting on the little islands but it's a bit early to see chicks yet. The refreshments were good and we were able to find seats out of the wind. The only drawback, parking fees are high. In future, car sharing would seem a good idea.

From Wanda Bob and Teddy.

When we are older

When we are older, let's meet every Sunday at four, in that cute little café we love,

Let's laugh at our foibles, our mishaps and then, release our mistakes to above.

We can share a new wrinkle, a hair that's turned grey, and marvel at how we have grown

We can both reminisce on the lives that we've led, and be grateful for each day that we've known.

When we're older let's meet by that tree in the park, the one where the blossom grows yearly.

We can share what we have and toast with a drink, remembering those we loved dearly.

We will not give a thought to the youth we have lost, for we see so much worth in the change.

We won't feel the rush of a fast-ticking clock, for we know time is ours to arrange. When we're older, let's meet every Sunday at four, in that cute little café we love. Let's be wowed by how we have weathered this life, then let's release our regrets to above.

Beginners Camera Group.

The group met on the 11th April at the usual venue, six members were present. The April subject was "Spring Bulbs" and the photographs taken were on show at the April meeting of the U3A. The subject for May is "Reflections" and we discussed the various ways of taking photographs to get good results.

The next meeting is on the 9th May at 19 Sherwood Drive at 2pm.

Julie



Singing for Pleasure

We are still maintaining a good attendance at our meetings, and Monday 24th April was our first outing since Christmas. We went to Martha Wallis Court, where we have been several times before and eased ourselves back into singing to an audience.

Jean, one of our members who has been poorly lately, came along to support us and hopefully, she will be back with the group again in the near future.

We do have another singing date booked, so we are slowly working our way back.

Velda Robinson



Dementia

Lots of people are living with or know someone who has dementia. I came across this the other day and thought it might be useful.

1. If I get dementia, I'd like my family to hang this wish list up on the wall where I live. I want them to remember these things.
 1. If I get dementia, I want my friends and family to embrace my reality.
 2. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
 3. If I get dementia, don't argue with me about what is true for me versus what is true for you.
 4. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
 5. If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
 6. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

7. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
8. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
9. If I get dementia, ask me to tell you a story from my past.
10. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
11. If I get dementia, treat me the way that you would want to be treated.
12. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat, I get angry, and if I have dementia, I may have trouble explaining what I need.
13. If I get dementia, don't talk about me as if I'm not in the room.
14. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
15. If I get dementia, and I live in a dementia care community, please visit me often.
16. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
17. If I get dementia, make sure I always have my favourite music playing within earshot.
18. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.
19. If I get dementia, don't exclude me from parties and family gatherings.
20. If I get dementia, know that I still like receiving hugs or handshakes.
21. If I get dementia, remember that I am still the person you know and love."

Craft n Coffee

7 members attended on 25th April having a pleasant morning having a chat and a drink. Next meeting is 23rd May at Stirrup Cup, Barton Seagrave 10.30 to 12.00
New members always welcome, you can bring your crafting with you or just come and chat.
Bus Services 47 and 48 drop off and pick up from outside the pub.
If you would like more information, please ring Joy on 07535 446 758.

Play Reading

On 25th: April we settled down for a good afternoon with "Verdict" - a play by Agatha Christie. The usual characters started to appear but as the story developed, we became more and more disappointed. The fun was in listening to the ailing wife - so full of self-pity we could have murdered her! None of this was up to Agatha's normal standards - not even the ending. But we hope for "better next time".

Rosalind



He's back – our recommended **HANDYMAN!** Each month we will be recommending someone who we are happy to have working in our homes

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The advertisement features a green vine on the left with leaves labeled 'LOPPING', 'MOWING', 'CLEARING', and 'WEEDING'. In the center, a woman in purple overalls pushes a red wheelbarrow, and a man in green overalls mows the lawn. A yellow ribbon seal on the left says 'HELPING YOU TO KEEP IT NEAT!'. A sign in the foreground reads 'NO JOB TOO BIG OR TOO SMALL'. At the bottom, contact information is provided.

Dawn has been recommended by 5 new customers.

"Excellent worker – made a huge difference to my garden"

"Now coming on a regular basis to keep my garden weed free"

Just a couple of the comments I have had. She worked a miracle in my own garden in just a couple of hours.

If any of you have had a good service from a tradesperson, then let me know so that we can spread the word.

Sylvia

Almond Shorties

3oz butter/marg

2oz sugar

3oz SR flour

½ oz cornflour

1 oz ground almonds

Rub butter into sieved flour and cornflour, and work in the sugar and ground almonds. Roll out thinly on a floured surface. Cut into rounds and place on a baking sheet. Bake in a moderate oven (180C) for 12 – 15 minutes. When cold you can ice them with almond flavoured icing – if they last long enough to do that! They are usually snapped up as soon as they are cooked in my house!

Camera group

Camera group met at Wicksteed park to search for photos which focussed on circles, squares and triangles. There were lots of them on the children's playground. We just had to avoid children! It was a bright day which helped but the wind was jolly biting. After a suitable time, we found the cafe and warmed up with a coffee. Our next meeting is back at 3, St. Mary's Road on 15th. May.

Jenny



Why my parents can't take me seriously:

So one time I was home alone and it was around dinnertime when I decided to make myself something to eat. I opened the freezer and dug around until I found what appeared to be chicken nuggets in an unopened plastic bag that for some reason, didn't have any cooking instructions. Thinking that my parents must have thrown away the box for box tops, I called my mom to ask how long and at what temperature to cook chicken nuggets. She told me both of them, I laid out about 20 on a tray and stuck it in the oven, setting the timer before I walked out of the kitchen. When it was almost time to get my chicken nuggets, I walked into a cinnamon scented kitchen. I searched all over that kitchen, trying to find the cinnamon scent, leading me to the oven. I decide to turn on the oven light to see if maybe my mom had stuck some cookies in the oven and forgot to bake them, but instead, I find that the tray my chicken nuggets were on has cookies on it instead! As I'm trying to process what just happened, I hear the front door open and my mom shout delightedly, "Ooooo what's that smell?" She walks into the kitchen and catches my confused expression. That's when the spark ignited and she realized exactly what had happened. Somehow in some form, I had accidentally baked snickerdoodles. And that is why my parents can never take my cooking seriously.

(A snickerdoodle is a **type of cookie made with flour, fat, sugar, and salt, and rolled in cinnamon sugar**. Eggs may also sometimes be used as an ingredient.)

Quiz for May

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?

Answers next month.

Spanish

This is a holiday Spanish group for members to increase their knowledge of the Spanish language and help them get around Spain. We are beyond a beginner class and can translate, read, write and speak some Spanish and are trying to improve.

We have two sessions, one taught by Bill, a fluent speaker and one revision session managed by yours truly. These are interchangeable because of holidays and illness.

We are relatively full at the moment, but changes occur. Contact Geraldine on 01536 481203.

Travel

We saw Peter's photographs of Costa Rica again which we all loved as it has exotic birds, howler and other monkeys plus volcanoes. We had a lovely discussion about the country and the usual tea afterwards. We meet on the third Tuesday of the month at 2 pm.

Geraldine 01536 481203

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Art Group	Tessa Bellamy	07854 864632	St Andrews Church Hall	Monday	2-4pm
Book Club	Margaret Turnbull	01536 511139	Village Hall Barton Seagrave	3 rd 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 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
Travel	Geraldine Hardwick	01536 481203	Varies	3 rd Tuesday	2pm
Craft n Coffee	Joy Knight	07535 446758	Stirrup Cup	Monthly	10.30-12
Wednesday					
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 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 – 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	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