

ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

November 2023

Hello Everybody,

Just to let everyone know when I get news on Geraldine's funeral I will send out an email.

Penny and I attended the Network Meeting recently, nothing new to report as it was a rehash of previous meeting.

SERVE have asked me to inform you that they have started group befriending sessions for people who are 65+. These sessions are to help combat loneliness. They have two sessions starting in Kettering:-

Every Monday 2.00 pm - 3.00 pm at Sunley Court, Pipers Hill Rd and every Wednesday 2.30 pm to 3.30 pm at Avery Park, Rockingham Rd, Kettering. Leaflets will be available at the group desk for those that are interested.

This month is the last chance to buy your Xmas Party Tickets entrance is by ticket only.

Keep safe and be kind to each other.

Jill

ICE or In Case of Emergency As mentioned at October Meeting

After the London Bombing in 2005 it was suggested that everyone had an emergency contact in their phone. Some phones now have a place to put them, but the easy way is to set a new contact for the person you want contacted in the event of an emergency by putting ICE in front of the name. For example my husband would have ICE Joy Knight 07535 446 758.

Christmas Party at the December Meeting

Please remember to purchase your tickets as entry is by ticket only.

Singing for Pleasure Group

Despite the weather warnings we had an almost full turnout including members that travel from outside Kettering, and three new ladies came along, and we hoped they enjoyed the morning and will come along again.

We are steadily improving with our Autumn programme but next meeting we will check our Christmas brochure and select a few carols for the Christmas period.

Talk of Christmas and we have decided to have our Christmas lunch at the Stirrup Cup in Barton Seagrave. When deciding on a venue convenient car parking is now taken into account. We have the menus and will place our order next meeting. The kitchen and cloakrooms of St John's Hall were being decorated by a youth group and we look forward to seeing the results next meeting.

Velda Robinson

Advanced Camera

October's camera group meeting was the first without Geraldine. We missed her and reminisced quite a lot before getting down to business. Our theme for September had been 'Wood, not trees.' I got this muddled up, but you'll see our results at the November meeting. This month's theme is Spiders and if we can't find some at this time of the year, I'll be most surprised. We next meet on November 13th. when the topic will be Sparkly things, and this was suggested and to be led by Geraldine. God bless her.

Jenny Goddard

Book Club notes for October

The Ladies Midnight Swimming Club by Faith Hogan

Set in the village of Ballycove in the west of Ireland on the Atlantic coast, we are introduced to three women who live there and the midnight swimming which helps them find the solutions to their worries. The Doctor has recently passed away leaving his widow Elizabeth to discover he has gambled everything away, she is penniless and likely to lose her home and the village it's surgery.

Jo, her lifelong friend comes up with a possible solution, asking her qualified daughter Lucy to stand in and run the surgery temporarily until a more permanent replacement can be found.

We learn a little about the cruel nuns and the convents where unmarried mothers were sent in shame to give birth and their babies adopted without their consent.

The women decided to raise money for charity by holding a midnight swimming event called A Dip in the Nip when nearly 200 women scampered into the Atlantic waves thus helping Jo achieve her goal.

The Book Club members enjoyed the Book, thinking it would make a good film.

Linda Benbow

Play Reading Group

If you have ever produced, directed or taken part in any way, in amateur dramatics, then this play will be frighteningly familiar!! The title "The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of Macbeth" -says it all. written by David McGilivray and Walter Zerlin Jnr: it is a saga of mistakes, forgotten lines, misplaced props, frustrated actors and near disasters! They (and we) had a ball!!

Here's to next time – Rosalind

Craft n Coffee

Another pleasant morning spent crafting and chatting, we are a very social club so feel free to come along to see it you like us. Next meeting 28th November at 10.30 at The Stirrup Cup, Barton Seagrave.

Joy

Beginners Camera Group.

The monthly group meeting was held at the usual venue on Tuesday 10th October, five members present, The subject for photographs this month is "Locks". This is Karens subject, and she gave us various ideas, this will be a challenge so hope to get some different photographs.

The subject for November is Arachnids and the group meeting will be on the 14th November at 2.00pm the usual venue.

Julie Bates.

Ten pin bowling

Another good meeting with everyone in the 90's or above, except one member who had to use the cradle because of a back injury. At least he was there and with a lot of help managed NOT to get a PB! We are all looking forward to our Christmas session by having a breakfast at the Briars beforehand.

Dai Johnson

Travel Group

The group has decided to continue after we sadly lost our leader, but not maybe as we have done in the past. The new Group leader is now Dai Johnson . The November meeting will be at the usual place at 2 pm. The topic for the next meeting will be Days Out. If you have photos or information about a day out and could tell us about it, that would be good.

Dai Johnson

Lunch Club

Thank you so much to Doreen for organising the October lunch club. We all had a lovely meal at the Axe and Compass in Ringstead.

The Christmas meal will be at the Queen Victoria in Burton Latimer on the 20th December. The menus will be available at the November meeting. Orders will require a £10 per person non-refundable deposit. The balance will be payable at the December meeting(Christmas party) All monies are non-refundable. If you or anyone you know is unable to come to the November meeting, please ring me so we can arrange to take your deposit and order.

Pat and Dai Johnson

November Speaker

The speaker for November is coming from North-amptonshire Police Constabulary. She will be talking about all aspects of safety. This will hopefully include how to keep safe online and on your telephone, someone from the cyber safety squad should be in attendance provided they are not required for duties! Hopefully we shall all learn something to our advantage which will make us less yulnerable to scams etc.

Do not forget the December meeting is the Christmas party and tickets are available at this month's meeting. The £2 charge for the ticket includes you raffle ticket!

Penny.

Spanish Group

The new leader is Pauline McCready 01536 485416

Short Walks

As Wanda and Bob were off on their Cruise, I was asked to lead the group on the October walk, so I took the group to one of my favourite local places East Carlton Country Park.

The day had been forecast as rainy but it turned out perfect for walking. Bright but not too hot. There were 7 of us including new member Dorothy although some had cried off due to the forecast.

We started on the top path through the woods then going out of the park through Middleton and Cottingham, up a steepish hill past the old hunting lodge which is now private housing and past the church. Through a meadow, along the road and down the hill past some lovely properties with great views over the Welland Valley. Back through the park to the cafe. A couple had taken a shorter route back as we did about 3 1/2 miles. We were all able to enjoy our refreshments from the refurbished cafe out in the Autumn sun.

Tessa Bellamy

Art Group

We are still painting away. Managed to add a new member to our group as not all are able to attend every week, but we have 16 on the books at this moment in time. Gary has worryingly been hospitalised with Sepsis but home now and hopefully will be fit enough to come to the sessions again soon.

When Wanda was on their cruise she took advantage of the art lessons onboard with some lovely results.

Mel is giving us a lesson, drawing/painting figures in a landscape at the end of the month.

Tessa Bellamy

Singing for Pleasure

Despite the weather warnings we had an almost full turnout including members that travel from outside Kettering, and three new ladies came along, and we hoped they enjoyed the morning and will come along again.

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Talk of Christmas and we have decided to have our Christmas lunch at the Stirrup Cup in Barton Seagrave. When deciding on a venue convenient car parking is now taken into account. We have the menus and will place our order next meeting.

The kitchen and cloakrooms of St John's Hall were being decorated by a youth group and we look forward to seeing the results next meeting.

Velda Robinson

Seen on Facebook

Craft n Chatter

At The Cordwainer, Bath Road Starting Thursday 9th November 1-3pm & 6-8pm

Bring your own crafts, make friends, prevent isolation & loneliness. Come have a friendly chat and relax. Refreshments available to purchase. Donations appreciated but not necessary.

November Quiz

- EastEnders is set in which fictional
 London borough?
- 2. What does "www" stand for in the context of an internet address?
- 3. Which of these precious metals is more expensive per ounce, gold or silver?
- 4. Which is bigger, A4 paper or A5 paper?
- 5. Who plays Del Boy Trotter in Only Fools and Horses?
- 6. What is the capital of the USA?
- 7. Levi Strauss is best known for manufacturing what kind of clothing?
- 8. Name the 1975 Steven Spielberg film about a shark.
- 9. What does the television channel's name ITV stand for?
- 10. Which English King beheaded two of his wives?

Proposed Theatre Trips 2024

These are the proposed theatre trips for 2024. Please let me know if you are interested in any of them.

Wednesday, 6^{th} March – I should be so Lucky.

Milton Keynes Theatre 2.30 start

Thursday, 20th March – **The Full Monty**The Curve, Leicester 2.15 start

Wednesday 12th June – **Everybody is talk-ing about Jamie**

Milton Keynes 2.30 start

Thursday, 4th July – **A Chorus Line**The Curve, Leicester 2.15 start

Wednesday 6th September – **Hairspray**Milton Keynes 2.30 start

For further information 07419 837379/01536 411865

Sylvia

October Quiz Answers

- 1 Elephant and Castle
- 2 Bond Street
- 3 Bank
- 4 Barking
- 5 Wimbledon
- 6 Earl's Court
- 7 King's Cross
- 8 Warren Street
- 9 Swiss Cottage
- 10 Edgeware
- 11 Wapping
- 12 Waterloo
- 13 White Chapel
- 14 Oxford Circus15 Baker's Street
- 16 Canary Wharf
- 17 Arsenal
- 18 Victoria
- 19 Paddington
- 20 Embankment

Dates for your Diary

Cransley Hospice Community Chair (including some of our members)

" Christmas Cheer with Cransley Hospice Community Choir and Guests",

Monday 4th December at the Salvation Army Citadel, Rockingham Road, Kettering.

Doors open at 7pm and the concert will start at 7.30pm.

Tickets are priced at £3 and can be purchased from the Cransley Hospice Shop on 01536 414343 and the Cransley Hospice Fundraising Office on 0300 027 4040.

What better way to start the run up to Christmas and support a worthy cause.

Kettering Symphony Orchestra

is holding its winter concert on Saturday, 26th November, 2023

Venue: The Salvation Army Citadel, Kettering Time 7.30 p.m.

The programme is:

Hansel and Gretel Overture - Humperdinck Tuba Concerto - Vaughan Williams with soloist Nick Tollervey

Symphony No. 5 - Tchaikovsky

Tickets are adult £12, student £8 and accompanied children under 12 are free.

These can be purchased online at www.kettsym-phorch.co.uk and may still be available on the door on the night.

"A CELEBRATION OF CHRISTMAS"

With the Variations Choir and Soloist
Musical Director Christine Howlett
At the United Reformed Church
London Road, Kettering
On Saturday the 16th December at 7.15pm
Tickets Adults £6. Children 12 and under £3. Or
tickets available at the door. Or from 01536
513548 or 01536 723376

U3a Ukulele Group 2023 by John Cooper

Once a fortnight on a Tuesday a group meet up to practice

the Ukulele and this little group is led by our good friend

Alan Bailey.

If it is said to Alan I think you've got it wrong, he gets a bit uptight

cos he used to be a teacher and Ahem! as you know the teacher is always right.

Geraldine sometimes talks a lot when Alans trying to explain

he says "Shut Up Geraldine", so she does for a second the off she goes again.

Sarah likes to play quite fast even if it's meant to be steady

so I think that we should start just before she is ready.

Janice sits there strumming away to the music she peruses

I bet sometimes <u>she's</u> miles away, on one of her many cruises.

Helen sometimes has a job tuning her Ukulele and so she says

"Oh here you are" and gives it to Alan Bailey. Alan twiddles with the knobs and says " I think that's ok"

then gives it back to her saying "Come on let's play"

Marilyn sits there strumming and singing I think she's on the ball

and then off she goes at eleven to make a drink for us all.

John plays the mouth organ, he could not get on with chords and has

had trouble moving his fingers quickly enough on the blooming strings.

And so we have an enjoyable time, then off home once more I sometimes

wonder if Marilyn thinks ah good I can now lock the door.

So off home we go new pleasures to seek and failing that see you all again in two weeks

Since I wrote the poem sadly Geraldine has passed away and we will remember her each time we meet to play.

Some folks said she talked too much but did that REALLY matter

I just think that now she's gone we will miss her endless chatter, no more friendly arguments now that she has gone and we all will miss her but the memories will linger on.

So goodbye Geraldine, Rest In Peace.

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 (Ise Lodge)	Monday following Monthly meeting	2pm- 4pm
Mah Jongg/scrabble Play reading group	Linda Law Rosalind	01536 659091 01536	Barton Seagrave Village Hall Venue and date	2 nd & 4 th Monday Normally 1 st	1.45 - 3.45 2pm-
Recorder Group	Bridges Mary Cooper Sue Hartley	741466 420336 357676	vary Member's home	Monday 2 & 4 th	4pm 2.30- 3.30
Tuesday	Suctionalcy	337070			3.30
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	Dai Johnson	01536 483398	Member's house Ise Lodge	3 rd Tuesday	2pm
Craft n Coffee	Joy Knight	07535 446758	Stirrup Cup Barton Seagrave	4 th Tuesday	10.30- 12
Wednesday					
Lunch Club	Pat & Dai Johnson	01536 483398	Varies	Alternative Months 3 rd Wednesday	12.00 for 12.30
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	10.00a m
Spanish	Pauline McCready	01536 485416	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. 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^{nd} 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 **joy.knight2@btinternet.com** 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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Committee - 2023-2024

Jill Burgess	01536 515045
Penny Smith	07772 237077
Penny Smith (temp)	07772 237077
Tessa Bellamy	07854 864632
Doreen Riley	01933 313173
Jill Burgess	01536 515045
Joy Knight	07535 446758
Penny Smith	07772 237077
Anne Chandler	07734 963682
Erika Beecher	01536 722932
Joan Bennett	07597 559055
Joy Knight	07535 446758
	Penny Smith Penny Smith (temp) Tessa Bellamy Doreen Riley Jill Burgess Joy Knight Penny Smith Anne Chandler Erika Beecher Joan Bennett