



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

October 2023

Hello Everyone

Hope you are all keeping safe and well. Those on holiday are having a good time, at the time of writing I am currently on holiday myself.

Tea/Coffee rota – just a reminder we are still looking for volunteers to help with tea and coffee service at the monthly meetings. Hopefully if we can get enough people you may only need to do it one or twice a year.

Christmas Party – tickets will be on sale at the October meeting at a price of £2.00 (entry will be by ticket only). Party date is 13th December.

Committee Members – we are looking for people to join the committee. You can join as a general member but we are also looking for a treasure and secretary. If you are interested please contact myself or any of the committee members.

Thank you

Jill

Please note that from the November meeting Visitors & Carers will be charged at £2.00 per meeting.



Ise Valley Recorder Group

The Recorder Group meets on Monday afternoons (usually the 2nd and 4th Mondays of the month but sometimes we change dates to accommodate members). Meetings are usually held in central Kettering.

As well as solo items we play a variety of music written or arranged for recorders in two, three or four parts using descant, treble, tenor and bass recorders. Members choose which recorders they like to play. We would love to have some more players. It might be possible to start a beginners group – if enough people are interested. If you would like to join the group or are interested in learning to play please contact Mary Cooper.



Scrabble and Mahjong Group

This activity group meets at Village Hall in Barton Seagrave and therefore has space for new members if interested please contact Linda Law.

This is a message from Kettering u3a:-

Learn how to start researching YOUR family history at our annual beginners talk on Monday 9th October 2-4pm. It's FREE. Everyone welcome. Bring a friend.

Meetings are held on the second Monday, 2-4pm in the Primary Room of the Church of Jesus Christ of Latter Day Saints (LDS), Rothwell Road, Kettering located next to Brewers Fayre/Premier Inn.

More details on website www.u3aKettering.co.uk



Book Club

We welcomed a new member to our group last month Nigel Hinson.

This month we enjoyed a book by Joanna Trollope City of Friends. The author takes us on a journey with four friends all successful in their own right. All have to cope with families, husbands, children. Parents and in Beth's case in a same sex relationship. All the friends holding high pressure jobs in the finance industry and also a male dominated work environment.

Joanna Trollope quotes she was writing about woman and working woman in a modern life.

We all have friends that we have known for many years. But we also must embrace the meeting of a new friendships. Not all will survive the test of time

The group on the whole enjoyed meeting her characters and empathise with the problems they all faced thru the working and private lives in the book.

Joanna Trollope books encompass so many aspects of life I am sure most will find a title to suit them. Happy reading

Margaret Turnbull



Play reading Group

Has anyone seen “Habeaus Corpus” by Alan Bennett ? If so, you will know what a hilarious time we had reading it. Every line was perfect- no words were wasted- and (as my Mother would have said)it was so RUDE ! Lots of talk about thighs etc and naughty goings on . Our script was based on a 1973 London production starring Alec Guinness as Lord Wicksteed (?!) We would have paid anything to see that - WONDERFUL!!

Rosalind Bridges



Walking Group

Well Bob and I thought with the weather so bad on Wednesday that we warned people to wear good boots or wellies. We thought we would be taking Teddy for a walk on our own. No! Thursday morning was bright, warm and the ground wasn't too bad. It was a pleasure being out. We had two new people, Nick and Aida making seven of us plus Teddy who was well up for the walk. The Geddington walk takes you out in the countryside on tracks, across fields and along by a wood. All very pleasant with no traffic noise just birdsong.

We ended by taking refreshment at the Oak Cafe. A lovely walk.

From Wanda, Bob and Teddy



LUNCH CLUB

Will be on 18th October 12 FOR 12.30
at The AXE & COMPASS
14 Carlow Road Ringstead NN14 4DW
Sign up at October meeting,
£5 deposit required when booking.

Doreen



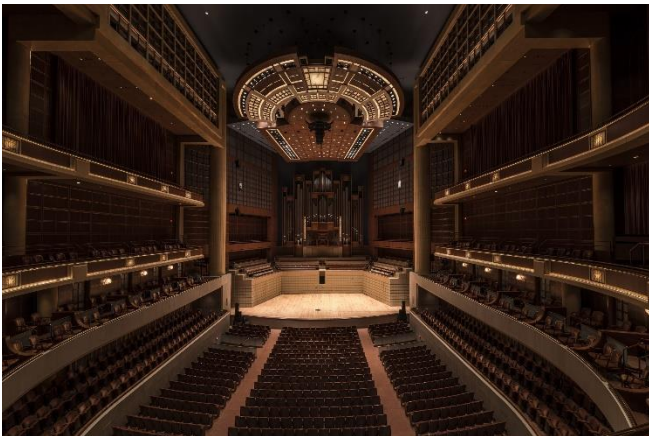
Singing for Pleasure

The new season began on September 8th, some of the members were still away on holiday but we had almost a full complement on our second session.

We have started out by rearranging our song book, disposing of song sheets we feel have served us well in the past but now is the time to replace with others.

The programme we have chosen this season seems popular with the majority of members, and Christmas carols will be refreshed nearer the time.

Velda Robinson



Theatre Group

Looking forward to seeing Drifter's Girl in November. This is at the Curve in Leicester. Coach leaves the Cornmarket Hall at 9.30 on the 2nd to allow for a little light Christmas shopping as well as lunch before the performance starts at 2.15. I am now looking for shows for 2024. Anyone with ideas let me know.

Sylvia



Coffee Morning

We continue with our weekly coffee mornings at the Stirrup Cup. There have been at least 6 men in their corner some weeks and we are happy to welcome Tony to join the regulars. The ladies have welcomed Patricia as a new member. This group is very well supported and continues to welcome new members.

Sylvia



Art Group

It was good to return and meet up with our weekly meetings.

Meeting up encourages us to paint and to help each other with ideas and hints. This month Melanie gave us a demo on painting fur and hair in watercolour and acrylic as the techniques are different. It was interesting, helping us even if some of us don't normally paint animals but with this knowledge and a handout may try in the future. We are full at the moment, but I have a waiting list if anyone is interested in joining.

Tessa

Speakers Report

The speaker for October is Monica Ozdemir from Kettering Civic Society. She will be showing a film entitled "The Lost Mosaic" which details what happened to the Mosaic that was on the old Grammar/boys school which was demolished to make way for the new Tresham college in Windmill Avenue.

Next month we have a member of the Police speaking about security matters, personal, online, telephone and cyber security.

Penny



Beginners Camera Group.

The August group meeting was cancelled, mainly because members were on holiday. The next group meeting will be at the usual venue on October 10th at 2.00pm. Members to bring photographs of the weather to be shown at the next monthly meeting on October 11th, We will be discussing the next subject which is "Locks".

Julie

Spanish Group

Pauline McCready has taken over as Group Leader



Craft n Coffee

Another pleasant morning crafting (apart from me who had forgot my crochet needle) and discussing life. Our next meeting is 26th October when we will be paying our deposit ready for our Christmas meal on 19th December.

This group has space for new members if interested give me a ring or see me at the Group Table as the monthly meetings.

Joy

Quiz

Give us a clue to London Underground Stations

- 1 Dumbo and Warwick
- 2 007 Road
- 3 Deposit and withdraw.
- 4 Canine chorus
- 5 Raducanu Hill
- 6 Peer apprehended
- 7 His Majesty is really annoyed.
- 8 Beatty and Mitchell Road
- 9 Home in the Alps
- 10 Cliff face erosion
- 11 Wow that's big.
- 12 Aquaflush
- 13 Sacred Alba
- 14 University carnival
- 15 Hollywood's Road
- 16 Yellow birds on pier
- 17 Weapon store
- 18 She missed her Albert.
- 19 Bear
- 20 Whitworth, swans and paddle

Supplied by Erika

WARNING I RECEIVED FROM MY BANK

Take care if you're shopping on online marketplaces like Facebook, Mrs Knight.

We've seen a 75% increase in people getting scammed when shopping for things like cars, tickets and clothes on Facebook Marketplace.* Here are some things to look out for:

Is it too good to be true?

- It's not a bargain if it never turns up.

Do you have to pay right away?

- A genuine seller won't pressure you into a quick sale.

Can you meet the seller in person?

- Look for things nearby so you can check the item before you pay.

Will they let you pay by card?

- Never pay by bank transfer. Pay by debit or credit card to protect your money.

Visit the Lloyds Bank fraud hub for more tips when buying online.

Pear and Parsnip Soup

1 parsnip peeled and chopped into small chunks.
Knob of butter
1 chicken stock cube
1 pear peeled and chopped into small chunks.
2 tbsp. double cream (not essential, still good without)

Put parsnip and butter in a saucepan and cook down over a medium heat for about 8-10 minutes. Add 500 ml boiling water to the stock cube, mix and pour into the saucepan. Simmer until parsnip is soft.

Using a stick blender whizz parsnip and stock until smooth.

Add peeled and chopped pear, simmer until soft. Stir in cream (if using) and sprinkle generously with freshly ground pepper.

Serves 2

Have a go and be surprised! It does work.

Erika

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	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			Varies	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		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 528940	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 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.

Webmaster	Alan Bailey	01933 350147
Safeguarding Officer	Bob Moffatt	01536 659236

Committee – 2023-2024

Chairperson	Jill Burgess	01536 515045
Vice Chair	Penny Smith	07772 237077
Treasurer No 1 a/c	Penny Smith (temp)	07772 237077
Treasurer No 2 a/c	Tessa Bellamy	07854 864632
Membership Secretary	Doreen Riley	01933 313173
Secretary	Jill Burgess	01536 515045
Groups Co-ordinator	Joy Knight	07535 446758
Speaker Secretary	Penny Smith	07772 237077
General Duties	Anne Chandler	07734 963682
General Duties	Erika Beecher	01536 722932
General Duties	Joan Bennett	07597 559055
Newsletter Editor	Joy Knight	07535 446758