

ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

January, 2024

Hi Everyone

Hope you all had a good Christmas and New Year and recovered from the festivities.

Thanks to those of you who emailed and spoke to me about how much you enjoyed the Christmas party. It made the sleepless nights and hard work worthwhile.

Thanks to the committee and Joyce for all their hard work and help. Also a big shout out to Alan and the Ukulele band for the great entertainment, not forgetting the Kettering Singers who did a sterling job.

Eight ladies from the coffee club which meets every Thursday 10-12 at the Stirrup Cup went to visit a cruise ship and have a five-course meal plus entertainment. Most of us enjoyed the experience, to me the company made it.

In February I am hoping to produce a list of trips for the year which have all been chosen by you via the suggestion box. If not supported then I will not be doing any more trips, someone else can try.

**Jill
Chair**

ART REPORT

We've had an industrious time since my last report with 2 informative sessions with Melanie Henson. The first was in Pen and Wash where we painted a loose watercolour background and added the detailed old cottage and scenery in fine liners or even biro.

The 2nd lesson was using Acrylics, painting a winter scene. We enjoyed both sessions and there were some great examples produced by the group.

We're enjoying our weekly get togethers, now finished for our 2-week Christmas break so will be back on the 8th January 2024.

Thank you to my lovely group for the bouquet of beautiful flowers and the amazing card made by Ann Stockham.

Tessa

CRAFT N COFFEE

Lovely December meeting when we had a lovely Christmas meal at the Stirrup Cup. Like to say thank you to the group for being such fun during the year and all the help we have given one another with our crafting projects.

If you are interested in any form of crafting, you are welcome to come to our next meeting on 23rd January at 10.30, Stirrup Cup Barton Seagrave

Look forward to seeing you there.

Joy

ADVANCED CAMERA GROUP

We had a very festive December meeting with mulled wine and mince pies to celebrate the season. Our glittering photos were on show, and we spent the time planning next year's programme. Also sorting out who was going to lead each session. We could really do with some new members to reinvigorate our group. Think about it. Happy new year to you all.

Jenny

MAHJONG & SCRABBLE GROUP



We finished early at our recent meeting of Mahjong and Scrabble at Barton Seagrave Village Hall on 11th December. As this was our last meeting before Christmas everyone had bought food to share for a pleasant social time.

We have room for more players whatever your experience on the Second and Third Mondays of the month at 1.45 and we re-start on 8th January.

Linda Law

SHORT WALK GROUP



Hi everyone,
Last walk of the year. It's been a good year for the group. Good turnout each time and many more friends from the Kettering group have joined us. All bodes well for next year. As it was so close to Christmas, we wondered how many could make it for our Weekley Wood walk. 8 of us did the walk and 2 joined us for refreshments at the end. It was very good to have Bill Lester back. Teddy had no doggie friends this time, but he so loves coming out with us. As we set off the wind was blowing a howler and it was going to be wet underfoot so, as it was the Christmas walk, we had a show of hands. To do the walk or shorten it and go early to the Fox a Peony? We decided to do the walk and with Jackie's help, took a slightly different route avoiding much of the mud. Linear Park wasn't too bad, but the wind did blow as it's quite open. By the time we got to the cafe our footwear was ok to go in. The cafe does produce very nice snacks and after socialising and everyone wishing all a Merry Christmas we broke up. That's it then for this year.

Thank you all for supporting us, Happy Christmas. Always room for more people. Wishing you all a very successful and Happy New Year
Wanda, Bob and Teddy

TEN PIN BOWLING

Our Christmas meeting started with breakfast at The Old Forge in Cranford. We all enjoyed it and would recommend it to everyone. Bowling inspired with breakfast worked for some, for Penny a new PB, but for Dai, not so good (he does like his food though!)

We all look forward to 2024 and would welcome any new members to our happy group.

Wishing everyone a very healthy New Year.

Dai Johnson

LUNCH CLUB

Our Christmas lunch club on the 20th December was at the Old Vic at Burton Latimer. 36 of us sat down to a festive lunch which we all enjoyed. There is no lunch in January but in February we are hoping to dine at The Hare in Loddington. Please look out for the menus and sign up at the February meeting.

Pat and Dai Johnson

BEGINNERS CAMERA CLUB

At our December meeting we showed our pictures of Arachnids (spiders). They were very varied, and you can see them at the January meeting. We also planned our programme of topics for 2024. Our next meeting is on Tuesday January 9th, when the topic will be Boxes, Squares and Rectangles.

Pat Johnson

COFFEE MORNING TRIP

TRAVEL GROUP

The planned November meeting was cancelled due to lack of numbers. We didn't meet in December. Our next meeting will be on the 16th January at the usual venue. The topic will be Days Out. We would love to hear from members of the group about their best "day out". We hope that members will share their experiences in order to keep this group going.

Dai Johnson



SPEAKERS REPORT

The speaker for January is Cathy Shelbourne who will be talking about Admiral Lord Nelson asking the question was he a national hero or a womaniser - if both of those things what was his greatest achievement?

Next month the speaker will be from Wilson Browne solicitors giving advice on wills, power of attorney, trustees etc.

Penny

On 15th December several of the ladies from Thursday Coffee morning went to Tilbury with RB Travel to go on board the Cruise ship Ambition, primarily to have a taster of life on a cruise ship. We were given a drinks reception, with a choice of drinks after which we were allowed to explore the ship and view cabins etc. Then it was time to enjoy a five-course lunch with choices in each of the courses and a wine accompaniment. Then on to the ship's theatre for a 45-minute show, which was very good - well up to theatre standards both in content and costumes. Then it was time to disembark and return home. Everyone thoroughly enjoyed the day.

Penny

DECEMBER QUIZ ANSWERS

- 1 Jingle Bells
- 2 O Holy Night
- 3 Thanksgiving
- 4 White Christmas
- 5 Up on the Housetop
- 6 Jingle Bells
- 7 13
- 8 The Cuban missile crisis
- 9 I saw Mommy kissing Santa Claus
- 10 1963
- 11 Joy to the World
- 12 Last Christmas by Wham
- 13 The Ox and the Lamb
- 14 Lords a-leaping
- 15 Chestnuts Roasting on an Open Fire

Joke Corner

I went to the gym yesterday – they had a new machine for me to try. Had to stop after half an hour as was beginning to feel ill. It had Mars bars, Snickers, Kit Kats, Yorkies, Twix, Twirls.

INTEREST GROUPS

If you are interested in joining any of the interest groups please contact the Group Leader (information on page 7).

If you have an interest and would be happy to start a group please see me at the Main meeting or contact me at joy.knight2@btinternet.com or 07535446758 and I can let you know what is involved.

Thanks

Joy

JANUARY QUIZ

1. H₂O is the chemical formula for what?
2. Which gas is used to fill balloons?
3. In which fictional city does Batman reside?
4. In the traditional rhyme, how many mice were blind?
5. What is the number 5 in roman numerals?
6. What colour is the bullseye of a dartboard?
7. What side of a ship is starboard?
8. Ian McKellen played what wizard in The Lord of the Rings?
9. What year did World War One begin?

MICROWAVE MUG OMELETTE

Ingredients

1 tsp salted butter
1 tsp shallot
2 eggs
1 tbsp parsley, finely chopped
1 tbsp sweet red pointed pepper, finely
diced
1 tbsp chives, chopped
1 tbsp mature cheddar, grated

Method

Step 1

Put the butter and chopped shallot into a microwavable mug. Cook for 30 seconds, remove from the microwave and stir. Let the mug cool down a little, then swish the butter and shallot around the mug to coat the sides lightly.

Step 2

In a bowl or jug, beat the eggs with a fork then add the parsley, peppers, chives, cheese and a small pinch each of salt and black pepper.

Step 3

Pour the egg mixture into the mug and return it to the microwave, cook for 20 seconds. Next, open the microwave and stir the egg, repeat the cooking for 20 seconds and stir again. Finally, cook for another 20 seconds, during which time the egg will start to set.

Step 4

Remove the mug from the microwave and let it stand for 1 min. If the omelette is not set enough for you, put it back in on 50% power for no more than 20 seconds

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	01536 420336/ 01536 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	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 – 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