

ISE VALLEY NEWS

Kettering, Northants

Charity

Number 1179738

March 2024

Hi Everybody,

Welcome to the March Newsletter and I hope everyone keeping well.

It is getting closer to the AGM so please think about joining the committee.

Penny and I have recently done a zoom meeting with the Northants Network, which covered information about the new Pilot council.

Leaflets are going out to various places promoting our U3A to encourage new members.

I am afraid I may be a late arrival at our monthly meeting as I have heard today I have to attend KGH for an x ray or depending on timing I may be a non-arrival. However I hope you will all have a lovely time.

Jill
Chair

Singing for Pleasure

More new faces appeared at our meeting and we were very pleased to welcome them along.

We have been invited to sing at two new venues and are arranging dates, we have a very happy programme for the summer and hope that they think so too .

Velda Robinson

Camera Group

Six of us met this month to show our photos of triangles in nature and in construction, before going on to learn about how changes in shutter speed can alter how running water can be photographed. It will give us the opportunity to get out, weather permitting, and experiment with our cameras and phones. We meet again on 18th. March to design album covers for songs.

Jenny

Car Parking

There is a car park in Monague Street, On the right just passed the Eden Street. It is not council owned so you will need to pay after 3.00 but usefully if School Lane car park is full.

Play Reading Group

“One for the pot” was written by Ray Cooney & Tony Hilton. Most of our generation will remember plays by Cooney - doors opening and closing, muddled identities, twins (or is it triplets?) and of course a drunk! All done at speed and all confusing. Now on the stage, most people could follow the “plot”, but from the page it was more than a little Confusing! But the more confused we were the more we fell about laughing!

Next meeting is planned for March 29th.

Rosalind Bridges

Problems with using your mobile phone, tablet, iPad or computer?

The Learning Centres run free courses in Kettering and Corby. You have to be over 18, lived in UK for 3 years, and be available for 4 hours

Kettering Learning Centre
9-10 Newland Street

Kettering
NN16 8JH

Tel: 01536 413303

Email: ketteringlearningcentre@bedford.ac.uk

Short Walks

Hi everyone,

Well, there wasn't a Short Walk this month it was cancelled due to the weather conditions.

It was a very, very wet Thursday. Even Teddy was pleased to stay in.

So see you March 21st 2024. We haven't decided where to walk yet but if anyone has any ideas we would be please to consider them.

Wanda, Bob and Teddy

ART GROUP

We are all enjoying our weekly get together with most of us able to get to regularly at St Andrews room. We met during the half term but a bit of a mix up with the room and ended up using the Loseby room which has its own kitchen so still able to have our teas and coffees and painting with chatting included.

We've really enjoyed Mel demonstrating painting Watercolour flowers this session and look forward to her next session on Monday 25th March when she'll be showing us the delights of using a strange powder called Brusho.

Tessa Bellamy

Craft n Coffee

Another enjoyable morning spent crafting and chatting at the Stirrup Cup. Seven of us attended, unfortunately I took my craft bag (ensuring I had my crochet hook) ... however when I arrived I had forgot to pack the blanket I am currently doing!!! So I just enjoyed the chat this time. A couple of members mentioned a trip to Knitting & Stitching Exhibition in October which they are going on, so a few of us are thinking about also going and joining the coach trip.

Our next meeting is on 26th March, all welcome and as proved by me this week you do not need to craft whilst you are there.

Joy



A member of the Craft n Coffee group has kindly donated 5 hats to be sold for u3a funds. They are in various colours and have a suggested price of £7.00

Speakers

The speaker for this month is Nick Dobson. His talk is entitled Agatha Christie: Queen of Crime. Her crime mysteries have enthralled readers for a century- there was also intrigue in her personal life. This talk will follow the methods of Poirot and Marples, also look at the mysterious life of their creator.

April:

Author, Adventurer and Raconteur by Philip Caine

May:

Mindfulness – The Art of Happiness by Anne Leach

June:

60 years of Entertainment by Vince Eager

July: Annual General Meeting

August: Arsenics Toxic Legacy by Neil Dickinson

Please remember if you have any suggestions for any speakers or entertainment please let me know

Penny

February Quiz Answers

1. Ian Fleming
2. Knee
3. Iago
4. Tin
5. 1997
6. 3
7. Olivia
8. All the President's Men
9. Simon Amstell
10. Helsinki

Leek, Brussel Sprout & Carrot Soup

1 med. Shallot or small onion

Knob of butter

Potato approx. 115g/4oz

Carrots approx.. 115g/4oz

Leek 150g/5oz

Brussel sprouts approx.. 200g/7oz

Chicken or vegetable stock cube in 400ml hot water

Salt and pepper to taste

Remove outer leaves & base from sprouts, cut in half and rinse in cold water.

Discard base & outer leaves from leek, cup up into chucks.

Peel shallot/onion & slice fairly thinly.

Peel potato & carrots & cut them into small pieces.

Put butter into saucepan over a low/med heat. Add shallot/onion, stir well & cook for a minute stirring constantly. Add potato, carrots, sprouts & leek, stir & mix well.

Add stock, increase heat & ring to boiling point. Reduce heat and leave covered, simmering gently, stirring occasionally, for 15 minutes or until vegetables are fairly soft. Strain off most of the liquid into a jug.

Put vegetables into a liquidiser or use a hand blender and whizz until pureed.

Return liquid to pureed vegetables in a saucepan, stirring gently to mix well.

Season to test.

Sticks and Stones (BP Coyle)

'Sticks and stones may break my bones but words will never hurt me.'

That was my mother's mantra. It's what she said to me time after time.

When I would run home from school in tears. From the playground. From anywhere. Everywhere. I would tell her what they had said about me, though sobs and snot. Always the same answer.

'Sticks and stones may break my bones but words will never hurt me.'

It didn't help. I used to think that was my fault, probably because she told me so. She told me so often. I know now that she was wrong, like she was about most things.

Bruises heal, broken bones knit themselves back together. And all in good time. You can watch the bruise turn from purple to yellow to nothing at all. A kindly doctor will tell you when the cast can come off.

Who can tell you when a broken psyche will be all better? The bruises don't heal, the break doesn't mend.

Words hurt, they hurt most of all.

'Sticks and stones may break my bones but words will never hurt me.'

Who came up with that expression?

Some idiot I guess.

March Quiz

1. Which popular video game franchise has released games with the subtitles World at War and Black Ops?
2. In what US state is the city Nashville?
3. Which rock band was founded by Trent Reznor in 1988?
4. What is the currency of Denmark?
5. Which Tennis Grand Slam is played on a clay surface?
6. In which European country would you find the Rijksmuseum?
7. How many films have Al Pacino and Robert De Niro appeared in together?
8. What was the old name for a Snickers bar before it changed in 1990?
9. Who was the head of state in Japan during the Second World War?
10. What is the smallest planet in our solar system?

Lunch Club

Last month's lunch club was attended by 24 people. It was held at The Lilacs in Isham. We had the dining room to ourselves, which was very good. The food was enjoyed by everyone and there was a good range of drinks behind the bar. The food was served by very pleasant staff and a good time was had by all.

Penny

Support North Northants (SNN)

This is a new service which is a single point of access prevention service supporting people across North Northants. They work in collaboration with voluntary and statutory sector partners to achieve the best outcomes for people.

I am currently waiting for more information from them but if you are in need of assistance i.e. carers or need advice about changes to your home due to bad health this service will be a one stop shop for all the service providers.

New Groups

We are always open to suggestions for new interest groups.

If you have an interest or hobby you are happy to help other people with but are not sure what is involved please contact Joy on 0753544 6758 or joy.knight2@btinternet.com (please put new groups in subject line) and I will advise what you need to do in order to set a new group up.

Interest groups are the reason a lot of our members join so it is good if we can have a wide range of interests cover.

Joy

Committee Members Needed

In order for the group to run we need to have a committee and new members are always welcome.

Committee members can have a particular job

For example Interest Group Co-Ordinator – sets the table up each month for the monthly meeting and provides support to Interest Group Leaders.

Or just being a general helper - If you are interested in joining the committee and do not wish to take on a particular job that is also helpful as we need people we can call on to help out as and when necessary

If you are interested please speak to any of the committee who can let you know about their job and just how they help us.

We do have a monthly committee meeting which lasts for approx. 1 hour so it does not need to take up a lot of your time.

AGM is approaching and new committee will be needed to ensure group can run.

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 – 1.30
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 Seeker	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