

ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

July, 2025

Hello Everyone

We gave been in existence for 20 years! Thanks mainly to members, but a large debt and vote of thanks must go to all the volunteers on the Committee and group leaders without whom the group will not exist!

This month the plea for volunteers for the committee, in particular, the treasurer and speaker seeker **MUST NOT** go unanswered. Without these positions being filled we cannot function. So if you enjoy your monthly activities please enable us you carry on. Where else can you meet in on a monthly basis with refreshments and a speaker for £1.50? Hopefully someone will step up and we can look forward to the next 20 years.

On a different note, as far as I can tell (without actually seeing the accounts) I believe we must have very nearly reached breakeven point this year thanks to our money saving efforts. This will mean that with the increase in subscription money we should gave more disposable income for speaker's fees, as you all know a good speaker makes a good meeting.

Penny.

PLEASE NOTE DOORS ARE NOT OPEN UNTIL 1.30
IF YOU DO ARRIVE EARLY YOU WILL BE ASKED TO WAIT IN THE FOYER
WHILST WE ARE SETTING UP THE HALL
THANK YOU

Upcoming Speakers

9 July – AGM and Social Time

13 August - William Knibb and Slavery by Monica Ozdemir

Ten Pin Bowling

Another interesting week with lots of ups and downs and some very close misses. Dypsey had a good day on both lanes, putting some of us to shame. We hope for better luck next time and hope to have some new members to join us. Everyone is welcome.

Dai Johnson

Beginners Camera Group

Our topic this month was Post-boxes. Michelle gave us an interesting talk on their history, and how to get some interesting photos. We brought our photos from last month on the topic Happiness is.... It would seem that the most popular idea of happiness is to be found in Nature, Holidays, Seaside and Family. We hope you enjoyed seeing our photos at the June meeting. Please watch out for our photos of Post-boxes at the July meeting.

Pat Johnson

Lunch Club

Lunch club this month was at The Dukes, Woodford. Most of our members enjoyed their reasonably prices meal.

Unfortunately, four people had to cancel on the day so lost their £5 deposit, The pub was very reasonable with us and didn't charge the full meal price for the cancellations. Not many pubs would have done that. There will not now be a lunch club until October due to holidays etc. We are looking at possible venues for our Christmas Lunch. Some members would like to return to The Old Vic in Burton Latimer but we would welcome other suggestions too.

Pat and Dai Johnson

Short Walks

Well, for the first time we felt we should cancel the walk because of the weather was far too hot.

We thought it wasn't sensible to walk in such high temperatures. Then we heard that some were backing out. That made the decision easy. We will try again next month.

We have been dog sitting over the week for, at one point, three dogs. We tried to get them out early but it got too hot for that so we sat around praying for rain. The last visiting dog is going home Tuesday. Teddy has been very good but will be pleased to have everything back to normal.

Wanda, Bob and Teddy

Play Reading

The play reading group meet on Wednesday 18th June to read "Comfort and Joy" by Mike Harding. It's Christmas. Relatives who you hardly ever see arrive at your home for the festivities. They all to have changed from how you remember them. Alcohol flows freely and as forgotten resentments and disagreements are remembered it all gets rather out of hand, as tongues loosen, not helped by the Christmas cooking disasters. All together an enjoyable romp to read. The next play reading day will be at Ros's on Wednesday 30th July.

Carlene Lee

Change of Details

Please note as existing members will not be filling in new form for renewals can you please ensure that you inform the committee of any changes to your address or phone numbers to ensure our records are correct.

Thank you

SCAM OF THE MONTH - Phone scams.

Don't get hooked: new warning urges the public to continue reporting phishing emails and texts to 7726, a free service offered by mobile network providers. There are a number of scams relating to winter fuel payments going the rounds at the moment. Your payment will automatically go into your bank account as it did before so there is no need to 'claim' it.

41 million attacks have already been reported, resulting in 217,000 scams being removed from across 393,395 website pages by the National Cyber Security Centre.

Remember, our age group is the prime target for fraudsters. If you receive a text message or phone call that isn't from someone you know or just doesn't feel right, STOP! Break the contact.

Do not reply, click on any links, call any phone numbers and NEVER make any payments or pass on banking details without first checking if it's genuine by contacting the organisation or caller directly preferably on another device and using an email address or phone number you know is correct. If in doubt do nowt!

For more advice on how to protect yourself from fraud this is a genuine link https://stopthinkfraud.campaign.gov.uk/

Alan Bailey

Oundle Festival of Literature is hosting military historian and author Iain Mac-Gregor on Thursday 3rd July to talk about his latest book - The Hiroshima Men and we thought this might be of interest.

Iain is a successful editor of non-fiction for major publishing houses

When: Thursday 3rd July 2025, 7.30pm.

Doors open 7pm.

Where: St Peter's Church, North Street,

Oundle PE8 4AL

Tickets: £9 general admission/ £8 conces-

sions - students and over 65s.

St. Peter's Church is accessible for wheelchairs and has a disabled toilet on site. Please see the venues page on our website for more accessibility information plus parking and maps. https://www.oundlefestivalofliterature.co.uk/venues

Tickets are available from The Oundle Bookshop (cash only) or online here: https://www.oundlefestivalofliterature.co.uk/what-s-on. Tickets can also be bought on the door on the night if there is availability.

The Oundle Bookshop has their Summer Open Evening on 3rd July, 5 -7.30pm with complimentary strawberries and cream and a glass of fizz for all visitors, so popping in there, then coming to our event makes a perfect schedule!

Karen Rust Festival Curator Oundle Festival of Literature

Craft n Coffee

Well another pleasant morning with 6 members meeting to chat and craft. Joan showed us a new sewing kit which looks very interesting and I am think of getting one myself. Our next meeting is on 22nd July and everyone is welcome. Joy

Do you use Telecare Alarm? If so check with your phone provider to ensure it will work after the digital change over with the land lines changing to digital. More information on

www.gov.uk

Activity Group with Spaces

The following groups have vacancies so if you are interested in joining please contact the relevant Group Leader.

> Ukulele **Book Club Playreading** Recorders Ten Pin Bowling

Do you like rock and roll? Do you enjoy live music? Why not come along to the Rifle Band Club in Havelock Street on the third Thursday of the month and enjoy an afternoon of free entertainment. They have a jam session for amateur musicians from 2 till 5 and it is a step back to the 60's. Anyone can come along and join in singing along or getting up to dance. Why not join us in an afternoon of nostalgia? Hope to see you there!

Sylvia Dale

Advanced Camera group

At the June meeting we chatted over our 'looking - up' photos which will be on display on July 9th. at the AGM. Steve then gave us some teaching about Bokeh, which is a way of bringing out the subject of a photo and putting the background out of focus. Our next meeting is about taking landscape pictures and will start at 3pm at St. Mary's Road.

Jenny

Art Group

Another busy month with people coming and going due to holidays, medical issues and repair men but 9-11 of us each week. This month Mel showed us colour mixing in Acrylics using the primary colours with the colour wheel which was useful and informative. She is off home to South Africa to visit and help her family for the Summer and we have decided not to meet in August as the room is also being used and there is a bank holiday at the end of August. We will resume normal service on the 1st of September.

Book Group

The Couple Next Door by Shari Lapena

This is a tale with many twists and turns and nearly all the characters have secrets that affect the plot. Anne and Marco are the parents of baby Cora who they leave in their house when they go next door to a party at Cynthia and Graham's. Their babysitter had let them down but they had a monitor and checked on the baby every half hour so left her alone. All was well until they returned home and found the crib empty.

The police suspected the parents at first but eventually a ransom note appeared so the investigation became a case of kidnapping. Anne had wealthy parents who were prepared to provide the Millions of dollars ransom but nothing went smoothly.

This was a book we all enjoyed which was difficult to predict how it would turn out so kept us guessing right to the dramatic end.

Linda Law

June Quiz Answers

- 1. Dianne Buswell
- 2. Sharon Horgan
- 3. Timothy Spall
- 4. Paris, France
- 5. Switzerland
- 6. Joseph Quinn
- 7. Mary Earps
- 8. Blue, Yellow, Black, Green and Red
- 9. Silverstone
- 10.March

Tessa

JULY QUIZ

- 1. How many brains does an Octopus have?
- 2. How many permanent teeth does a dog have?
- 3. What is the most sold flavour of Walkers crisps?
- 4. What is the only London Underground station with a 'z' in its name?
- 5. What does the Latin word 'tempus' mean in English?
- 6. Which Looney Tunes character has the middle name Ethelbert?
- 7. On average, how far away is the moon from the earth in miles?
- 8. What is someone who believes in antidisestablishmentarianism opposed to the disestablishment of?
- 9. What's longer, a nautical mile or a mile?
- 10. 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"?

Activity Groups and Leaders

| Day/Group | Leader | Telephone | Venue | Frequency | Time |
|----------------------------|------------------------------|-------------------------------------|--|---|-----------------------|
| Monday | | | | | |
| Art Group | Tessa Bellamy | 07854 864632 | St Andrews Church Hall | Weekly on Monday | 2-4pm |
| Book Club | Margaret Turnbull | 01536 511139 | Village Hall Barton Seagrave | 3 rd Monday | 11.30 to 1.00pm |
| Camera Club (advanced) | Jenny Goddard Pat Johnson | 01536 482972 07816 939198 | 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 741455 | Venue and date vary | Normally 1 st Monday | 2pm- 4pm |
| Recorder Group | Mary Cooper/ Sue Hartley | 01536 420336/ 077871877 28 | Member's home (St Mary's Road, London Road end) | Usually the 2 & 4 th Mondays but sometimes changed due to Bank Holidays or to suit group members | 2.00- 3.00 |
| Tuesday | | | | | |
| Camera Club (Beginners) | Pat Johnson | 07816 939198 | Member's house (Ise Lodge) | 2 nd Tuesday | 2pm |
| Ukelele Group | Alan Bailey | 01933 350147 | Member's house (Grosvenor Road, Barton Seagrave) | Fortnightly | 10-12 |
| Craft n Coffee | Joy Knight | 07535 446758 | Stirrup Cup Barton Seagrave | 4 th Tuesday | 10.30- 12 |
| Wednesday | | | | | |
| Lunch Club | Pat & Dai Johnson | 07816 939198 | Varies | Alternative Months 3 rd Wednesday | 12.00 for 12.30 |
| Thursday | | | | | |
| Ten pin bowling | Dai Johnson | 07816 939198 | Thunder bowl | Following monthly meeting | 12 midday |
| Coffee Morning | Sylvia Dale | 07419 837379 | Stirrup Cup Barton Seagrave | Every Thursday | 10.00a m |
| Spanish | Pauline McCready | 077315558 73 | 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

Theatre trips Jude Walker 07941 352190

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 - Joy Knight

07535 446758

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 - 2024-2025

| Chair | Penny Smith | 07772 237077 |
|----------------------|---------------|--------------|
| Deputy Chair | Joy Knight | 07535 446758 |
| Treasurer No 1 a/c | Bob MacGregor | 01536 483058 |
| Treasurer No 2 a/c | Tessa Bellamy | 07854 864632 |
| Membership Secretary | Doreen Riley | 01933 313173 |
| Secretary | Jude Walker | 07941 352190 |
| Groups Co-ordinator | Joy Knight | 07535 446758 |
| Speaker Seeker | Penny Smith | 07772 237077 |
| General Duties | Anne Chandler | 07734 963682 |
| General Duties | Joan Bennett | 07597 559055 |
| Beacon Admin | Dave Walker | 07910 224768 |
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If anyone is interested in joining the committee you are welcome to attend a committee meeting as a visitor prior to joining. Please speak to Penny for details.