

Kettering, Northants

<https://isevalleykettering.u3asite.uk/>

Charity Number 1179738

## JULY 2026 ISSUE

Chair's chatter

Hello to you all!

This is my last contribution to the Newsletter as Chair, which means you will have a new person to listen to from the next meeting. You don't get rid of me quite that easily as I shall be about as a rank and file member!

Thank you all for your support and friendship.

Here's to the future

*Penny*

### MEMBERSHIP RENEWALS

Just a reminder that membership is now up for renewal.

Full membership is £20,

£16 if you are a full member of another u3a

Joint membership is £40

#### BANK DETAILS for BACS payments

Bank Account name: Ise Valley u3a

Sort code: 40-26-07

Account number: 61608290

Reference: Your surname and membership number.

### KETTERING U3A GROUPS

As you are hopefully aware we have a reciprocal arrange with Kettering U3A to use their groups, I have been notified they have space in their Discussion Group. Meets at St Andrew's Church Rooms 2-4pm, on the second Tuesday of the month. If interest please contact David Clayton 01536 520 956

### 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.

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

## June Quiz -

Can solve these brain teasers? – Answers later in this newsletter

1. How can you throw a ball as hard as you can and have it come back to you? It doesn't bounce off anything, there is nothing attached to it and no one catches or throws it back.
2. What occurs once in every minute, twice in every moment, yet never in a thousand years?
3. What's full of holes but still holds water?
4. What flies without wings?
5. Where will you find roads without vehicles, forests without trees & cities without houses?
6. What 5 letter word, when written in capitals, looks the same upside down and backwards?
7. What word becomes shorter when you add two letters to it?
8. What can you keep but shouldn't share and once you share it, you can't keep it anymore?
9. Sam's mother has 4 children in all. The first one was named May, the second June and the third July. What was the fourth child's name?
10. There is only one time in your life when you're twice as old as your child. When is that?
11. What can travel around the world while staying in the corner?
12. What is always coming but never arrives?
13. What runs out when you push it?
14. Take off my skin, I won't cry, but you will, what am I?
15. What is harder to catch the faster you run?
16. What can be driven although it doesn't have wheels and can be sliced but it stays whole?
17. Which tyre doesn't move when a car turns right?
18. What can you hold in your left hand but not in your right?
19. Arnold Schwarzenegger has a long one, Michael J Fox has a short one. Madonna doesn't use hers. What is it?
- 20 Starting with a 8 letter word I took away one letter and it still made a word. I kept on doing that until I only had an "I" is left. What word did I start with?



### Group Reports



### Beginners Camera Club

Due to holidays etc. only 4 members attended. We showed our Sport & Pastimes Photos and discussed them (they were on show at the June meeting)

Joy then did a presentation on Water – discussed the idea of slow and fast exposures which gives the smooth mist effect or fast to catch water drops. We also learnt we can change the settings on our phones as well to get these effects. Also discussed the idea of if taking photo of still water then use the opportunity to take the picture as you initially visualise then changing angles by stepping to the left and right and bending down and taking a picture of all of them to see which is the best view. (showed some examples) Hopefully making us think about changing view point in future.



*Joy (on behalf of Pat Johnson)*

## Book Group

This month Book Group choice of reading was 'The Classic' This covers a very wide range of material

Linda Law - Lord of The Flies by William Golding

Lynda Kirbyshire - Lady Chatterley's Lover by D.H. Lawrence

Julia Bates - The Great Gatsby by F.Scott Fitzgerald

Lin Benbow - The Go between by L.P.Hartley

Shirley Hill - The Return of The Native by Thomas Hardy

Cheryl Davies - To Kill a Mocking Bird by Harper Lee

Margaret Turnbull - Cider with Rosie by Laurie Lee



Our meeting was held at the Lilacs. Where we enjoyed a delicious lunch before our review on our book

We will be back in August ready to read The Road to Little Dribbling by Bill Bryson.

*Margaret Turnbull*

## 10pin Bowling



Well due to holidays we were only four this month, so as per usual lots of fun and laughter plus confusion as we were playing constantly on two lanes. Richard scored his personal best of 152 so he was cock a hoop.

It is such a fun group, if you would like to try it contact Dai Johnson and let him know. You do not have to be an expert as you will see if you come along.

*Jill and Richard Burgess*

## Singing for Pleasure

Our meeting on Friday 26th June was singing as usual but followed by lunch at McQueen House, Twywell where we enjoyed a delicious lunch and a raffle.



Friday 10th July will be our final meeting before the summer break and we will start again on Friday 11th September. We still have places available if you would like to join us

*Roger Payne*



## Craft n Coffee

Only 5 of us attended but had a lovely morning. Well done to Angela who was the only one who actually crafted! Jayne brought a tote bag which she is decorating with buttons on one side using different embroidery stitches and she will sew hearts on the other side again using different stitches. Josie helped Anne with a dress making alteration and I supplied IT support. Thanks to the Stirrup Cup for providing a jug of water with orange & lemon slides due to the heat.

*Joy*

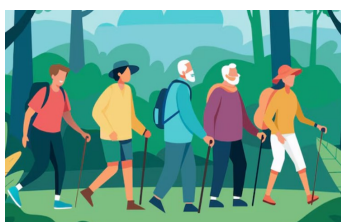
## Lunch Club

This month's lunch was held at The Stirrup Cup, with cancellations due to illness there were 15 of us. It was a very friendly group with much fun and laughter helped by an unexpected floor show by my husband and friend at the beginning. Everyone said they enjoyed it so that was nice to hear. Looking forward to seeing you all at the next one.



*Jill and Richard Burgess*

## Short Walks



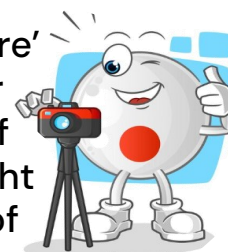
This month a small group walked a familiar route but in the opposite direction to normal and with a different starting point. The weather was kind to us – dry & not too hot. We ended with drinks outside the Buttery in Woodford.

Next month's walk will be at 10am on Thursday 16th July.

*Helen Hicks*

## Camera Group

Because of holidays, only a few of us met to view our 'texture' photos. You can see them at the AGM. They speak for themselves. Steve then gave us some ideas for photos of people at work on the land. I thought my holiday in Ireland might offer some good examples. There were plenty of examples of gardens and woodland but a lack of workers. They must come out at night.



*Jenny*

## Art Group

The heat has affected our numbers but a few diehards still met up. No air con in the room but it didn't get too hot.

This month we had Mel giving us the lesson on using Acrylic for a landscape incorporating a building, bridge and reflection in the water.



As we weren't able to finish the paintings in the 2 hour session we are continuing on the 6th of July which will be our last session with Mel before she travels home to South Africa for the summer. Our last class for the group is Monday 27th July and we start back on Monday 7th September at 2pm.

*Tessa Bellamy*



# LOCAL EVENTS YOU MAY BE INTERESTED IN

## Cransley Hospice Community Choir. **SONGS FROM THE SHOWS**

Salvation Army Citadel, Rockingham Road, Kettering

Friday 10th July 2026. Doors open 7pm for 7.30pm start

Tickets £7 including refreshments

from the Cransley Hospice Fundraising Office on 03000 274040 or  
The Cransley Hospice Charity Shop, Dalkeith Place, Kettering on 01536 414343.



The convention is on Fri 31st July & Sat 1st Aug at Kettering Arts Centre. There care two 5-hour sessions each day for only £7 per person per session for this fun social gaming experience.

There will be hundreds of games to play on the day and attendees can bring their own to play too.

There will be demonstrations of games to learn how to play, vendors selling board game-related wares, a Bring and Buy section for pre-used games, and competitions, tournaments and a raffle.

We are also inviting budding game creators who want to play test their game designs to come along.

Kettering Arts Centre has its own licensed bar and there will be vendors with delicious food too.

  
ST ANDREW'S  
Kettering

### Fundraising Summer Fashion Show and Shopping Event

St Andrew's Church,  
Rockingham Road, Kettering  
Friday 10<sup>th</sup> July @ 7.30PM

Your Favourite brands at up to 75% off  
DOROTHY PERKINS : WHITE STUFF : RIVER ISLAND : NEXT :  
EVANS : NEW LOOK : MISS SELFRIDGE : TOPSHOP :  
WALLIS : URBAN OUTFITTERS : WAREHOUSE : MONSOON  
& MORE! SIZES 6 - 30

TO BOOK YOUR PLACE NOW EMAIL  
AD.STANDREWSKETTERING @GMAIL.COM

TICKET £5

Licensed Bar  
and Bean-to-cup coffee

**SOS** Charity  
Fashion Shows



  
LOCAL BRANCH WITH RECOGNITION  
MEDAL

  
SOUND  
SENSATION

### Kettering & District Flower Club Platinum Anniversary Flower Festival

St John's Church,  
Cranford, NN14 4AD

Preview evening with  
**Music for a  
Summer Evening**  
sung by  
**Sound Sensation**

August 28<sup>th</sup> preview 6pm · choir 7pm  
Admission by ticket only £7.50  
(inc light refreshments) · from 01536 505912

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### Flower Festival

Open for viewing  
August 29<sup>th</sup>/30<sup>th</sup> 10am - 4pm  
August 31<sup>st</sup> 10am - 2pm

Stalls Raffle  
Admission £3 Refreshments


Registered Charity Number 1101348

## OTHER THINGS HAPPENING IN JULY

- July 2-5 - Formula 1 British Grand Prix, Silverstone
- July 3-12 - Bradford Literature Festival, West Yorkshire
- July 4 - London Pride, London, England
- July 7-2 - Langollen International Musical Eisteddfod
- July 8-12 - RHS Badminton Flower Show, Gloucestershire
- July 9-12 - Goodwood Festival of Speed, West Sussex,
- July 9-26 - Buxton International Festival, Derbyshire
- July 10-19 - Edinburgh Jazz & Blues Festival
- July 11 - Round the Island Race, Isle of Wight, southern England
- July 12-19 - The Open (Golf) Championship, Southport
- July 17-19 - Royal International Air Tattoo, Gloucestershire
- July 17-19 - Bristol Harbour Festival
- July 17-12 Sept - The BBC Proms, Royal Albert Hall, London
- July 18-20 - Camp Good Life, Hawarden Castle's, Flintshire
- July 20-23 - The Royal Welsh Show, Llanelwedd, Powys
- July 21-26 - RHS Sandringham Flower Show, Norfolk
- July 25/26 - Wales Airshow, Swansea
- July 26 - Birmingham Mela (South Asian music festival)
- July 28 - Aug 1 - 'Glorious Goodwood' Festival, West Sussex,
- July 29 - Aug 2 - Women's Open Golf, Royal Lytham & St Annes,
- July 30 - Aug 2 Camp Bestival music festival, Lulworth Castle, Dorset

*Two guys are walking through a game park. They come across a lion that has not eaten for days and the lion starts chasing them. They run as fast as they can but when one of them is getting tired, he decides to say a prayer, "Please Lord turn this lion into a Christian,." He looks round and he sees the lion on its knees. He is happy to see his prayer answered, but then he hears the lion is praying and saying "Thank you Lord for the food I am about to receive."*

## ANSWERS TO THIS MONTH'S QUIZ

- |   |   |  |
|---|---|--|
| <p>18. Your right elbow</p> <p>19. Surnames</p> <p>20. STARTING</p> <p>Remove the middle "T" for "staring", then the "A" for "string", the "R" for "sting", the "T" for "sing", the "G" for "sin", the "S" for "in" and finally the "N" to leave the "I".</p> |  | <p>1. Throw it straight up in the air</p> <p>2. The letter "M"</p> <p>3. A sponge</p> <p>4. Time</p> <p>5. On a map</p> <p>6. SWIMS</p> <p>7. Short</p> <p>8. A Secret</p> <p>9. Sam</p> |
| <p>10. When your child reaches the age you were when they were born</p> <p>11. A Stamp</p> <p>12. Tomorrow</p> <p>13. Your luck</p> <p>14. An onion</p> <p>15. Your breath</p> <p>16. A golf ball</p> <p>17. The spare tyre</p>                               |   |  |

## Activity Group Details

Day/Group	Leader	Telephone	Venue	Frequency	Time
<b>Monday</b>					
Art Group	Tessa Bellamy	07854 864632	St Andrews Church Rooms	Weekly	2-4pm
Book Club	Margaret Turnbull	01536 511139	Village Hall Barton Seagrave	3 <sup>rd</sup> Monday	11am - 1pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 07816 939198	Member's home (Ise Lodge)	Monday following monthly meeting	2pm
Mah Jong/ Scrabble	Linda Law	01536 659091	Barton Seagrave Village Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	1.45 - 3.45pm
Play Reading group	Rosalind Bridges	01536 741455	Venue & dates vary	Normally 1st Monday	2-4pm
Recorder Group	Mary Cooper Sue Hartley	01536 420336 07787 187728	Member's home (St Mary's Road, London Rd end)	Usually 2 <sup>nd</sup> & 4 <sup>th</sup> Monday. Can vary for Bank Holidays or to suit members	2-3pm
<b>Tuesday</b>					
Camera Club (Beginners)	Pat Johnson	07816 939198	Member's home (Ise Lodge)	2 <sup>nd</sup> Tuesday	2pm
Ukulele Group	Alan Bailey	01933 350147	Member's home (Grosvenor Way, Barton Seagrave)	Fortnightly	10am - 12 noon
Craft n Coffee	Joy Knight	07535 446758	Stirrup Cup Barton Seagrave	4th Tuesday	10.30am - 12 noon
<b>Wednesday</b>					
Colour, Relax and Chat	Alison Harvey	Alison_harvey@hotmail.com.	Member's home (behind Avery Care Home)	Last Wednesday of the month	10:30-12noon
Lunch Club	Pat & Dai Johnson	07816 939198	Varies	3 <sup>rd</sup> Wed Alternative Months	12 for 12:30pm
<b>Thursday</b>					
Ten pin bowling	Dai Johnson	07816 939198	Thunder Bowl Rockingham Rd	Follows monthly meeting	12 noon
Coffee Morning	Sylvia Dale	07419 837379	Stirrup Cup Barton Seagrave	Every Thursday	10am
Spanish #	Pauline McCready	07731 555873	St Andrew's Church Rooms	Fortnightly	2-4pm
Rummikub Group	Vivien Hole	vivien.hole@gmail.com	Village Hall Barton Seagrave	2nd & 4th Thursdays	1:15 - 3:30pm
Short Walks	Helen Hicks	07827 889441.	Varies	3 <sup>rd</sup> Thursday	10am
<b>Friday</b>					
Singing for	Lynda Harris	01536 529410	St John's Church	Fortnightly	10am - 12 noon
Trips	Sylvia Dale	07419 837379	Varies	Varies	Varies

### Groups who currently have vacancies

Ukulele, Play reading Group, Recorder Group, Beginners Camera Club  
Ten Pin Bowling, Singing for Pleasure, Coffee Morning, Rummikub,  
Colour, Relax and Chat & Lunch Club

To enroll in any groups, please contact the Group Leader.

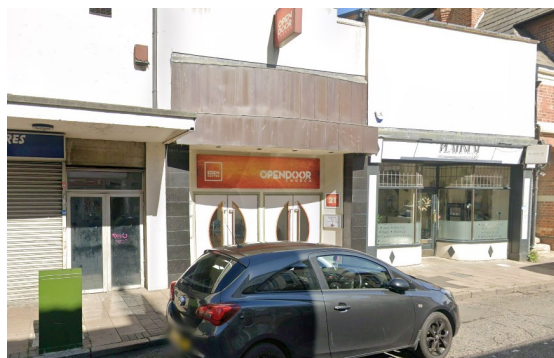
Coffee morning is the exception - anyone is welcome - just turn up.

# The Spanish group is not meeting at the moment as they are looking for a new leader

## **MAIN MEETING** – 2<sup>nd</sup> Wednesday of the month

The Eden Centre, Montagu Street

Doors open	1.30pm
Chair's Chatter	1.55pm
Speaker	2.00pm
Raffle	3.00pm approx.
Finish	3.15pm approx.



## **COMMITTEE 2025-2026**

Chair	Penny Smith	07772 237077
Acting Deputy Chair	Joy Knight	07535 446758
Treasurer No 1 a/c	Jude Walker	07941 352190
Treasurer No 2 a/c	Tessa Bellamy	07854 864632
Membership Secretary	Alison Harvey	07706586000
Secretary	<b>VACANT</b>	
Activity Groups Co-ordinator	Joy Knight	07535 446758
Speaker Seeker	Michael Bristow	07878 534994
General Duties	Anne Chandler	07734 963682
Information Technology	Roger Payne	07799 177378

## **Non Committee Officers**

Safeguarding Officer	Bob Moffatt	07970 896519
Newsletter Editor	Roger Payne	01536 722419

## **2026 PROGRAMME**

12th August	Chris Stanbury – The walk of a lifetime, Land's End / John O'Groats
9th September	Melody Flyte – Forces' Sweethearts of WW2
14th October	Andy Smith – 'Songsmith' (and other stories)
11th November	Bobbie Darbyshire – "A Beginning, a Muddle and an End:

## **OUR WEBSITE**

<https://isevalleykettering.u3asite.uk/>

If you have anything you think should go on the site or if you find links which don't work or other errors, please email me at [u3a.ise.valley@gmail.com](mailto:u3a.ise.valley@gmail.com)

## **NEWSLETTER MATERIAL**

Please email your contributions to me at [u3a.ise.valley@gmail.com](mailto:u3a.ise.valley@gmail.com) by the last day of the preceding month. If you can get them to me earlier, that would be much appreciated.

*Roger Payne*