

Kettering, Northants

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

Charity Number 1179738

SEPTEMBER 2026 ISSUE

Chair's Chatter

Hello everyone, did you enjoy the meeting this month? I loved the goodies that Lottie from the Green Patch brought with her, and the size of the veg!!!

The cake stall was popular, especially after I reminded you all that it was there. Virtually nothing left, so thank you to all those who made cakes for us. We raised £27 towards our Christmas Party.

Lots of praise for the Speaker who was a hit with everyone.

Remember, if you have any ideas that you want to put forward, come to the Think Tank coffee morning, the first Monday after the main meeting. The ideas we used this month had 23 members signing up for new activities. I call that a win!

For the September meeting we will have a different community group there to tell you about their activities. More pop-up ideas for you to sign up to so that boredom is kept at bay. There will also be a craft table for those who are interested in learning more about different crafts. If there is anything you are interested in doing from book binding to paper making and everything in between then ask Ali as she does them all!

Renewals

Please don't forget to renew your subscriptions. You can do this through the bank or by cash at the meetings. £20 or £16 if you are a member of another u3a. If you have difficulty getting to the meetings but want to renew then contact me.

Bank details are: *Account:* Ise Valley u3a; *Sort code:* 40-26-07

Acc No: 61608290 *Ref:* Your name and membership number

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.

Sylvia

OUR SPEAKER

Our speaker this month is Melody Flyte who is an experienced vintage singer, specialising in the Great American Songbook and British and American songs of WW2. Melody will be talking about and performing songs from the 1970s.

DOORS ARE NOW OPEN AT 1.15PM. YOU ARE WELCOME TO COME INTO THE HALL, BUT PLEASE MAKE SURE THAT YOU SIGN IN WITH THE MEMBERSHIP SECRETARY.

Quiz - Questions about the 1970s (answers later in the newsletter)

1. Who did Princess Anne marry in 1973?
2. One of the UK's biggest bands split in 1970. Who was it?
3. The Sex Pistols were formed in 1975, name their lead singer?
4. Which horse won the Grand National three times in 1973, 1974 and 1977?
5. The films Watership Down, Grease, Lord of the Rings and The Deer Hunters all came out in what year?
6. Queen Elizabeth II celebrated which Jubilee in 1977?
7. In 1979, who became known as "the Queen of Disco" with her hit "Hot Stuff"?
8. In what year was the first baby born from in vitro fertilisation?
9. Which US president was forced to resign over the Watergate scandal?
10. In which country was Greenpeace was founded in 1971?
11. In which year did the UK adopt decimalisation?
12. Which long running BBC children's news programme started in 1972?
13. In which year were the first supersonic passenger flights on Concorde?
14. Who played Dr Who from 1970-1974?
15. Who did Billie Jean King beat in the "Battle of the Sexes" tennis match?
16. Which line of SUV vehicles was launched in 1970?
17. Fashion icon Coco Chanel died in 1971, how old was she when she died?
18. In 1974, Stephen King's first novel was published. What was its title?
19. Which is the main family featured in the TV hit Dallas which started in the 70s?
20. Joni Mitchell, The Doors & Jimi Hendrix all performed at which UK festival?



Reciprocal Agreement

I know a number of you have heard that we have a reciprocal agreement with Kettering u3a, but do you know what it means?

Both u3as' have different groups, and this means that you have access to the groups in each u3a. If you fancy trying a new hobby that Kettering run a group for, then you can join that group providing there is room for you. If you don't like it, that is fine. If you do like it, you could still go without joining Kettering u3a, or you could join them as well at a lower cost as you belong to Ise Valley.

The same is for Kettering u3a members. In Singing for Pleasure, we have members of both Kettering and Ise Valley. We all get along very well and would not dream of asking someone to leave just because they belong to the other u3a. I would hope and expect that the same thing happens in other groups. If you want any more information, then please ask me.

Sylvia



GROUP REPORTS



Pickle Ball

The Pickle Ball group is up and running. Richard had his first session recently, all enjoyed the game and will be going back for more.

Do you want to join them? Speak to Richard Burgess at the next meeting.



Trips

I asked for good weather – not too hot – for our trip to Ely, and the weather gods said yes! In fact, at one point in the afternoon the breeze was downright chilly, but we all had a great day.

Some visited the cathedral, others the museum or walked down to the river – and back up!

The market was interesting with different stalls, lots of individual shops and plenty of charity shops which are a great source of paperbacks.

Apart from a holdup through a broken-down car on the way back, the day was great with many members saying that they would return to see what they missed.

Looking forward to our next trip to see Barnum at the Curve in Leicester in September.

Sylvia



Book Club

The book for August was Bill Bryson's 'The Road to Little Dribbling' which was a sort of follow-on from his book 'Notes From a Small Island'.



Bill travelled from Bognor Regis to Cape Wrath in Scotland – visiting many towns, cities, villages and outlying places using trains, buses, his car or just walking. He gave hilarious accounts of his conversations, and comments he had with the people he met on his travels. Also he gave out lots of information in the book – useful or otherwise – and some sad but interesting stories.

One of his comments, which he also mentions in his last few words in the book, was that 'there isn't a landscape in the world more artfully worked, more lovely to behold, more comfortable to be in than the countryside of Great Britain. I think it may be the British nation's most glorious achievement. All we have to do is look after it. I hope that's not too much to ask.'

An interesting and very funny book – well worth reading.

Shirley Hill

Camera Group

During our August meeting we first looked at the photos of "glass" our theme for the month. As we have no meeting in September, too many members being on holiday, we then went on to talk about how to tackle our next two themes.. Next month we are photographing from above and the following month our theme is "before and after". Don't forget, no meeting in September, our next date is October 19th.



Jenny

Recorder Group



We usually meet on the 2nd and 4th Mondays at 2pm in the centre of Kettering. Sessions last about one and a half hours. We play a variety of music – from the middle ages to more recent compositions. The group is not for beginners, however we work at a pace that suits group members.

In the Autumn term, some of the time will be spent practising for Christmas activities. New members are always welcome. If you are interested please contact me

Mary Cooper

10pin Bowling



I don't know whether it was the heat that finally got to us or what! We were all on low scores with no one beating a 100 score, then suddenly someone got a second wind and smashed through the barrier. We all hope for cooler temperatures next time, so we can get back to some more normal scores.

We always look forward to welcoming new players. Please contact me for further information.

Dai Johnson

Lunch Club

There will be no Lunch Club in September as some people are away. At the October meeting on Wednesday 14th October we shall be taking orders for the October Lunch club at The Star in Geddington on Wednesday October 21st, 12.00 for 12.30. Each booking will require a non returnable £5 deposit per person.

The Christmas Lunch Club will be at The Old Vic in Burton Latimer on Wednesday 17th December. We shall be taking orders for this meal plus full non refundable payment in cash at the November meeting on November 11th. The cost will be 2 courses £27 or 3 courses £34. If you are unable to be at the meeting but want to come to the meal, please contact us before the meeting so we can take your order and payment.



Pat & Dai



Craft n Coffee

There was no meeting in August so our next meeting is on 22nd September

Joy Knight

Art Group

Just to remind you that we're back on the 7th September at the 2pm start time.

With the 6 week break I wonder if anyone produced any art. I was full of good intentions but only managed to play around with one painting although I've taken lots of photos to use as reference. Looking forward to getting back into the swing of things with our friendly group.



Tessa

Short Walks

This month we stayed close to Kettering with a walk around Barton Seagrave.



We went through some woods towards St Botolph's church, across Polwell Lane and into Wicksteed Park. After a stroll round the lake we returned to the Stirrup Cup to catch up with the Ise Valley u3a members at the weekly coffee morning for our refreshments.

The next walk will be at 10.00 on Thursday 17th September from Geddington Village Hall & cricket club car park. NN14 1AA.

The route will be towards Newton where previously we saw Llamas. Refreshments at the end will be at the ever popular Cafe Oak.

Helen Hicks

Discussion Group

After my news update earlier in the month, Helen Hicks has come forward and offered to have a discussion group in her home. More details will be on the Groups desk. Thank you, Helen.

Mahjong and Scrabble

We have space for more players whatever your experience. You will be most welcome to come and join us for friendly games of Scrabble or Mahjong at Barton Seagrave Village Hall on 2nd & 4th Mondays at 1:45pm *Linda Law*

Singing for Pleasure

We will be starting again, after our summer break, on Friday 11th September. We still have places available if you would like to join us at St John's Church on the Grange Estate from 10am to 12 noon

NEWSLETTER MATERIAL

Please email your contributions to 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*

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 u3a.ise.valley@gmail.com *Roger Payne*

FOOD DONATIONS

I have been made aware – yes, I did know about it but hadn't given it much thought – about children who, through no fault of their own, are going to school without breakfast and going home to very little supper. Their parents are in work, but on minimum wage and because they are in work the children don't qualify for free school meals, food vouchers etc. These parents are struggling. The free food that is available, has to be collected during the day when the parents are at work, so they can't get there.

I have been asked if our u3a would help in donating food for those who fall through the net and are really struggling. If you are out of work, you can get help. If you are in work, there is very little help available.

With this in mind, I am going to have a specific place at the meetings, where we can donate tins, tea, coffee, sugar etc, things we can afford, to help those who are struggling. I will make sure that they are delivered to those in need.

WILL YOU HELP ME PLEASE?

Sylvia

RECOMMENDED HANDYMAN

This is a new section where you can recommend tradespeople who have done a good job. Person recommendations are always worth considering

I have used LJN Plumbing and Heating Services to replace a boiler and refit my bathroom and was very pleased. Reasonable quote; worked efficiently and cleanly; very pleased with the result. Gas safe engineer

Mobile – 07713 198145 email: ljnplumbingservices@outlook.com

Sylvia

If you have a tradesperson you would like to recommend please email their details to the newsletter at u3a.ise.valley@gmail.com

THE THINK TANK

We had another meeting to discuss what we would do for the September meeting. Unfortunately, there were a lot of people in the pub and we were having difficulty hearing each other. With that in mind, I have now secured somewhere to try that will hopefully make it easier to communicate with each other.

The next meeting on September 14th will be at Barton Seagrave Village Hall at 9.30am. Apologies for the earlier time, but it was that or put up with the noise from a lot of children. As we are being allowed to use the room for free – we can buy a tea or coffee – it seemed the best option. The meeting will be in the café which is very comfortable and they are happy with us moving tables etc so long as we put it all back.

We decided to try a jigsaw library at the September meeting. This will entail jigsaws being loaned out at a cost of £1 each. When they are returned, they will get 50p back! If you have jigsaws that you no longer want, then why not donate them to our library.

A number of ideas came up but due to the noise level we had difficulty following through with them. We will revisit them next month, hopefully in the peace and quiet of the café.

ANSWERS TO THE 70s QUIZ



20. Isle of Wight Festival
19. Ewing
18. Carrie
17. 87-years-old
16. Range Rover
15. Bobby Riggs

12. John Craven's Newsround
11. 1971
10. Canada
9. President Richard Nixon
8. 1978

7. Donna Summer
6. Silver
5. 1978
4. Red Rum
3. Johnny Rotten
2. The Beatles
1. Mark Phillips

LOCAL EVENTS



26th Sept THE PANTALOONS present
'The (almost) complete history of Britain'

3rd Oct MAMA MIA – THE PARTY
featuring local DJ Bill Burton

Details/tickets from ketteringartscentre.com



4th Sept The Fleetwood Mac Legacy

12th Sept The Bon Jovi Experience

For full details of all events at The Lighthouse visit
lighthouse theatre.co.uk/whats-on/



10th Sept – BBC Radio Northampton's Make a
Difference Awards.

11th Sept – Best of the Bee Gees

For full details of all events at Royal & Derngate visit
royal and derngate.co.uk/whats-on

ACTIVITY GROUP DETAILS

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Art Group	Tessa Bellamy	07854 864632	St Andrews Church Rooms	Weekly	2-4pm
Book Club	Margaret Turnbull	07923 910289	Village Hall Barton Seagrave	3 rd 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 nd & 4 th Monday	1.30 - 3.30pm
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 nd & 4 th Monday. Can vary for Bank Holidays or to suit members	2-3pm
Tuesday					
Camera Club (Beginners)	Pat Johnson	07816 939198	Member's home (Ise Lodge)	2 nd 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
Wednesday					
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 rd Wed Alternative Months	12 for 12:30pm
Thursday					
Ten pin bowling	Dai Johnson	07933 52786	Thunder Bowl Rockingham Rd	Follows monthly meeting	12 noon
Coffee Morning	Sylvia Dale	07419 837379	Stirrup Cup Barton Seagrave	Every Thursday	10am
Spanish #	Pauline McCreedy	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 rd Thursday	10am
Friday					
Singing for Pleasure	Lynda Harris	07752 141571	St John's Church Hall	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,
Mahjong and Scrabble, Colour, Relax and Chat & Lunch Club

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

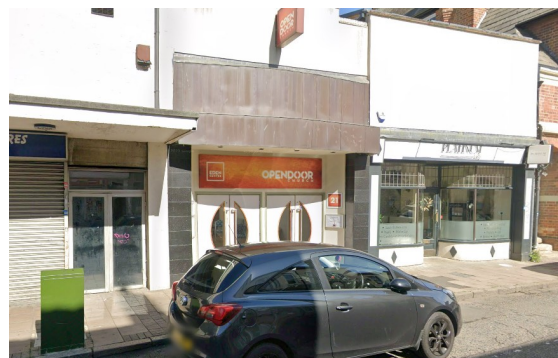
Coffee morning is the exception - anyone is welcome - just turn up.

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

MAIN MEETING – 2nd Wednesday of the month

The Eden Centre, Montagu Street

Doors open	1.15pm
Chair's Chatter	2.10pm
Speaker	2.15pm
Raffle	3.00pm approx.
Finish	3.15pm approx.



COMMITTEE 2025-2026

Chair	Sylvia Dale	☎ 07419 837379
Deputy Chair	VACANT	
Treasurer No 1 a/c	VACANT	
Treasurer No 2 a/c	Tessa Bellamy	☎ 07854 864632
Membership Secretary	VACANT	
Secretary	Lynne Franklin	☎ 01536 618001
Activity Groups	Joy Knight	☎ 07535 446758
Co-ordinator		
Speaker Seeker	Michael Bristow	☎ 07878 534994
Information Technology	Roger Payne	☎ 07799 177378
Newsletter Editor		
General Duties	Anne Chandler	☎ 07734 963682
	Jude Walker	☎ 07941 352190

Non Committee

Safeguarding Officer	Bob Moffatt	☎ 07970 896519
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JOB VACANCIES

Ise Valley u3a are recruiting members to join our hardworking committee. No experience needed, only willingness to become part of a team and help out at our main meetings and at a committee meeting once a month. We have at least 4 vacancies within the committee, so if you think you would be interested, please ring me for more information. *Sylvia* (Chair) ☎ 07419 837379

MEMBERSHIP SECRETARY REQUIRED

We urgently need a Membership Secretary. Alison has been doing the job for a while now but the lure of holidays has beaten her and she has booked so many that she can't continue any longer as Membership Secretary.

This is a great job where you meet all the members as they come into the main meeting. I started my committee history in this job and loved it. Unfortunately, I can't do more than I am doing now, so can't take it back.

Anyone who is interested, please contact me. I can explain what it entails. You do need to be computer literate, and willing to learn the new Beacon system, which I am told is dead easy! Your commitment is simply to come to the main meeting and take names; update the records, so we know who is a member, and attend committee meetings. This will not take a lot of your time, just a few hours a month.

Will YOU come and join us? *Sylvia* ☎ 07419 837379 sylviadale@live.co.uk