



ISE VALLEY NEWS

Kettering, Northants

Charity Number 1179738

August 2020

Chair's Chatter:

I have some good news to share with you. One of our committee members has offered to take on the role of Chair at the AGM so that Ise Valley U3A can continue. Many thanks to Helen Hicks.

To mix things up a bit – I am not convinced that many people read the newsletter online. I have had about 3 emails from members who have read it, so to convince me that it is worth doing I am asking you to email me with READ IT and all names will be put in a draw and the winner will receive a prize – and I will be convinced that it is worth doing next month!!

As we are now allowed to go in coffee shops etc why don't we start getting together again in a small way. I shall be attending coffee mornings regularly from now on. If you want me to come to yours please ask. I am happy to come and have a chat with you and discuss how we all think the way forward is.

If there are only a few of you in your group, have you thought about starting up again – socially distancing of course. Have the walking groups thought of getting together? Our coffee morning is now being held at the Stirrup Cup in Barton Seagrave. There is plenty of room to social distance either inside or outside. It was great to meet up again after all this time and catch up on the news.

Do many of you receive the Third Age Trust's newsletter? This is free and comes monthly. It often has snippets of information in that are useful. If you want to sign up for it go to the Third Age Trust's website and sign up there. It is free!

I would also like to thank Helen Checkley for her work as Speaker Secretary over the last few years and wish her every happiness with her move to Norfolk.

Sylvia Dale
Chair

WE WAS BRUNG UP PROPER !

"And we never had a whole Mars bar until 1993"!!!!

CONGRATULATIONS TO ALL MY FRIENDS WHO WERE BORN IN THE 1930's 1940's, 50's, 60's and early 70's!

First, we survived being born to mothers who smoked and/or drank while they carried us and lived in houses made of asbestos...

They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can, and didn't get tested for diabetes or cervical cancer.

Then after that trauma, our baby cots were covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets or shoes, not to mention, the risks we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags.

We drank water from the garden hose and NOT from a bottle.

Take away food was limited to fish and chips, no pizza shops, McDonalds , KFC, Subway or Nandos...

Even though all the shops closed at 6.00pm and didn't open on a Sunday, somehow we didn't starve to death!

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We could collect old drink bottles and cash them in at the corner store and buy Toffees, Gobstoppers, Bubble Gum and some bangers to blow up frogs with.

We ate cupcakes, white bread and real butter and drank soft drinks with sugar in it, but we weren't overweight because.....

WE WERE ALWAYS OUTSIDE PLAYING!!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And we were O..K.

We would spend hours building our go-carts out of old prams and then ride down the hill, only to find out we forgot the brakes. We built tree houses and dens and played in river beds with matchbox cars.

We did not have Playstations, Nintendo Wii , X-boxes, no video games at all, no 999 channels on SKY ,no

video/dvd films, no mobile phones, no personal computers, no Internet or Internet chat rooms.....WE HAD FRIENDS and we went outside and found them! We fell out of trees, got cut, broke bones and teeth and there were no Lawsuits from these accidents.

Only girls had pierced ears!

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

You could only buy Easter Eggs and Hot Cross Buns at Easter time...

We were given air guns and catapults for our 10th birthdays.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them!

Mum didn't have to go to work to help dad make ends meet because we didn't need to keep up with the Jones's!

Not everyone made the rugby/football/cricket/netball team.

Those who didn't had to learn to deal with disappointment.

Imagine that!! Getting into the team was based on **MERIT**

Our teachers used to hit us with canes and gym shoes and throw the blackboard rubber at us if they thought we weren't concentrating .

We can string sentences together and spell and have proper conversations because of a good, solid three R's education.

Our parents would tell us to ask a stranger to help us cross the road. The idea of a parent bailing us out if we broke the law was unheard of.

They actually sided with the law!

Our parents didn't invent stupid names for their kids like 'Kiora' and 'Blade' and 'Ridge' and 'Vanilla' and 'Tiger'

We had freedom, failure, success and responsibility, and we learned **HOW TO DEAL WITH IT ALL !**

And YOU are one of them!

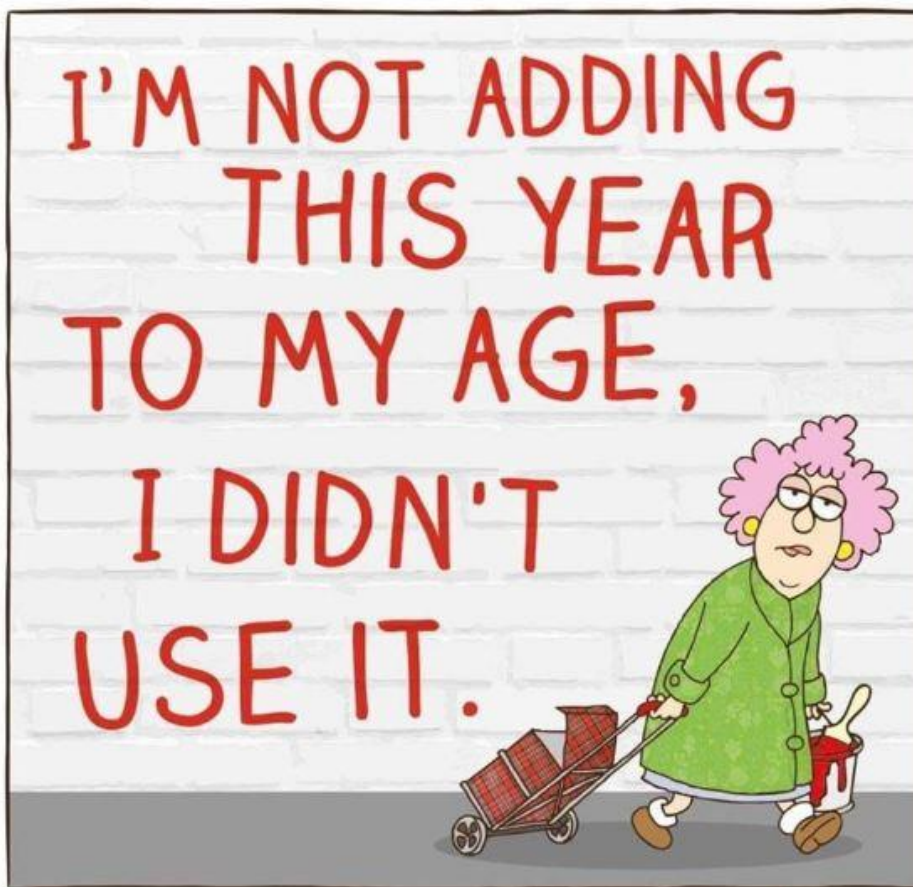
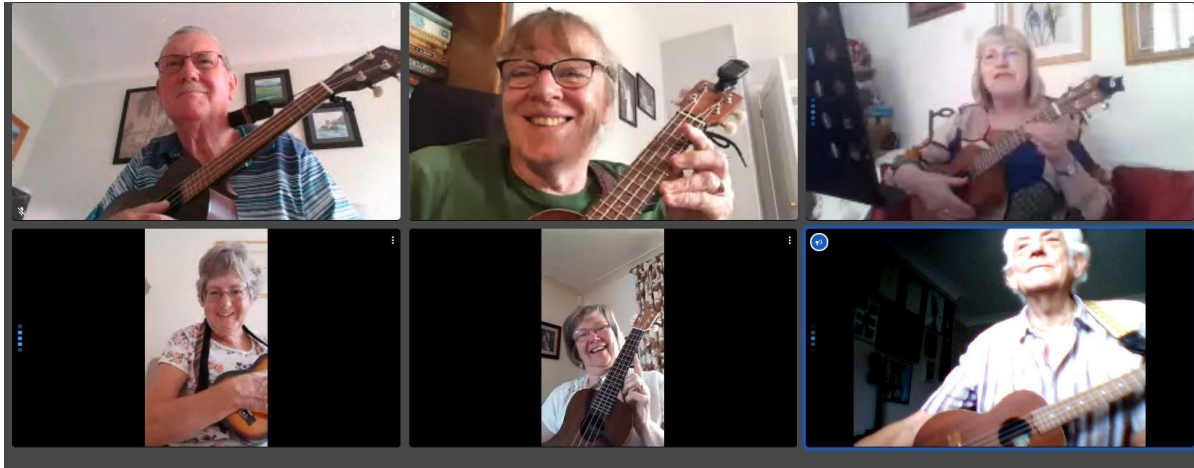
CONGRATULATIONS!

You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.

And while you are at it, show this to your kids so they will know how brave their parents were.

PS -The big type is because your eyes are not too good at your age anymore.

The Ise Valley Ukes meeting on Tuesday's video conference



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Answers to David Capps Quiz last month:

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|----|-------------|----|-----------------|
| 1 | Breeze | 2 | Ice cream |
| 3 | Blue Sky | 4 | Bees |
| 5 | Sun hat | 6 | Water fights |
| 7 | Crazy Golf | 8 | Picnic |
| 9 | Boat trip | 10 | Heatwave |
| 11 | Fair-ground | 12 | Shower |
| 13 | Sandwich | 14 | Barbeque |
| 15 | Hiking | 16 | Deckchair |
| 17 | Champagne | 18 | Holiday |
| 19 | Sunburnt | 20 | Ants |
| 21 | Fireworks | 22 | Mosquitos |
| 23 | Luggage | 24 | Hotel |
| 25 | Passport | 26 | Peace and quiet |
| 27 | Coach | 28 | Unwind |
| 29 | Cruise | 30 | Walk |
| 31 | Navigate | 32 | Peace and quiet |
-



Garden view from Andy Coles



Andy Coles garden

When trying to hold small grandchildren still while tying their shoelaces I wish I had found this site.

<https://www.fieggen.com/shoelace/index.htm>

Did you know there are more than 20 different ways to tie shoelaces? Including the world's fastest knot (which is what I needed!)

Book Club

It was an afternoon to celebrate on July 20th when our book club members met for the first time since lockdown, we sat outside in the sunshine in Margaret's beautiful garden and were treated to strawberries and cream with a glass of fizz.

We had lots to talk about but eventually got round to discussing our July book 'A Husband's Secret' by Liane Moriarty.

Three strands to the story set in Australia were cleverly woven and brought together throughout the book which began with Cecilia, a Tupperware consultant, wife to John Paul and mother to three daughters Polly, Esther and Isabel when she was in her attic looking for a piece of the Berlin Wall for her daughter Esther who was fascinated by the subject. What she actually found was a letter from her husband with the instruction 'To be opened only in the event of my death' so the first secret is revealed.

Tess and her very close cousin Felicity run a successful advertising business together, when her husband Will reveals the secret that he and Felicity have fallen in love.

Rachel Crowley has been living a nightmare for 20 years since her teenage daughter Janie was killed. Rachel is convinced Mr Whitby is guilty of her murder, he just happens to be a PE teacher at the same school where Rachel is secretary.

The book deals with the choices people make and their consequences. We all enjoyed the book and have chosen the same author for our September reading.

Linda Benbow



All the answers are related to food and drink

1 A big moan

2 Warm canines

3 A posh place to stay

4 These come from the old block

5 It's rude to blow one

6 Swelling on dad's foot

7 This made Popeye strong

8 Hit the bottom of a plant

9 Redheads

10 Wooden support

11 Amphibian underground

12 Susan is a karate victim

13 Biceps & triceps

14 Break into small pieces

15 State of worry & confusion

16 Ptoooooo

17 Sounds like a foreign piece of wood

18 Dry plums

19 Fireworks & pulp

20 Vehicles rust problem

21 Kill father

22 Evil lady at the seaside

23 Male stream blocker

24 A cold state cooked in the oven

25 Could be a very small loaf

26 Citric fine rain

27 Did Tinkerbell eat this?

28 Is this a degree scam?

29 Could be the price you pay for a cold

30 A GP condiment

31 Sounds like you have this in instalments

32 A dog in bloom

Answers next month.

Quick Recipe

Fish cakes

Ingredients: tin of tuna, 2 large potatoes, egg, anchovy essence

Recipe:

Peel and cook the potatoes. Mash when cooked and add the tin of tuna without the water or oil. Add some Anchovy Essence and egg to mixture. The Anchovy essence gives it flavour so be careful not to add too much (a dessertspoon is a good start) and just enough egg to bind. Make into cakes and fry until crispy on the outside and warmed through in the middle. This is a really tasty supper and serves 2 people. If you use more potato it stretches to 4!!!

Think he has got the wrong mask on!!!

