



**Until further notice Members' monthly meetings, usually held in the Grange Hall on the first Thursday of each month are suspended .**



## DECEMBER 2020 CHAIRMANS NEWSLETTER



I write as December, decisions about lockdown and Christmas looms. For most of us this is something to look forward to but not for everyone. So I start by wishing everyone a **MERRY CHRISTMAS** and to ask us all to look out for Anyone of our u3a friends who may not be anticipating next month with enthusiasm. They may need our support. We are good at that !

Talking of support, thank you to the many many members who have written to the committee on three matters mainly. Number One praise for The Newsletter and its importance at this time. Number two enthusiasm for NG30, our TV programme. Finally appreciation for all the committee have tried to do to keep our u3a alive at this time. That is gratifying. Thank you. However in this respect the efforts of some individual Group Leaders and other members should be acknowledged too.

So two things from me. Phil Gregg, our brilliant IT guru, has given The Radcliffe on Trent u3a website "Home Page" a makeover. It looks great and has interesting and useful stuff easily accessible. Thanks Phil.

Finally another NG30 TV programme is on the way. This time we feature Laura Parker, local archaeologist, with a fund of stories delivered with character. I do not know transmission dates yet but we will advise you. In the meantime it seems some of you without access to Notts TV have not realised that you can watch the programmes on both our website and on Notts TV website below whenever you want.

Episode 1 – Barrie Page – <https://nottstv.com/programme/ng30-saturday-29th-august/>  
Episode 2 – Chris Weir – <https://nottstv.com/programme/ng30-saturday-7th-november/>

Malcolm

## THE SEASON'S GREETINGS TO YOU ALL

### CANASTA

To all my lovely Canasta family.  
**A Very Happy Christmas and New Year.** I have seen some of you but not forgotten any of you. Thank you for attending the classes in the Grange fortnightly and thank you for the lovely teas, coffees and biscuits provided. Lets hope this horrible virus will lessen soon and we can all get together again until then please keep well and safe

Annette Ayres x x

email: tenbob@greenbee.net

For those who can't work out social distancing. This is two meters apart !! 😂



From :

### BRIDGE GROUP

Hello everyone. I hope you are all keeping safe and well. Although we have not met for quite a while, I do know many of you are managing to play Bridge online and keeping your hand in! I know you would all like me to thank Di who has been sending us regular quizzes on bridge hands, making us think hard and keep our brains active.

I think we will all have forgotten how to handle and play cards by the time we meet again and we will be expecting the cards to be played for us when we press a button.

Rather than send you a picture of Christmas to wish you a Happy Christmas and a Good New Year, I thought this picture of sun, sand, sea and Bridge will cheer you all up and be a portent of things to come.



**Happy Christmas  
and A Covid Free  
New Year.**

**Greg Bungay**  
email :

[gjbungay@yahoo.co.uk](mailto:gjbungay@yahoo.co.uk)



"OH, THANK HEAVENS!! A FOURTH!"

## FILM APPRECIATION GROUP

Our group is determined to battle on despite being banged up again. Before our extended summer break we held three Zoom meetings which I am advised worked well but perhaps lacked the spontaneous cut and thrust the Group Leader had to contend with in days of yore.

We have decided to embark therefore on another experiment by watching iPlayer productions and then reviewing them using WhatsApp in a predetermined time frame. Our chosen first film is 'The Children's Act'. Hopefully this venture will marry the deep thoughtful assessment of film for which our erudite Group is justifiably famous, to a soupcon of light banter to see us through these dark days of isolation.

Yes, it's almost poetic but of course given the extensive technical expertise of the management, me, it could all be a huge disaster but now having tried Zoom with a certain amount of success for Group meetings during the interregnum, we have just had a WhatsApp 'meeting' to hold a Film Appreciation session. WhatsApp has some advantages over Zoom and certainly would be useful for, say, the Discussion Group and maybe others. (See Page 7)

Seriously we pray earnestly for you all to keep safe and outlive this terrible virus. May you and yours all have a wonderful, happy and healthy Christmas

**David Richards**, Group Leader. Tel : **07817 660 659**

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## ADVERT FOR OUR U3A TREASURER



**Radcliffe on Trent U3A desperately needs a Treasurer as the current Treasurer will be retiring soon.**

In March 2022 our Treasurer will retire from this role.. So now is the ideal time to volunteer. It will give someone a year from March 2021 to deputise and learn the role especially as during this year we plan to move onto a new and simplified U3A accounting system.

**Are you interested? Is it what you would enjoy ? Do you know someone? Please help!**

This is one of our most senior and critical U3A roles. It is also satisfying, stimulating and fun working within our committed and talented and supportive committee / team.

Please contact **Malcolm**, our Chairman via the website contact page, **rot-u3a.org.uk** choosing '**Other general enquiry**' from the list.



## KNIT & NATTER GROUP

"Our Knit & Natter Group occasionally receives donations from people clearing out their lofts. Who has not taken the opportunity to do this during lockdown? I personally am still wading through boxes of ancient family photo's! Anyway, our group recently received a large bin bag full of oddments of wool at the bottom of which was this treasure trove of sewing threads, which are difficult to knit with and are therefore surplus to requirements. If there is anyone or any cause out there who would like to have them, please do get in touch with me. - **Jan Addiscott**  
Tel: **0115 8457398**"



## POETRY FOR PLEASURE GROUP

### CHRISTMAS QUIZ

Hello everyone, Hope you are all well. Here is a little quiz to do in an odd moment while the kettle boils. Have a happy Christmas and see you in 2021.

- 1 Name the first poet to be buried in Poets corner in Westminster Abbey?
- 2 Who was Poet Laureate from 1984 until his death in 1988?
- 3 Which poet worked for 30 years as a librarian at Hull university?
- 4 Who wrote the children's poem The Pied Piper of Hamelin?
- 5 How many lines are there in a Sonnet?
- 6 The poem "I wandered lonely as a cloud" by William Wordsworth is often given which one-word title?
- 7 That there's some corner of a foreign field that is forever England is a line from which poem?
- 8 What was the primary make up word in The Owl and the Pussycat by Edward Lear?
- 9 Complete the title of Pam Ayres poem "I wish I'd looked after me \_\_\_\_\_"?
- 10 Who was appointed Britain's first female Poet Laureate in May 2009?
- 11 Which well known female American poet was during her lifetime more widely known as a gardener than a poet?
- 12 "April is the cruellest month" is a phrase from which poem?



## REAL ALE ZOOM GROUP

# HAPPY CHRISTMAS EVERYONE

Yes, A Happy Christmas Everyone, We all know its been a strange year and we haven't been able to meet monthly in our favourite establishments throughout the city. We were able mid lock-downs to meet in smaller groups of six or less outside to have a pint of real ale, a bar snack and a chat but that seems ages ago when it was warmer. We have however been able to have every last Wednesday in the month at 12noon have a Zoom Meeting when with our favourite real ale to hand we have had a "virtual meeting" that's kept us up to date and sane. Any U3A member is welcome to join us on Zoom if you wish.

Contact **Rod** on email:

[rodneymogg@gmail.com](mailto:rodneymogg@gmail.com) for details.



## OUR MEMBERS MONTHLY MEETING

Your committee are very conscious of the loss (hopefully temporarily) of our monthly get togethers at which we can socialise and listen to interesting speakers on a variety of topics.

So we met with representatives from our local TV Station - NOTTS TV and after much discussion commissioned a mini-series of half hour talks by local speakers, to try and replace part at least of our monthly meetings.

The Pilot episode on Aug 29th featured Barrie Page who has travelled the world and reported his amusing experiences. This was followed on 7th November by the first of the series and featured Chris Weir, a local historian and Archivist.

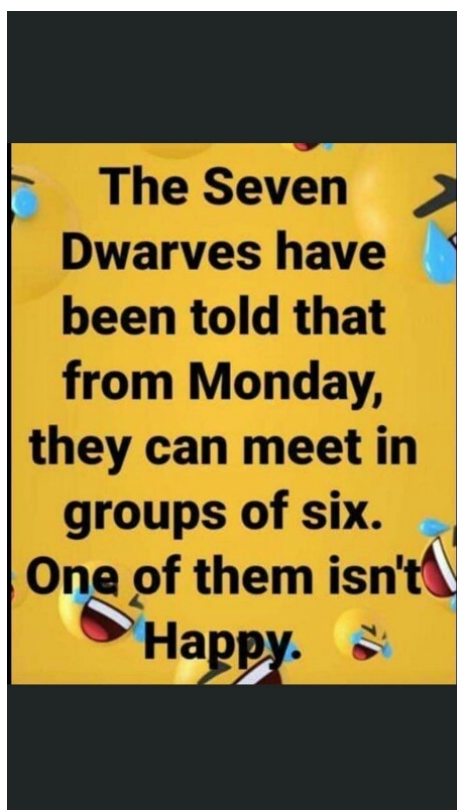
The Committee have received favourable reactions from many sources to these broadcasts and propose to plan their continuance with further local speakers. We will publish in the News Sheet the schedule as soon as this has been finalised.

You can tune in on Freeview channel 7 or Virgin channel 159. Computer access can be achieved online at [www.nottstv.com](http://www.nottstv.com). Here are the links :-

Talk 1 – <https://nottstv.com/programme/ng30-saturday-29th-august/>

Talk 2 – <https://nottstv.com/programme/ng30-saturday-7th-november/>

**Patrick . Asst Ed.**



## Lorraine Brittle

No Nativity this year because the 3 Wise Men face a travel ban.

The shepherds have been furloughed.

The Inn keeper has shut under tier 3 regulations and had a slump in bookings.

Santa won't be working as he would break the rule of 6 with Dasher, Dancer, Prancer, Vixen, Donner and Blitzen.

As for Rudolph, with that red nose, he should be isolating and taking a test. 😂😂

## HEALTHY COOKING & BAKING GROUP

To: Linda Barfield, Teg Davies, Pat Greaves, Liz Mendham, Tom Rowberry, Wendy Stevenson & Sandra Seymour.

1. To wish you a healthy and happy Christmas and 2021
2. To look forward To the return of our classes in 2021
3. To include a Christmas recipe for you to try.

### Christmas chocolate flapjacks

150 gms./6 ozs. Unsalted butter  
3.5 tbsp honey or golden syrup  
1.5 tbsp crunchy peanut butter  
100 gms/4oz Soft brown sugar  
325-350 gms/14ozs oats (not jumbo)  
100 gms/4ozs cranberries  
250 gms/10 ozs luxury mincemeat with brandy  
Or supermarket mincemeat with 1tbsp brandy mixed in.  
Or home-made mincemeat (e.g., Good Food recipe?)  
150 gms/6ozs high quality plain chocolate 60% + cocoa



### Method

1. Line baking tin (24x24cm, 4.5 cm deep) with parchment paper.
2. Bake at 180C No. 4 for 30-40 minutes until golden.
3. Melt butter, honey or/syrup/peanut butter and sugar in large bowl in microwave at 'med' power.
4. Stir in cranberries and oats.
5. Put 1/2 mixture in tin, flatten.
6. Add and spread the mincemeat.
7. Top with second half of the mixture, flatten.
8. Bake until golden.
9. Cool, cut into 12 pieces
10. Separate the 12 pieces.
11. Melt chocolate in microwave on low power.
12. Spread over flapjack. Use fork to decorate.. It can be frozen for later use.

Fondest regards, **Marian (Pyatt)**



## FRIENDSHIP & SUPPORT GROUP

# THE SEASONS GREETINGS ALL

Barbara, Sandra, Jill, Margarets 1,2 & 3, Ann, Joe, Christina, Sheena, Eunice, Cynthia, Marilyn, John, Enid, Joans 1&2, Thelma, Mal, Vera, Dorothy, Lilian and Avis can I wish you all a Happy Christmas and a healthy New Year.

Its been tough but although we have not been able to meet now for months and only in much smaller and reduced groups outside in the village or in our gardens during the Summer we have been able to keep in touch with each other through our weekly Newsletter and our brilliant network system via emails and the telephone. Many of us have learned new, dare I say it, "technology skills" and been Skyping and in some cases Zooming.

Lets hope the new year brings a vaccine and a return to something like normality.

Very Best Wishes **Rodney** Tel : **0797 1537 119**

## FROM ZOOM OVER TO WHATAPP

Since the early lockdown hit us in March our Group has attempted to keep in touch and hold meetings via the web discussing iPlayer films. The experience hasn't quite given us the computer knowledge of a five year old but we're getting there..

Our first attempts were via Zoom, the results were reasonable to good but last month we decided to try WhatsApp. There's nothing like progress.

The essential objectives were the same. Stay in touch safely, be able to communicate effectively and exchange views on the topic.

With Zoom we found the standard 40 mins you are allowed isn't long enough and the Leader has to sign up to the next level. However, the £15 ish/month will, with permission, be refunded by our wonderful Treasurer and there are other ways round it.

Sessions need to be carefully controlled by the Group Leader to ensure full participation as some folks are naturally shy while others are naturally not! Also there is the inevitable transmission delay which means people sometimes talk over each other. However, you can see each other, and this enhances the conversation.

With WhatsApp it's a text only conversation but there is time to read the ongoing continuous dialogue and it is easy to refer to a previous comment. Banter and opposing viewpoints can have full reign without being disruptive. You can easily share pictures and, dare I say it, jokes.

With both systems it is necessary to have members sign up to it which is easy but can be daunting for newcomers. Start times and dates are essential and in the case of WhatsApp it can go on for days though a two-day limit is recommended.

**David Richards**, Film Appreciation Group Leader,  
Tel: **07817 660 659**. Email: [d.richards68@ntlworld.com](mailto:d.richards68@ntlworld.com)

## KEEP FIT GROUP

Every Monday at 10 am, Judy our group leader, welcomes, encourages, cajoles and praises us for joining her on the regular zoom keep fit session. When we exercise only Judy is on the screen, demonstrating and explaining each simple exercise. She encourages us to the best of our own ability: never over-doing it with our creaking knees or stiff shoulders.

Why not join us and give it a try during lock-down restrictions, its free to U3A members.

Those of us who have done her class on zoom from the start would like to say a big "Thank You!" to Judy for a wonderful class each Monday that sets us up for the week ahead. Also, after the class those of us who want to, can stay on the zoom meeting for coffee, make your own, and a chat.

If you are interested and would like to know more contact via email : [kathryn\\_a\\_shaw@yahoo.co.uk](mailto:kathryn_a_shaw@yahoo.co.uk)



Here are the answers to the Poetry for Pleasure Christmas Quiz on page 4...

1. Geoffrey Chaucer
2. Ted Hughes
3. Philip Larkin
4. Robert Browning
5. 14
6. Daffodils
7. Robert Brooke
8. Runcible
9. Teeth
10. Carol Ann Duffy
11. Emily Dickinson
12. Thomas Stearns Eliot

### Update from the Radcliffe on Trent Surgery.

If you do need medical advice or help, please telephone reception. Do not turn up in person without an appointment. The receptionist will arrange for a doctor or nurse to call you. Where possible, the medical staff will use remote services such as photos, video calls and online consultations, but if you do need a face to face assessment you will be given a date and time to come down.

To avoid crowding in the waiting room, please arrive at the time given, not too early or too late and unless you have a carer or guardian who helps with your care, come alone. You will be required to wear a mask or face covering and continue to follow social distancing guidelines whilst in the building.

The practice is still offering annual long-term condition reviews, immunisations and baby checks and are reintroducing contraception services and routine blood tests. The team would also like to stress that if you have symptoms that you've been worried about, but due to the coronavirus have delayed getting them checked, please get it done now. Whether it be new lumps and bumps, changes in bowel habits, unexplained weight loss or bleeding, moles that have changed, chest pain, breathlessness or a persistent cough, or something else, the team at Radcliffe on Trent Health Centre are there to help.

The Flu campaign is going well, we still have some vaccines available so if you are in the original at risk categories please call the practice to book in.

Thanks

**Nikki Lucas** : Operations Manager & General Practice Lead for PartnersHealth

### IMPORTANT NOTICE

**THE MEMBER'S U3A NEWSHEET WILL CONTINUE TO BE PUBLISHED MONTHLY ON-LINE TO KEEP MEMBERS INFORMED**

**MEMBERS WHO ARE NOT ON-LINE WILL RECEIVE A COPY IN THE POST**

**For JANUARY 2021's NEWS SHEET the COPY DEADLINE is 19th DECEMBER, 2020**

Please send your comments, suggestions for articles, news, reports or photos to The Editors,

**Rodney Fogg and Patrick Mountford.** OUR email address is

**radcliffeu3anews@gmail.com**

**Thank you Editorial Team**