

July 2020  
Issue 46

[www.rot-u3a.org.uk](http://www.rot-u3a.org.uk)

# Radcliffe on Trent NEWS SHEET

Registered Charity No. 1152459



THE UNIVERSITY OF THE THIRD AGE



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

## **CHAIRMAN'S MESSAGE**

Hello Again and no apologies for a repetitive opening message. How are you All? Coronavirus seems to be abating a bit for now, at least, but please Stay Safe and Stay Alert. It remains a serious threat. As ever thank you to NHS staff, care home staff, all key workers and all local volunteers. Believe me you are appreciated a very great deal.

Whether suffering physical, emotional or economic distress if you know of anyone who needs help in our community do let us , The U3A or The Parish Council, know somehow. We will see what we can do.

If you are able to help, The Grange Hall remains open Monday to Friday 9am to noon collecting non perishable food for those in need. Thank you.

Well it is July soon and the traditional time we break for the summer. After our planned committee meeting on 6<sup>th</sup> July we will end this season but with understandably little clarity of what September onwards will bring. There is a possibility our Thursday monthly meetings in the Grange Hall may still be off limits, a large gathering of older people being an unacceptable risk. Whilst I do not want to say too much, to avoid misleading anyone, may I say your committee have been contemplating many different alternatives, some very inventive too. We are not ignoring this at all.

Some Groups have been adopters of modern technology, favouring Zoom in particular and which is featured elsewhere in this newsletter. These Groups have managed to keep going and may run over the summer. Jan Addiscott and Carol White, our Group Coordinators, whose contact details are in your Directory and on the website, may have further information and they are keen to hear of any group that is running. As restrictions lift, hopefully we will see more Groups restarting. Whilst writing please note, sadly, all Trips and Outings have been cancelled for the rest of 2020. This includes The Christmas lunch.

One decision we have reached is about membership fees next year. The committee has decided it is fair and reasonable to carry the fee you have paid this year over into the next year for all existing members. So there will be no fee to pay for 2021 to the end of March 2022. Thank you for supporting your U3A through this tricky year.

This year, for circumstances we do not fully understand, but probably involving Covid19 situations, I suspect, we have 66 "lapsed" members . Any "lapsed" member who renews ahead of September 2020 will also benefit from this offer. Please contact our Membership Secretary Diane Kidger, again contact details are in your Directory and on the website.

Any "lapsed" or new member from September will be subject to the usual reduced rate of £10 for the rest of this year and the usual full membership cost next year.

So not much more to add. All of the committee and editorial team for The Newsletter appreciate the kind words from those of you who have taken the trouble to write over the last few months to praise the content of The Newsletter. We will continue to work very hard!

All the best,

*Malcolm*

**DUE TO THE GOVERNMENTS ADVICE TO THE ELDERLY ALL U3A GROUP MEETINGS WILL BE CANCELLED.**

**CHECK WITH YOUR GROUP LEADER FOR EXCEPTIONS TO THIS, as some Groups are still running using modern technology—see below.**

### FRENCH CONVERSATION GROUP

Bonjour, mes amis !

The U3A French Conversation group has been meeting regularly via ZOOM.

Normally, we would meet in members' homes every alternate Tuesday morning, from 10am - 11.30 am. However, some of us now meet virtually, instead.

We have two ZOOM sessions every Tuesday morning, with a slight gap between each. These are kindly arranged by Peter and are attended by around seven members.

We have always focused on a topic at our actual meetings in our homes, but now, at our virtual meetings, we also include some grammar exercises, courtesy of Narendra, which we find interesting - and also challenging!

It is good to keep contact with each other during these difficult and unprecedented times.

Chef de Groupe - **Patricia Fox**..... Contact - [patriciafox22@gmail.com](mailto:patriciafox22@gmail.com)

### **Are we all Fit and Toned during lock down?**

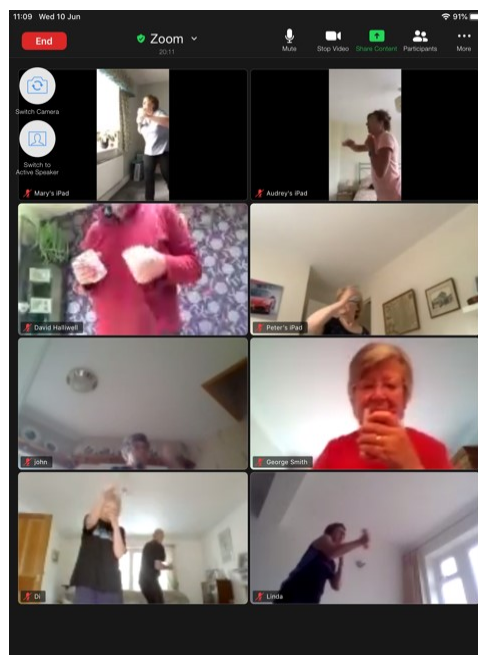
I hope everyone is finding their own ways to keep fit during this prolonged period of relative inactivity and that those who have joined in with my class are feeling more 'Fit and Toned'. As I write this and reflect, it has been 12 weeks since I moved my regular fitness class online.

The class runs at 11.00 am on a Wednesday morning and I can usually expect somewhere between 5 and 13 people attending in real life. Since I started on Zoom, my attendance has hit new highs with up to 25 of us working out together. When the weather is good I lead the class from my garden and to date I have managed 8 sessions outside and just 4 in the house. I think as a group we are really starting to get to know each other from our dwellings; one member commented that as soon as she saw the purple wallpaper with flowers on she knew who had just joined the meeting.

There are one or two of us, including myself who use small hand weights during the class and as it became clear to me that this online way of working is not going away any time soon, I decided that our differentiated learning needed to show some progress.

As the attendees arrive I have been encouraging them to raid their kitchen cupboards (now that panic buying is over and we can all get tinned tomatoes) and grab 2 cans to hold one in each hand. Just like any class of reluctant learners though, I have to remind them every week! Some of them are comparing the relative weight of beans and soup to find the lightest cans; I don't want to be there when there when someone opens the can of diet coke that's been punched repeatedly in the air, as I am sure that soft drink cans must be the lightest.

On week 12 despite the lack of hairdressing available the group agreed I could take a screenshot for the newsletter; in case anyone is wondering, we are all punching our cans to 'Eye of the tiger' (Rocky) and no, Jean is not drinking from that can, she is punching her imaginary opponents lights out!



If anyone else feels they want to join us on Zoom on Wednesday morning you can contact me via the U3A website.

**Beverley Lawe**

## **RADCLIFFE U3A MOTORCYCLE GROUP**



The Motorcycle Group took full advantage of the relaxing of the lockdown rules in June. Four of the group rode a circular route from Radcliffe-on-Trent to Bourne Woods, led by Bernard Archer. Chris took this photo of Bernard, Phil and Viv as they were all about to set off from the woods for home, of course keeping to the social distancing rules.

**Phil Gregg**

## **A PERSONAL MEMORY OF ONE MEMBER**

I have been reminded recently of my first trip abroad in the 1960's. I went to stay with my French pen pal who lived in a very nice home in Limoges. During my visit I was taken to relatives of hers, who lived in a very rural part of central France. I specifically recall three things of that day: 1) seeing several hams hanging to cure from the joists in the living room, 2) being served the delicacy of a stew and finding the cockerel's head (complete with cockscomb) on my plate and 3) being directed to the woods outside to relieve myself!!

Perhaps others would also have interesting memories which they could share with us....?! **Jan Addiscott**

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### **U3A Film Appreciation Group**

#### *'The Company You Keep'*

This was possibly our last Zoom Meeting if Boris' 'Er...er.... a definite maybe' is to be taken positively. I shall be delighted to see you all again in the flesh so to speak!

Our iPlayer film for June was 'The Company You Keep', written by, directed by, filmed by, starring in and all round Best Boy; Robert Redford. His adoring U3A fans were taken aback, nay, shocked even, by his appearance. As one put it, "If that's a face lift I'd ask for my money back!"

It's a powerful story of a man on the run, outed and trying to locate the one person who can acquit him from a murder charge as a member of the Weathermen, the 1970's militant movement protesting against US imperialism, before the FBI catch up with him. With a cast that includes Julie Christie, Susan Sarandon, Nick Nolte, Brendan Gleeson and Sam Elliot it should have been a smash hit but somehow it doesn't quite make it. The social history prompted good discussion but the film itself we rated very average and having unpicked it we marked it down further at the conclusion.

**David Richards** Group Leader 07817 660 659

**To whet your appetite for the last page here is a taster.....**

### **MICROWAVED STRAWBERRY JAM**

Preparation time—about 5 mins plus cooling.  
Cooking time about 26 mins. Microwave setting  
MAX/FULL Makes about 450gms (1LB)

450 gms (1lb) strawberries

350gms (120zs) sugar

1 tbspn lemon juice

- 1) Place the strawberries and lemon juice in a large Microwaveable bowl. Cover and cook for 6 mins or until the fruit is soft.
- 2) Stir in the sugar. Cook uncovered for a further 20 mins or until setting point is reached, stirring halfway through cooking..
- 3) Allow to cool before spooning into clean dry jars.
- 4) Seal and label

SPREAD THICKLY ON FRESHLY BAKED SCONES.....

**(OH MY GOODNESS !.....Asst Ed)**



## LOCK DOWN, SHIELDING ? FED UP ?

Here are some websites to explore courtesy of our friends in ORPINGTON U3A - have a go.....

<b>Access to 500 Museums &amp; Art Galleries – online</b>	<a href="https://artsandculture.google.com/partner?hl=en-">https://artsandculture.google.com/partner?hl=en-</a>
<b>British Museum virtual tours</b>	<a href="https://www.youtube.com/user/britishmuseum">https://www.youtube.com/user/britishmuseum</a>
<b>Houses of Parliament</b>	<a href="http://www.parliament.uk/visiting/virtualtour/">www.parliament.uk/visiting/virtualtour/</a>
<b>BBC Radio 4: world history podcasts</b>	<a href="https://www.bbc.co.uk/programmes/b00nrt2/episodes/downloads">https://www.bbc.co.uk/programmes/b00nrt2/episodes/downloads</a>
<b>Museums worldwide: online tours</b>	<a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours</a>
<b>Google Arts and culture</b>	<a href="https://artsandculture.google.com">https://artsandculture.google.com</a>
<b>Globe Theatre (go to YouTube Premieres)</b>	<a href="http://www.shakespearesglobe.com/watch">www.shakespearesglobe.com/watch</a>
<b>Open Culture: films, courses, languages</b>	<a href="https://www.openculture.com">https://www.openculture.com</a>
<b>Chatterpack: various things to watch</b>	<a href="http://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home">chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home</a>
<b>50,000 free ebooks</b>	<a href="https://manybooks.net">https://manybooks.net</a>
<b>Royal Institute: public lectures on science</b>	<a href="https://www.rigb.org/christmas-lectures/watch">https://www.rigb.org/christmas-lectures/watch</a>
<b>50 things that made the modern economy</b>	<a href="https://www.bbc.co.uk/programmes/p04b1g3c/episodes/downloads">https://www.bbc.co.uk/programmes/p04b1g3c/episodes/downloads</a>
<b>Seterra world geography quizzes</b>	<a href="https://online.seterra.com">https://online.seterra.com</a>
<b>Kent Wildlife Association</b>	<a href="https://kentwildlifetrust.org.uk/actions">https://kentwildlifetrust.org.uk/actions</a> (ideas for helping wildlife in the garden)
<b>Board games</b>	<a href="https://en-boardgamearena.com">https://en-boardgamearena.com</a>
<b>Jigsaw puzzles to do online about Museum</b>	<a href="http://www.jigsawplanet.com/AshmoleanMuseum">www.jigsawplanet.com/AshmoleanMuseum</a>
<b>Concerts</b>	<a href="https://www.wkar.org/post/list-live-streaming-concerts#stream">https://www.wkar.org/post/list-live-streaming-concerts#stream</a>
<b>Berlin Philharmonic Orchestra</b>	<a href="http://www.digitalconcerthall.com/en/home">www.digitalconcerthall.com/en/home</a>
<b>London Symphony Orchestra</b>	<a href="https://lso.co.uk/">https://lso.co.uk/</a> (grey box: Listen online)
<b>Quilting competition</b>	<a href="https://www.thefestivalofquilts.co.uk">https://www.thefestivalofquilts.co.uk</a> (for entry form)

**THEATRE IN LOCKDOWN:** For all theatre goers Joanne has found a cornucopia of plays to see online or through iPlayer or on the main channels. Many of these are short runs online and may no longer be available by the time you receive this newsletter. Here are two recommended sites for an overview of what is available – they are updated regularly, sometimes daily. (Note: some shows are free only for 24 hours):

**The Guardian:** [www.theguardian.com/stage](http://www.theguardian.com/stage)

You should find it if you search that page. This list also includes ballet and opera.

**Whatsonstage:** <https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online>

**The National Theatre** puts on a new play each Thursday at 7 pm, which can be accessed for a week – i.e. until midnight the following Wednesday. Look at their website to see what is coming up: [www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk)

**BBC iPlayer** – look under Culture Under Quarantine for what is available. The RSC shows on this include Hamlet, Much Ado, and Macbeth.

For those who want more choice and are prepared to pay, look at these two sites:

**Marquee Theatre:** <https://www.marquee.tv> – streaming arts and culture.

**Digital Theatre:** [digitaltheatre.com](http://digitaltheatre.com) - pay per show or by subscription.

**RECIPES** During lockdown your committee have been sharing favourite recipes (when not Zooming on U3A business!!). Sadly, the Editors have been able to personally sample only the one finished product (guess which) but are passing a couple on for others to try. Our thanks for permission to print the following ..... SEND US MORE PLEASE

### Griddled asparagus with poached egg

#### and confit of lemon

\*\*\*\*\*

For 2 people:

1 bunch of fresh asparagus (Woody ends removed)

2 large eggs

1 tsp white wine vinegar

1 tsp oil eg rapeseed or sunflower

For the confit:

1 lemon

20g caster sugar

Method:

1. To make the confit, pare the lemon zest into long strips with a peeler, then slice this into thin strips. Blanch the zest in boiling water for 30 seconds and cool immediately
2. Squeeze the lemon juice into a pan and add the sugar and 50mls of water and boil for 5 mins, add the lemon zest and simmer for 7 mins. Remove the lemon zest with a perforated spoon to a bowl. Continue to simmer the confit until it is a sticky syrup, then pour over the zest and leave to cool.
3. Heat your griddle pan and put a pan of water on to boil with the vinegar added. Toss or brush the asparagus with the oil and cook in the griddle pan for about 3 minutes each side until a bit charred and tender, then keep them warm
4. Poach the eggs by first starting a whirlpool in the pan and breaking the eggs into the centre. Poach the eggs for about 3 mins, so that the yolks are still soft. Remove the eggs with a perforated spoon and drain on kitchen paper.
5. To serve; place a pile of asparagus on a warm plate scatter over the confit lemon and place an egg on top, delicious with fresh bread or croutons.

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### Basic Ice Cream

with a not-so basic variation ! \*

Now the warmer weather has arrived nothing is better than home-made ice cream either on its own or with fruit. This recipe makes just over a litre of vanilla ice cream.

250 ml whole milk, [blue top]

170g granulated sugar

500 ml double cream

½ teaspoon of vanilla extract.

Use a hand mixer on slow to combine the milk and sugar until the sugar has dissolved, whisk in the double cream and vanilla extract then either put it in an ice cream maker or place in the freezer, taking it out every ½ hour to beat it so that large ice crystals do not form. This is not a soft-scoop ice cream so it will need to be removed a few minutes before serving.

#### Variations

Add one cup of pureed raspberries or strawberries initially and another cup of finely chopped fruit just before serving to give a ripple effect.

Add 1 cup of cooked and sweetened blackcurrants initially and stir in another cup before serving to give a ripple effect.

Add about ½ a cup of very strong cold coffee initially.

\*

To make the ice cream softer you can add **VODKA**. The more you add to the ice cream - hic - the more - hic - softer it - hic - gets.

The Editorial team would like to thank –hic- our recipe contributors who have agreed to answer -hic- technical queries.

Shtrawbury Jam - Anne 07890572349

Apseragus - Beverley 01159119276

Ice kreem - Anne 07966478873 **Please** -hic- keep them – hic – coming. *Wey hey.....Asst Ed*

### IMPORTANT NOTICE

THE MEMBER'S U3A NEWSHEET WILL CONTINUE TO BE PUBLISHED MONTHLY (except for August)  
ON-LINE TO KEEP MEMBERS INFORMED

**SEPTEMBER'S NEWSHEET COPY DEADLINE is 23rd AUGUST**

Please send your comments, suggestions for articles,  
news, reports and pics to The Editors, at [radcliffeu3anews@gmail.com](mailto:radcliffeu3anews@gmail.com)