



View of Trent from Cliff walk courtesy of David Henderson u3a Photo Group



# NEWS SHEET

**FEBRUARY  
2021**

**ISSUE No 52**

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

## FROM OUR CHAIRMAN

### “ NOTICE OF ANNUAL GENERAL MEETING 2pm THURSDAY 4TH MARCH 2021”

Due to present circumstances related to the COVID19 pandemic at its January meeting the Committee passed a resolution to hold this year's AGM “ virtually” using Zoom technology, rather than face to face at The Grange Hall. This means all paid up members are welcome to join the event from the security and comfort of their own home. Likewise Committee members will be running the meeting from their homes too.

Documentation will be published on the website during January so do visit the site from time to time. Rot-u3a.org.uk You will also receive a communication by email or post as appropriate. Members will be asked to vote in advance as necessary and again watch for the communication or check on our website. Instructions will also be issued on how to use Zoom to access the virtual meeting via these communication means. Finally the formal Agenda, reports and prior minutes will be available in these ways. There will be no guest Speaker on this occasion.

My time is up in the chair and I will use my final Newsletter slot next month to reflect briefly on the last three years. So we will be electing a new Chair at The AGM. Beverley Lawe, known to many of you already, of course ,via groups and as a committee member, is standing and has the unanimous support of the committee. Anyone else wishing to stand has until 4<sup>th</sup> February to put themselves forward. The same is true if you wish to stand as Treasurer or for the committee. Please do so by contacting me [radcliffeu3a.chair@gmail.com](mailto:radcliffeu3a.chair@gmail.com)

*Continued on page 2*

So we shall be electing a new Chair and electing a Treasurer. Cliff Murray our existing Treasurer has indicated his willingness to stand again. Both Beverley and Cliff are unopposed as I write. The existing committee have indicated they will stand again and as I write there are no new nominations to date. The committee comprises of the following : Jan Addiscott, John Addiscott, Phil Gregg, Steve Harris, Diane Kidger, Ann Littlewood, Malcolm McDowell, Anne McLeod, Patrick Mountford, Geraldine Sleight, Mary Smith, Penny Tytler and Carol White.

Thank you and Stay Safe, *Malcolm McDowell*

Chairman



## **Your Radcliffe on Trent u3a 2021 /22 Membership**

Last summer the committee decided that it was fair and reasonable for all existing members who paid had their 2020 membership fee to carry it over into this year so there will be nothing to pay and no renewal form to complete! Your membership number will remain the same, you will be able to use last year's membership card and I will be either emailing or posting to you a copy of your details that we currently hold on our records. When you receive them If any are incorrect can you please email me on **radcliffeU3A.Members@gmail.com** or call me on **0115 9811247** with the amendments.

Thank you for your support.

***Diane Kidger.***

Membership Secretary

This advice came through on my social media, I wonder if it's useful advice for the newsletter and u3a members; I agree with it as scientifically good advice. From **Carol White**....



*Thanks Carol, Well intended but I can't take this too seriously, I have this vision of everyone in Radcliffe walking along the main street in single file like King Penguins! **Editor***

## AVIATION & AEROSPACE GROUP .

Since our last meeting in March our members have been kept in contact via a monthly 'e-Newsletter'. **Roger Alton** keeps us abreast of aviation news from external organisations and we receive a quarterly aviation magazine called 'Airwords' published by the Chiltern Aviation Group.

Every week **Pat Cleary** sends us some examples of aircraft photographs he has collected over many years complete with appropriate comments. He calls this contribution, 'Something for the Weekend'.

A few months ago **Adrian Cresswell** wrote an excellent article on a series of exciting aviation events taken from a book entitled, 'Out of the Blue' written by a fellow RAF fast jet pilot. The article was so interesting that the Editor of 'Airwords' obtained Adrian's permission to include it in their next edition.

Recently, **Jim Benn** wrote an excellent article on the 'ejector seat' and as an ex-professional engineer with British Aerospace, he promises to write more on other technical aspects of aircraft design and testing for future editions.

**Mike Seymour** Email : seymourmd@aol.com



## BRIDGE GROUP

The Bridge group has now been able to start playing Bridge again, with us all being able to see and talk to each other online. This is courtesy of a new website called Real Bridge.

We are all very grateful to one of our members Len Jackson who arranged to have training on how to use the website and now organises our games every Monday afternoon. This week we had 32 people playing, an excellent turnout and everyone seems to be enjoying themselves. It is amazing the difference it makes to be able to see and talk to one another and to have a smile and a joke.

The really good news is that some of our members have had their first jab, so perhaps, fingers crossed, we may be playing together again in early summer.

If you can play Bridge and are a U3A member and would like to play give me a ring **Greg Bungay** on Tel: 01159334942 or email :- [gjbungay@yahoo.co.U.K](mailto:gjbungay@yahoo.co.U.K).

## NOTE FROM THE EDITORS

We send our thanks to Group Leaders for their articles and contributions throughout last year.

Our members really enjoyed and love to know all about the activities of our various u3a Groups.

## YOUR CONTINUED SUPPORT IS APPRECIATED

Please send your items, articles, photos or sketches to:

[radcliffeu3a.news@gmail.com](mailto:radcliffeu3a.news@gmail.com)

All news and items for inserting in the Monthly NewsSheet should be sent to the above email address please.

Thankyou.



## Motorcycle Group Rides On

During relaxations in the lockdown rules the Motorcycle Group has managed the occasional ride out. In the photo Martin, Phil (Group Leader) and Bernard take a break outside a cafe in Leicestershire. During the lockdowns, the motorbikes have received lots of loving attention with plenty of fettling of engines and bodywork! We are pleased to welcome new member Phil from Bottesford who unfortunately hasn't been able to ride with us yet but we are hoping he can join us at some point when the lockdown is relaxed. While the number of members has increased by one, to eight, the number of motorbikes has increased by three. Two members have added second bikes to their collection and yes, you can buy motorbikes using "click and collect"!

Are you retired or working part-time? The Motorcycle Group are a very friendly bunch and would welcome new members to our group.

See <https://rot-u3a.org.uk/home/groups/active-groups/motorcycle-group/> for information and to get in touch.

**Phil Gregg**

## **FIT & TONED GROUP** New Year; New You

Welcome to 2021 and yet another lockdown; it is the time of year when many people make a New Year Resolution and often it can be around health and fitness. Joining a gym is not going to be part of anyone's resolution this January, but that is not a reason not to keep fit. The Fit & Toned group has kept running throughout all of the lockdowns. If you haven't yet tried Fit & Toned, then perhaps 2021 is the year to give it a go? The class is currently operating on Zoom every Wednesday morning at 10.30. I think the youngest member of the group is my neighbour who turned 60 last year and I believe the oldest member is a man of 89. There are people attending with replacement joints and even those on a waiting list for replacement joints are still attending and feeling the benefit. The class can be undertaken at any level from low to high impact.

We always start the class with a warm up which gets all our joints moving and muscles warmed up. The second phase of the group is more aerobic and will get the heart rate up, followed by a series of slower exercises to tone up specific muscles, after we have cooled down we all stretch out the main muscle groups.

So why might you want to give Fit & Toned a try? If you take part regularly you should get fitter and improve your balance; important if you don't want to fall over. Those who attend regularly have stronger legs; this enables us to bend down to lift items without bending and potentially damaging our backs. If you want to give it a try please contact me via the Radcliffe u3a website, you will be most welcome.

**Beverley Lawe** Email : thelawes@ntlworld.com

## **CROQUET GROUP**

I am pleased to let you know we have a new group Leader for our Croquet Group.

After guiding the group dutifully through recent years and helping members understand the "rules of the game", Joan Spooner is stepping down as Group Leader.

Sue Prest has kindly stepped in and agreed to move the group forward once we are able to resume normal activity.

**Sue Prest**

Email :

sandsprest2016@gmail.com

## **BOOK GROUP**

The Book Group has managed, throughout this awful pandemic that we are living through, to continue our monthly meetings. At first, weather permitting, up to six of us would meet in my garden with the rest of the group on zoom. If the weather wasn't kind we were all on zoom! Of course it's not quite the same but at least we were able to see each other and discuss our monthly book. Normally we would meet in Platform 29 on Station Terrace which is lovely as we can natter and chatter to our hearts content before and after our discussion, - not quite the same on zoom!! At the moment of course all our meetings are via zoom!

Even though it's not quite the same our discussions have continued to be very interesting and diverse with often fascinating views and opinions being expressed on some of the books we have read. We usually meet the last Friday afternoon of the month and this month we will be discussing Edna O'Brien's 'The Country Girls'. I can't wait for Friday 29th I'm sure there will be some interesting comments!!

If you are interested in joining our group don't hesitate to give me a ring or email me so I can add you to our register.

**Sue Terry.** Group Leader Tel:0786 3128492  
or Email : bobnsue@hotmail.co.uk

## PHOTOGROUP

Although I have been taking photographs for many decades, like most of us, I have restricted myself to images of family and holidays. Since joining the U3A Photographic Group in 2016, in addition to making new friends, I have found a new purpose in using my camera. As a group we set ourselves projects, which sometimes involve visits to places beyond Radcliffe. For example, a trip to Holme Pierrepont Hall produced some lovely pictures from several members. Joining a U3A group can breathe new light into an old interest .

**Janet Groves**



Snowdrops courtesy of Keith Collins u3a Photo Group



Sunset courtesy Cliff Billington u3a Photo Group

## CANASTA GROUP

Happy New Year a bit belated but well meant. Thank you for all your info throughout the year. I am leader of the Canasta at The Grange on alternate Fridays 1 until 3pm and have missed all my members and hope all of you are keeping well and safe. Here's hoping we can all meet up later on this year and enjoy our Fridays once more.

From **Annette Ayres**

## FRIENDSHIP & SUPPORT GROUP

Our group, which consists of those living on their own or are carers, continues to keep in touch with each other during these isolating times through our weekly Friendship Group Newsletter which has surprisingly, been going now for forty-four weeks. Members of the group submit emails, news and photo's of what they have been doing, set each other challenges or entertain each other with jokes, poetry and local gossip. Individuals can also contact anyone else in the group, for a chat or support, through our network of telephone numbers.

**Rodney Fogg** Email ; [rodneymogg@gmail.com](mailto:rodneymogg@gmail.com)



## KNIT & NATTER GROUP

Our group continues to knit, albeit we are missing the nattering! We have several projects we continue to knit for although we have been asked not to send knitting to the hospital for babies at the moment because of Covid. Therefore, most of our efforts recently have been in making blankets plus scarves, hats and gloves for the Friary.

In addition to that, towards the end of 2020 we were given some wool by the SFICE Foundation (pronounced 'Suffice') and asked to knit hats, gloves and scarves - also for the homeless which is one of the aims of their charity. SFICE aims to help vulnerable adults in Nottingham and is based in St. Ann's. A few of our knitters have taken this on board and we hope to show a photo of the work in due course."

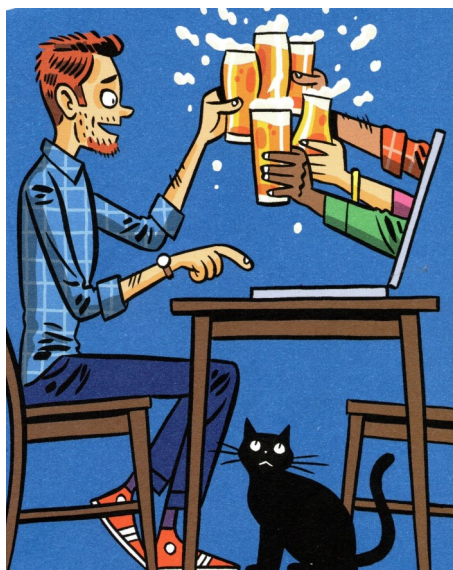
**Jan Addiscott** Email ; [jan@addiscott.net](mailto:jan@addiscott.net)

### WALKING GROUP

Sorry folks, nothing to report due to the lock down.

**George Smith**

## REAL ALE GROUP



We are another Group severely hampered by Covid restrictions. Its been tough for the Brewery Industry like many others in the Hospitality Sector. Also like many other u3a groups we have resorted to virtual monthly Zoom meetings at 12 noon on the last Wednesday in every month. We sit at home in front of our lap tops passing a happy 40 minutes with each other, catching up on things whilst having a glass of our favourite bottled, canned or home made beer to hand. The term "Swift Half" having never been so appropriate. Join us if you like.

Contact **Rod** on Tel **0797 1537 119**

Hello U3A Members, The following is a poem that formed part of the Ukulele Groups Zoom party entertainment during 2020. It has been suggested that I send this to remind members of the events in 2020. **Angela Dobie**

## **2020 the Corona Year**

*In the new year 2020 with its nicely rounded numbers  
We didn't know that Corona virus was waking from its slumbers  
It speedily spread across the world visiting every nation  
Soon we were in lockdown with self-distancing and isolation*

*We had to cancel our holidays, theatre trips and outdoor events  
Instead, some took to their gardens, sleeping out, in their tents  
Others did quizzes and listened to updates from the newsroom  
And kept in contact by social media or chattered on Zoom*

*Hand washing with soap for 20 seconds was the new hygiene regime  
Looking after our mental health so as not to do a Munch like scream  
The roads were empty and all traffic noise subsided  
Nature continued blooming and didn't give a hoot for the virus*

*Boris and his crew muddled along giving out daily briefings  
They met with scientific advisors in numerous SAGE meetings  
Stay home, protect the NHS, save lives was their mantra  
While the nation clapped from their doorstep, window or veranda*

*The weather became hot but we continued getting out for daily walks  
We spotted wildlife: foxes, herons, red kites and high-flying hawks  
After a long twelve weeks the lockdown started to ease  
We could now exercise with another person, WHAT A RELIEF*

*A few weeks later and more easing, the two became a six  
Two metres apart on footpaths, trying not to mix  
Through all of this the sun had shone and the sky was blue  
To the weather gods we sent a heartfelt THANK YOU  
The nation had been sporting the long haired, hippy look  
Now we could have a haircut, taking out the arse of a duck  
However, all was not well as cases again began to rise  
All our mingling caused this which to most of us was no surprise*

*August was the month of 'Eat Out to Help Out'  
To help the economy was what that was all about  
We flocked to pubs and restaurants for our half price meals  
We all wanted a slice of these very special deals*

*By the autumn a tier system had been introduced  
We were soon in tier three and our freedoms very much reduced  
People sped back from their holidays to avoid two weeks quarantine  
With regional lockdowns we were again confined to the local scene*

*In shops and cinemas, we were obliged to wear a face mask  
'But what about Christmas' the people started to ask  
The economy was suffering as people stayed at home  
Lots of people lost their jobs despite the Government loan*

*Donald Trump, despite several re-counts lost the American election  
Instead, Joe Biden, the Democrat was to be their selection  
Donald was a bad loser and threw his dummy away  
The Mexican Wall will now have to wait, until another day.*

*In the UK cases increased as students returned to their studies  
It was hard not to party with their newly found buddies  
But as the year was coming to an end Brexit was back in the news  
Michel Barnier and the French Government were about to blow a fuse*

*So, we come to the end of the year and the virus has had its way  
With a vaccine on the horizon, let's hope it's had its day  
Perhaps we'll be able to do the things we couldn't do this year  
That life becomes more normal and we don't have to live in fear*

*Do continue to remember, hands and face and space*

## **APPEAL FOR NEWS ITEMS**

**We all need news and  
items of interest to  
continue to inspire and  
entertain us during these  
strange times.**

**Any member can submit  
content for inclusion in  
this your NEWS SHEET.**

**Send your contribution, to  
continue to support each  
other, to the email  
address below and by the  
deadline date.**

**Thankyou.**

## **MARCH NEWS SHEET**

Please send your news, articles and  
photos by **18th February** to our  
email address which is

**radcliffeu3a.news@gmail.com**

**Thank you Editorial Team**