



## Christmas Dinner 2020

Let's hope it doesn't come to this! I hope this edition of UPDATE helps to bring a smile and lets you know that our U3A is still going strong and is ready and waiting for better times ahead. My thanks to everyone who's contributed; it's so good to hear how everyone's doing. For those who'd like a project, there's the pattern for the Christmas Pudding Chocolate Orange cover, kindly shared by Jill Heaney from the Craft Group. The Book Group has come up with their reading suggestions and I've included a Mince Pie recipe with a difference snaffled from a neighbour a good few years ago – they're delicious! Finally, I heard this quote the other day which I quite like, 'We're not all in the same boat but we *are* all in the same storm'.



It helps to know other boats are out there. I wish everyone a happier Christmas than you may be expecting and a more active New Year.



## From the Chair

Dear Members, it is difficult to believe that it is nearly Christmas and that we are still unable to meet and enjoy our various groups and

monthly meetings but hopefully this will change in the spring. For some of us there was an all too short interlude when we able to meet up in groups, socially distanced and following all the rules. Some groups continue to meet using Zoom, providing a much needed get together and chance to chat.

The good news is the committee is still in place and I'm very pleased to welcome Jane Moore who has joined us. We regularly liaise to ensure Churchdown U3A is following all the current rules and guidelines as advised by National Office. Thank you to those members who replied to Emma about whether they would attend an AGM. As you know it was cancelled because of lack of numbers. The accounts and reports are available on our website. Despite all that has been happening, it has been encouraging that we have kept our current membership figures high and more members have joined.

One of our first actions, when possible, is to have a monthly meeting. Robbie is in regular contact with speakers who can come at short notice. In future, meetings will only be for current members and for prospective members. Unfortunately, guests will no longer be able to attend.

As I finish this article there is news of a vaccine. Things probably will not be back to normal for a while but it may be in the spring and welcome everyone back to a monthly meeting. ***Merry Christmas and a Happy New Year*** Louise Keeling, Chairman

## Website Update

There are two new headings on the Churchdown U3A website. At the top of the Welcome Page there is one labelled AGM, where you can find the accounts and reports for May'19- April '20. The second one is called Members' Page. The aim is to fulfil the U3A motto Live, Laugh and Learn.

This is for members' contributions such as poems, local photographs, crosswords etc. There are several poems on there already, written by members of the lunch group, which are great fun to read. It may be you have memories of Christmas or other periods similar to lockdown which you can share.

If you think you have something which could be included on the page please send to:  
Bill Craswell [billc@btinternet.com](mailto:billc@btinternet.com) or  
[louise.keeling1@btinternet.com](mailto:louise.keeling1@btinternet.com)

## News from the Groups

### Book Group – Joyce Winwood

During the months of lockdown we have managed to 'meet' on our appointed day each month and had interesting discussions on the books we have read, either by using email (happily we have all got involved with this so opinions are always shared) by Zoom and when we were allowed, six of us meeting in a garden. It worked and kept us all in touch. If you are interested in our programme and wish to see the books we read please look at the U3A web-site. I should add that our Show and Tell section is as interesting and stimulating as our book discussions.

In the spirit of sharing good news as we approach the Christmas season, I asked our members for, 'the best book I have read this

year'. You might find inspiration for a Christmas gift:

Carroll, *The Seven Sisters* by Lucinda Riley; Chris, *Iris and Ruby* by Rosie Thomas; *The Keeper* and *Holding* both by Graham Norton, you can see Chris reads a lot. Ann's choice was *The Horses Arse* by Charlie Owen and Barbara went for *Dunstan* by Conn Iggulden; Maggie and Kate both chose, *The Salt Path* by Raynor Wynn with Maggie also suggesting *The Choice* by Edith Eger. Pat's suggestion is *No second Chance* by Harlan Coben, and finally, a book from me, light and easy to read for those of us who dream of winning the Lottery...be careful what you wish for... *Just my Luck* by Adele Parks.



### Cribbage Diana Sinden

We miss our great  
activities

And customary learning.

A meal with friends, and lots of chat -  
For this we all are yearning.

And now we face a Christmastime  
So different from the norm.  
But let's give thanks for what we have -  
A comfy home that's warm  
And neighbours who will keep in touch  
Though visits may be banned.

Let's spread some love and festive cheer  
Across our locked-down land.

Happy Christmas, everyone!





## Italian John Hawkswell

### Crime wave about to hit U3A group.

Everyone in the Churchdown U3A Italian group is suspected of criminal plans. So far this year the group has met every week via Zoom and to divert us we choose a different subject each time. Sometimes we devise a game and we have played a version of "Call my Bluff" and "What's my Line". We also did a version of "What's my Line" set in the days of ancient Rome. Strangely we didn't get either lion keeper at the Colosseum or Vestal Virgin. For a change we have now decided to play "What's my Crime". The rules are simple. Each member of the Group is concealing a "crime" and the other members "interrogate" that individual to uncover it.

We shall leave no stone unturned in search of the truth....

### Table Tennis - Syd Leuillette

On the 1<sup>st</sup> August we were able to re-start playing Table Tennis at the GL3 Community Hub. Six of our regular players have yet to re-join us but we live in hope ....

As for the rest, we continue to play each other in singles match for two hours every Monday and Friday. We have found it much harder and more demanding than playing doubles. The result, however, is that our standard of play has greatly improved.

We usually have about eight attending each session so we break into two bubbles of six or less as per the advice from the English Table Tennis Association. The balls we use are disinfected after each match and the tables wiped down after each session. We all feel we

are safe and hope to be able to continue as we are until that vaccine arrives.

Syd Leuillette 24<sup>th</sup> October 2020



### Bridge for All

In the last UPDATE we reported the very welcome resumption of our weekly meetings in the Methodist Hall after nearly 5 months of lockdown. Covid secure measures were put in place and numbers restricted but within a few weeks we found more of our original group felt ready to come back, and by October had 17 people registered, with up to 16 coming together to enjoy a friendly, gently competitive game.

During this current lockdown, more of us have been playing through an Online Bridge Club. It's certainly different but it helps us keep in touch and keep in practice. Please look at our Bridge group web page on the Churchdown U3A website for news of the group re-opening. If you have not previously been a member of the group please contact Emma Fletcher 01452 712336 to find out when we will be ready to accept new members.

## Walking Group – Mary White

Once the walking group started to walk again in July, we have had a programme of walks of varying lengths with a walk most weeks, whereas in previous years we walked once a month increasing to twice during the summer months.

It has certainly proved to be popular with a small but committed, group of walkers who are happy to walk in a group in these strange times.

We are following Government and The Ramblers Association's guidelines for all our walks.

They vary in length, including several longer ones, always stopping for a coffee break and often finishing with a pub meal afterwards for those who wish to stay.

We have walked from Painswick, Cranham, Martley in Worcestershire as well as more local ones in Sandhurst, Apperley and Boddington. Photographs and walk reports can be found on the website. Rain has forced one or two to be cancelled but the fact that we have more frequent walks means that we

don't have to wait another month for the opportunity of another walk.

Unfortunately, current lockdown does mean that the programme for November is cancelled but rest assured we will start again as soon as the guidelines permit us to do so safely. Being outdoors in the company of others has huge benefits to our well-being. It has been good to get back to meeting up and walking, which is something we had all taken for granted until Covid arrived!

## Yoga - Sue Grierson

We went back to the hall, now we're back on Zoom but who wants to go out in this dreary, wet weather anyway? We're having a coffee and chat afterwards now too, all in the comfort of our own homes! **Season's Greetings from the Yoga Group!**



## KAREN'S MINCE PIES

1lb Plain Flour, 6oz Butter, 3oz Lard  
Zest and juice of 1 orange  
Good Mincemeat  
Philadelphia Soft Cheese

- Mix the orange zest with the flour, rub in the fats then form a dough with the orange juice
- Place a good teaspoon of mincemeat into each pie base and top with a piece of Philadelphia before popping on the lids
- Finish and cook the pies in your usual way.

## CHRISTMAS PUDDING – Cover for a Terry's Chocolate Orange



### Pudding Instructions

Using 3.25mm needles & brown, cast on 30 stitches & work as follows:

Row 1-6 : SS

Row 7 : (k1, kfb) in every st. 45 sts

Row 8 : Purl

Row 9 : Knit 5 sts, kfb, (k10, kfb) 3 times, k6 sts. 49 sts

Row 10-18 : SS starting with purl

Row 19 : k2 in brown, (k2 in white, k5 in brown) x 6, k2 in white, k3 in brown

Row 20 : p3 in brown, (p2 in white, p5 in brown) x 6, p2 in white, p2 in brown

Row 21 : k1 in brown, (k4 in white, k3 in brown) x 6, k4 in white, k2 in brown

Row 22 : p2 in brown, (p4 in white, p3 in brown) x 6, p4 in white, p1 in brown

Row 23 : (k6 in white, k1 in brown) x 7

Row 24 : (p1 in brown, p6 in white) x 7

Row 25 : k in white

Row 26 : p in white

Row 27 : (k2, k2tog) to last st, k1. 37sts

Row 28 : Purl

Row 29 : (k1, k2tog) to last st, k1. 25sts

Row 30 : Purl

Row 31 : (k2tog) to last st, k1. 13sts

Cut the yarn leaving a long tail. Thread the yarn through the remaining stitches then pull tight & secure. Sew up the seam.

### You will need:

23 yds Brown yarn, 12yds White yarn, 5yds Green yarn.

A small red pom-pom, some narrow red ribbon

3.25mm needles 2.75mm needles

### Abbreviations:

kfb – knit into the front & back of the next stitch

SS – stocking stitch (knit 1 row, purl 1 row)

k2tog – knit 2 together

yf – yarn forward

### Holly Leaf Instructions (make 2)

Using 2.75mm needles & green, cast on 17 stitches & work as follows :

Row 1: Knit

Row 2: Purl

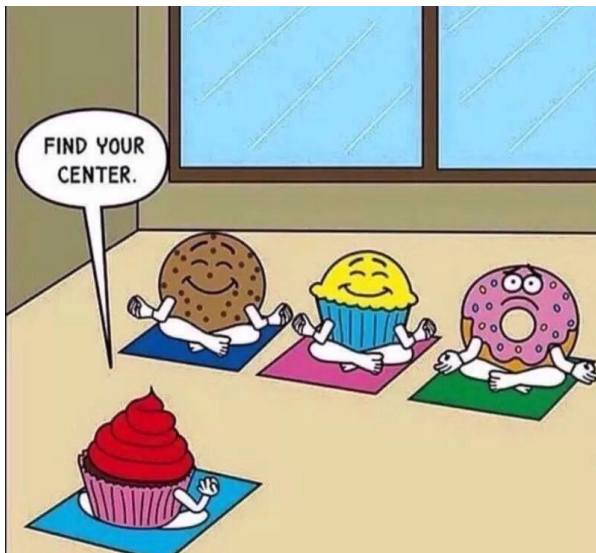
Row 3: k1, (yf, k2tog) to end

Row 4: Purl

Row 5: Knit

Cast off knitwise leaving a long tail of yarn. Fold each holly leaf in half & sew the cast on and cast off edges together. Then fold this seam in half and stitch the folded seam together. Stitch the holly leaves together in a V shape & sew them to the centre of the top of the pudding. Glue on a small red pom pom for the berry & a red ribbon to hang

And finally ... I asked for jokes!



## The Bathtub Test

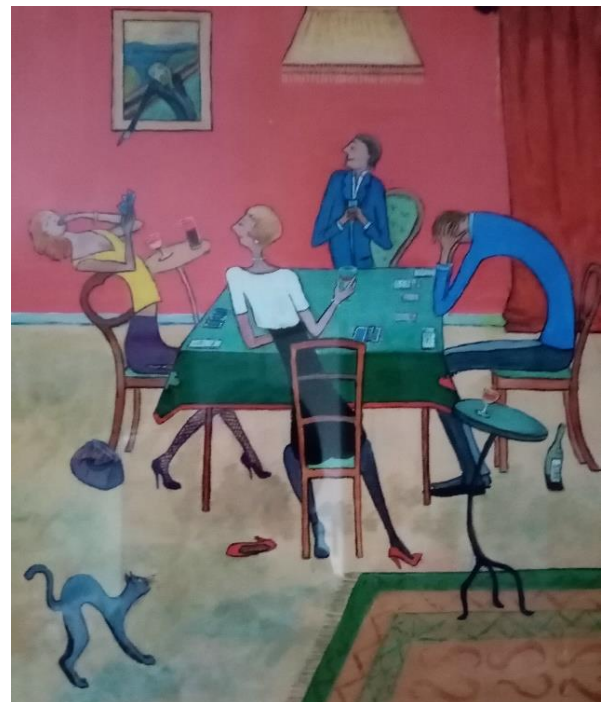
During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...  
"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?



I shouldn't have trumped!

## Current Group List

Please contact the leader if you wish to join a group or for more information go to our web-site:

<https://u3asites.org.uk/churchdown>

Group Coordinator: Jill Bunting [jillbunting50@gmail.com](mailto:jillbunting50@gmail.com)

Group	Leader	Telephone
Archaeology	Alison Walesby	01452 713888
Art History/Appreciation	Martin Bowden	01452 854007
Badminton	Eamonn Doherty	07946 341270
Bird Watching	Alan Baxter	01452 856440
Book Club/Literature	Joyce Winwood	01452 715099
Bridge for All	Emma Fletcher	01452 712336
Cookery	Eve Anstis	01242 235833
Crafts	Wendy Martin	01452 714049
Cribbage	Diana Sinden	01452 698713
Gardening	Ann Knight	07770 599744
Garden Visits	Barbara White	07780 986016
Family History	Ruth Phillips	01452 857236
Italian Appreciation	John Hawkswell	01452 730528
Lunch Club	Robbie Philip	01452 715033
Petanque	Louise Keeling	01452 712753
Photography	Ann Knight	07770 599744
Politics	Roger Streatfield	01452 713498
Scrabble	Derek Fisher	01452 713056
Singing Together	Alan Winwood	01452 715099
Table Tennis	Syd Leuillette	01452 857039
Walking	Mary White	07817 007706
Whist	Ann Johnston	Via web page
Yoga	Sue Grierson	01452 857831