

Newsline No 51 March 2024

Public Version



From the Chair

Spring is almost here – a time of year certain to put a ‘spring’ in my step, at least. It’s a time of re-emergence and renewal (and I don’t just mean of your Southwell u3a membership!). Our walking groups have new energy, the cycling group are ready for new journeys into the unknown and the croquet group are no doubt polishing their sticks at this very moment. From now until the end of this year you will also have the chance to gain new skills and knowledge with our programme of short courses and workshops. Hopefully you will have read all about it in my recent email to members and already have picked out something that takes your fancy. If not, the programme can be found again in this edition of Newsline and our [website](#).

As many of you will already know, the Third Age Trust is the u3a national body and it provides educational and administrative support to the over 1000 u3as in the UK. However, it is not our ‘head office’ and does not tell we individual and independent u3as what to do – it just provides support and guidance to us all.

At present, the Third Age Trust Board is made up of a number of appointed officers, such as the Chair, Vice Chair and Treasurer and a representative from each of the UK regions and

countries. All these Trustees are u3a members and all are elected to their posts. The regional representatives have particularly found it difficult in recent years to fulfil both their legal responsibilities as Board Trustees and their responsibilities to act as a channel for the comments and concerns of their regions’ u3as and the general membership.

In response, the Trust has now proposed that there should be a smaller Trust Board, which will deal mainly with legal and governance matters, and a separate representative council, made up of regional and network representatives. I recently attended a Zoom presentation to u3a Notts Network members, at which we heard a summary of these “Fit for the Future” proposals. Trust Chair Liz Thackray would now like as many u3a members as possible to read about the proposals and to make comments themselves. It probably all sounds far removed from life in Southwell u3a but the proposed changes could potentially affect us in a number of ways and don’t forget that we do each pay £4 to the Trust out of our £20



CHAIR (CONTINUED)

annual subs! Personally, I think we do get good value from the Trust but please read the "Fit for the Future Explanation" document for more information about the proposals and, if moved to do so, please offer your own ideas and comments by email to governance@u3a.org.uk.

Back now to Southwell u3a and we're still looking at a number of situations vacant, come our next AGM at the beginning of August. They include my own position as Chair and that of the Webmaster and a proposed web support team. One or two new Management Committee members are also likely to be needed. I can't pretend that these roles require no time or effort but they are all very fulfilling and, speaking personally, I've certainly enjoyed my time as Chair and have no regrets. I and the other committee members are always happy to have an informal chat by phone or email and so, in the immortal words of Delia Smith, "Let's be havin' you!".

Finally, it's back to Spring for my 'Joke of the Month': What did the tree say when Spring arrived? "At last - what a re-leaf!"

All the best for another month.
Brian

OBITUARY - CLIVE BATES, founder member and first Chair of Southwell u3a

Clive Bates, who died recently, was the driving force behind the launch of Southwell u3a in February 2006. He had been a member of Newark u3a and could see that a new u3a group should be successful in Southwell. He was certainly right! Clive was our first Chair, taking on that role until the AGM in 2008. In that time, he had determinedly put in place a strong Committee, persuaded many members to organise Interest Groups and booked many fascinating speakers. Anyone who was involved at that time will recall how single minded he could be in his desire to create opportunities to 'learn, laugh and live' for those of us in our Third Age in Southwell and the surrounding villages. By the time he relinquished the role of Chair the membership was growing rapidly and the venue for the Monthly meeting had moved from Trebeck Hall to a small hall in the Leisure Centre and then to half of the Sports hall. It was not long before we needed the whole of the Sports hall! In addition, Clive was also a Group Leader. He set up and organised the Discussion Group for many years, so successfully that the current

members are keen to keep it going, as they enjoy it so much. He also established a number of Computer Support Groups, hosting them at his home and tailoring the content to what was needed by members. All his group members are very appreciative for everything he did. Indeed, all of us who enjoy all that our u3a has to offer,

should be grateful to him for the vision he had and put into place 18 years ago.

His funeral takes place at 1pm on Tuesday 27th February at Sherwood Crematorium; many su3a members will want to be there, and will be welcome.

Jean

CHURCH ARCHITECTURE – SHORT COURSE

Our recent short course on Church Architecture was very well attended . Chris Bentley arranged the course over three successive Mondays in February and gave sessions on Church architecture through the centuries and the fate of churches as they become derelict, renewed or re-purposed. The left photograph shows

Group. Visiting starts again in March. The right photograph shows Martin Gorman giving a fascinating session



Chris giving an example from his wealth of knowledge and from visiting churches with the Church Visiting



on stained glass from its beginning through the unfashionable period following the Reformation and the new interest in the Victorian era. As a final session, John Elkington gave a talk on modern churches.

John

OUR SPEAKER FOR FEBRUARY

At the February meeting we had a very interesting and stimulating talk from Marcus Farnsworth about how to set up a music festival. His theme was focused on the Southwell Music Festival which celebrates its 10th birthday this year. He discussed as four main points the Why? How? When? and Where?

He started to look at Southwell as somewhere ideal to hold a music festival in 2012 being impressed by both the work done in both Cornwall near Padstow and at Aldeburgh started and supported by Benjamin Brittain. He started by getting together a group of like-minded individuals and it took them two years for the Southwell Music Festival to hold its first event in 2014. He strongly believes that a strong arts foundation in the UK would support many other things and the festival went from strength to strength until 2020 when Covid took hold. Following that the government has reduced funding for the arts has led to the music industry struggling.

"It is vitally important" said Marcus

"that we strongly support the arts to prevent any further decline". He also stressed the importance

of appreciating all types of music and that we shouldn't close our minds to music (and other forms of art) which we would initially reject as anathema to us but to give them an opportunity to shine. His stated aim is to try and include all types of music into the repertoire of the Southwell Music Festival and not just classical. He pleaded that we needed some form of hall in Southwell where the arts could be expressed because the Leisure Centre was the only facility to enable this at the moment with the exception of the Minster and that the possible re-building of the Leisure Centre might offer that opportunity.

He also asked for support in the way of housing the musicians who came to play at the Southwell Music Festival as there was currently a lack of any suitable large accommodation in the town.



OUR NEXT SPEAKER

Our next meeting will be on the 5th March, 10.00am. The speaker will be Ann Hilton who will be speaking about the work of her charity to train dogs to recognise diseases in human beings.

Here is the programme of short courses and workshops on offer from Southwell u3a during the coming year. You will see that some already have definite dates and venues and others have yet to be arranged. Just contact the course or workshop leader to express an interest or to reserve a place. Please don't just turn up at an event, as the number of places will be limited by venue capacity and you may be turned away if you don't pre-book.

<u>SUBJECT</u>	<u>DESCRIPTION</u>	<u>LIKELY VENUE</u>	<u>LIKELY DAY/ DATE</u>	<u>COURSE/ WORKSHOP LEADER or COORDINATOR</u> <u>+ CONTACT DETAILS</u>
VIOLIN VIRTUOSOS!	A fast and fun intro to playing the violin in 4 sessions. Ideally bring your own violin but 2 or 3 available to borrow. Max 5 participants.	Course leader's home	First 4 Tues. in October 10.30am – 12 noon	
FLEECE PREPARATION AND SPINNING	A hands-on course on fleece selection, carding, drop spindle and wheel spinning in 3 sessions. Max 3 participants	Course leader's home near Farnsfield	TBA by mutual agreement on Mon. or Fri. am/pm	All contact details / Names available on the Members' Version of Newslite
INTRODUCTION TO WINE APPRECIATION	Looking at a selection of 6 grape varieties (3 red and 3 white) over 3 sessions, examining and identifying the characteristics of each grape.	Southwell	Thursday afternoons later in the year	



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INTRODUCTION TO FAMILY HISTORY	Including where to start, collecting information, use of internet, websites and family history programs. Registrations of births, deaths and marriages. Census and parish records.	Southwell Library	3 sessions – probably afternoons in late-Nov. or early Dec.	
BOWLS FOR BEGINNERS	A taster session for lawn bowls. Learn the basic skills of delivery, grip, stance, bias – and much more! Flat shoes/trainers + light clothing – all other equipment provided	Farnsfield Bowling Club New Hill, Farnsfield	17th May 1.30–4.00pm	All contact details / Names available on the Members' Version of Newsline
"DRIVE ON" WORKSHOP	Light hearted and interactive advice and tips on how to prolong and enhance safe driving (inc. Highway Code, licence renewal and medical conditions)	Southwell Library	6th June 2.00–4.00pm	

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INDOOR 'KURLING'	Try your hand at "New age Kurling". Can be played by anyone. Instruction, equipment and refreshments provided.	Thurgarton Village Hall	16th May at 2.00pm	
INTRODUCTION TO SMART PHONES	2 sessions for beginners to learn the basics of smartphones. Much of the content is also applicable to tablets.	Southwell	Probably Monday evenings 6-30-7.30pm	
"MY SIGHT" WORKSHOP	Examples of practical tech and other equipment, plus emotional and social support to enable independence for people with impaired vision.	Southwell Library	29th Feb 10.00am- 12 noon	All contact details / Names available on the Members' Version of Newsline
PLUMBING FOR AMATEURS	Covering the basics of plumbing inc. fitting and replacing parts of taps/toilets/radiators + maintenance of drains and gutters.	Southwell	Probably 3 successive Thursday mornings in May	
BASIC FIRST AID	Training in basic first aid for emergency and everyday purposes, provided by British Red Cross	Southwell Library	21st March 10.00am- 12 noon	

Our Speakers for 2024

5 March	Ann Hilton	Medical Dogs
2 April	Geoffrey Bond	Lord Byron
7 May	Martin Gorman	Bromley House Library
4 June	Roger Browne	History of Jazz Piano and its Influence on Popular Music

Newsline Deadline for the April Edition

Please email articles & pictures to the Newsline team by 10th March to ensure inclusion in the April edition
su3anewsline@gmail.com

Items that arrive after the 10th March will be carried forward to the next month's edition

Group news is of particular interest to existing and new members and an excellent opportunity to review and

promote your group.

Updates on social activities are also good to see, such as the coffee mornings at Southwell Garden Centre or Sunday lunch groups. We now have space for some 'Letters to the Editor'.

PLEASE remember to include your email address; a telephone number is optional.

Anne, Editor

COFFEE MORNINGS

The fortnightly coffee mornings held at Southwell Garden Centre, Fiskerton Road, are still popular and open to all members, so if you fancy a chat and a coffee come along at 10.30am on the 2nd and 4th Thursday mornings of the month. This month's meetings are on the 14th and 28th March. There are usually one or two Committee members present.

It can help other (and especially new) members if you remember to bring and wear your u3a lanyard.



Our Monthly Meetings start at 10am on the first Tuesday in the month, at Southwell Leisure Centre: Please arrive between 9:40 and 9:55. If possible bring along a cup* for refreshment time.

***Preferably unbreakable!**

SOCIAL AND TRIPS



Come and join us for a fun
FOOD and DRINK QUIZ
SARACEN'S HEAD HOTEL
THURSDAY 18th APRIL
12noon for 12.30 pm
Tickets £20.50 (to include a 2- course lunch)
To book your ticket, contact Miriam

NEW MEMBERS' MEETING

The next meeting for New Members will be on Thursday, 28th March at the Baptist Church, Nottingham Road, Southwell NG25 OLG. It will be from 2pm to 4pm. Refreshments will be available.

Put a note in your diary.

Marjorie



RIVIERA TRAVEL



Anyone booking holidays? Anyone booking with
Riviera Travel? If so don't forget to mention
you are a Southwell u3a member when you book and they will then pay
us 10% of the cost of your holiday.

Useful websites

Southwell u3a website is <https://www.southwellu3a.com>

National u3a website is <https://www.u3a.org.uk>

Southwell u3a members Facebook page is <https://www.facebook.com/groups/southwellu3a>

Nottinghamshire [website](#) and [February](#) bi-monthly Newsbites Magazine

MEAL DEAL!!!

The [Hearty Goodfellow](#) in Southwell has agreed to give a 10% discount on all food (NOT including drinks) to Southwell u3a members. Lunch and dinner. **EACH** member must show their current

u3a membership card **at the time of ordering** to get their **INDIVIDUAL** discount.



COURSES AT

SOUTHWELL LIBRARY

Inspire are running several interest courses at Southwell Library. If you are interested, explore their website. www.inspireculture.org.uk



Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office admin@southwell-tc.gov.uk or 01636 816103

Nottinghamshire County Council website is <https://www.nottinghamshire.gov.uk>

You can contact Notts County Council customer service team via 0300 500 8080

Customer service opening hours: Monday to Thursday: 8:30am to 5pm Friday: 8:30am to 4:30pm

Newark & Sherwood District Council website is <https://www.newark-sherwooddc.gov.uk>, customerservices@newark-sherwooddc.gov.uk 01636 650000

Creative Writing Group

This month's contribution is by Sheila Brunt

HOUSEWORK

Is there anything more daunting than the daily chores?

Like wash the dishes or sweep the floors

Prep the veggies; windows to clean

Fill to capacity the washing machine...

The mantelpiece mocks my casual flick

with a cloth, before the dust's inches thick

This should not take over so much of my life

There must be a future, to end this strife...

The answer to this eternal question

'Is there life after housework? I will mention

'The quicker the better': just get it done!

Then there's time to have some fun—

A home that's unloved won't run as it ought

Doesn't bring any joy: so give some thought

To a meaningful study of When, How and Why

Do these jobs need doing? Let's give it a try!

First take a look at where the waste goes

The fate of potato peel and rotten tomatoes

The compost heap has a life of its own

Changing waste into soil where seeds can be sown

Then there's unwanted items to recycle or re-use

Like out-grown toys, or wrong sized shoes.

So off to the Charity shop dispatch them

There's always a second home ready to match them!

Sheila Brunt

NEW GROUPS

10Km RUNNING GROUP

A proposal has been made to start a 10km Running Group which at present is just a possibility. Before decisions are made, about how the group will function, I have been asked to assess what support there is for such a group being set up. If you are interested and want to be involved in joining/establishing a 10km Running Group then please contact me,

Ann

HISTORY FOR FUN

I am hoping to start a new History for Fun group. This would be quite different from the existing History group. It would be a self-help group that would learn about any topic of interest, with members taking it in turn to share their knowledge. It could be quite random, rather than learning about an era or theme! I am happy to be the Group leader, and already have eight members interested: We just need a few more to be viable. Please contact me if this sounds exciting!

Jean

ANOTHER CANASTA GROUP

As so many of the Canasta groups are full, we now have another group open and in action! Canasta 5 group is now looking for a few new members. We meet on the 2nd and 4th Thursday afternoons in Farnsfield. We play Bolivian Canasta which involves using 3 or 4 packs of cards. It is a very sociable game and can become addictive! Anyone who is interested but unsure is very welcome to attend a taster session.

Please contact Ann O

WINE LOVERS INTEREST GROUP

Southwell u3a has two very popular Wine Interest groups, SWIG and Wine Lovers, that are full and have been for some time. I am wondering whether there may be enough interest from other members to start a new group.

Once there is sufficient interest, I will be in touch to get everyone together and take it from there. If you would be interested in taking part in a new group, please contact me:

Jean



NEW GROUPS

ANOTHER BRIDGE GROUP

In response to huge demand, another Bridge Group has been arranged for beginners, 2nd and 4th Wednesdays 2-4pm.

Contact: Elaine

WALKING FOOTBALL

Still see yourself as a budding footballer and a regular watcher of MOTD, but the years have caught up with you? Our Walking Football Group started in February, with a great team

of members, but we do still have room for a few more! We meet in the sports hall at Southwell Leisure Centre, every Tuesday 2-3pm. Our group is open to all members, irrespective of ability and gender.

This is one of the fastest growing sports for the middle aged and less mobile in the UK see their website thewfa.co.uk

If interested, please email Roger

GROUP NEWS

FUN AT RUMMIKUB

As we meet on the 4th Friday of the month, we were scheduled to meet on the 22nd December. We were all much too busy so decided to cancel and hold a 4-hour get-together in January instead. After our regular session of Rummikub we switched into party mood ready to dine and play games. Members were asked to bring their favourite party food and the result was a fantastic choice of sweet and savoury goodies. Anne, who helps Sandra run the group, was on holiday so missed all the fun.

Sandra . Group Leader



Astronomy

As the beginning of the new financial year at the u3a rapidly approaches, we hope that all existing Astronomy members will continue to support the group and that we can also tempt anybody with an interest in space to come along to our next meeting in the hope that you too will become hooked and want to join us.

Generally, we hold our group meetings on the fourth Thursday of every month, in the downstairs meeting room of Southwell Library from 10:00am to 12 noon, so next month's meeting is scheduled for Thursday 28 March.

In January this year we looked at a DVD on the 'New Horizons' probe that flew past Pluto in 2015 and provided us with all of our current knowledge about this far off dwarf planet, some of the data that it sent back truly astounded scientists. Then in February we had a presentation that started with an introduction to particles then went on to explore how the universe began, how it is progressing and how it may eventually end. The March topic will be based on another DVD, this time on Earth's sister planet Mars, going back to the early days when by comparison it was the more hospitable of the two worlds, leading on to where it all went

wrong for the 'red planet'.

We hope to see as many group members as possible at the meetings (new and long standing), any guests will also be welcomed as we believe in adopting a delivery level that is acceptable to all.



Richard

Croquet



As a new group, last year Southwell u3a had its first season of croquet. It was a most enjoyable time spent with enthusiastic members. New skills were learned, and tactics were improved. Some very committed members never missed a session, and played regularly throughout the

summer months. However, because of holidays etc., our numbers were often not at full capacity. So, this year, for any who may wish to play, please come along to the first session on Monday 8th April 2-4pm to the Southwell Croquet Club lawns, situated at the rear of the Arthur Radford Sports Ground, Fiskerton cum Morton. There is a good car park off Cooks Lane, NG25 0XQ. Please wear flat soled shoes. There is a green fee for each player payable on the day. (last year this was £8).

Looking forward to sunny days running those croquet hoops!

For more information then please contact me.

Elaine

Photography

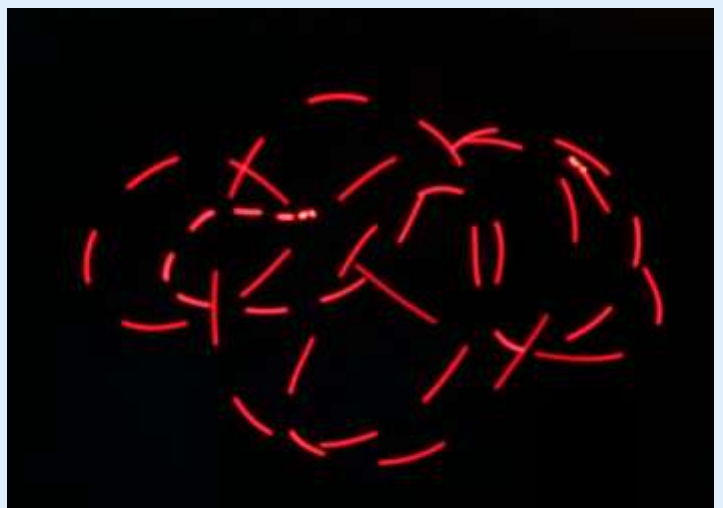
Our latest project is Light Painting – we had great fun with it during our last meeting and are planning some more next time. Basically, the camera is set on 'B' with the shutter open, and someone in the dark waves a torch, or the light source is kept still and the camera is moved. A few examples are shown here, and over the page, some simple – but the last one – hopefully

we'll find out how this was done at our next meeting! And with the weather and daylight steadily improving, we're going out and about – snowdrops at the moment, bluebells to follow soon. We'll be planning our 'on location' trips very soon.

We are technically full, but can still probably squeeze in a few more members, so if you'd like to join contact: Graeme

We normally meet at Southwell Library on the second Tuesday of each month at 2pm, where we look at our recent work against a particular theme, and discuss the shots. With our increased membership we have had to restrict the number of shots that we each present at a meeting – to just four each. This makes us look more carefully at what we bring to the meeting – why do we want to show this photo? Have we edited it to get it to be as good as possible?

We also get some tuition from our



more expert members on a particular subject – editing, camera settings, etc. And if anybody needs help on any aspect of their camera, that is available on a one-to-one basis.

We cover a wide range of expertise and equipment, we are a genuine self-help group and support each other whatever level of skill and camera or phone that



we have. If you've got a phone you're a photographer – you don't need a camera!

John



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham.

The following two concerts are open for booking. I will be available at the March 5th Monthly Meeting to take bookings for the later concert.

Friday 1 March, 7.30pm The Halle

Sir Mark Elder conductor

Bruckner Symphony No. 8 (Haas edition)

Saturday 23 March, 7.30pm Sinfonia Viva & Nottingham Harmonic Choir

Natalie Murray Beale conductor

Jean-Selim Abdelmoula piano

April Fredrick soprano

Simon Wallfisch baritone

Louise Farrence Overture No. 2 in Eb Major Op. 24

Schumann Piano Concerto

Fauré Requiem

Please provide Booking Forms and separate cheques made out to "Southwell u3a" for each concert. Ticket prices remain at Band A £39, Band B £35 and Band C £33 with the coach included in that price.

Roger

CULLEN SKINK

Our Scottish member put on an excellent meal and entertainment for our CDWU group meeting on Burns Night in January. The first course was Cullen skink, a hearty smoked haddock soup that frequently makes an appearance at Burns Night suppers. It originates from Cullen, a small town in NE Scotland, and the word skink is apparently a Scottish term for a knuckle or shin and was commonly used as a name for beef soups made from such bones. When people in northern Scotland didn't even have such scraps of beef, they turned to smoked haddock, of which they had plenty. The name skink stuck though.

This soup deserves to be eaten more often than once a year on Burns Night and would serve equally well as a main course, with some crusty bread.

Ingredients:

2 medium potatoes, peeled and cut into 1cm cubes
1 medium sized leek, chopped into 1cm pieces
2 tbsp finely chopped parsley or chives
1tbsp butter
1 medium onion, chopped fairly small
250g smoked haddock
300ml water
250ml milk
salt and pepper, to taste

Method:

Melt butter in medium/large saucepan over a medium heat, then add the chopped onion and fry gently until transparent. Cook for about 5 minutes but do **not** allow to brown. Add potatoes, chopped leek and water and bring to the boil. Simmer for 10-15 mins.

Meanwhile, in another small pan, cover the haddock with the milk and cook gently for about 5 mins until just tender. Remove from the milk and, when cool enough to touch, flake gently into large pieces, removing any bones and skin.

Add the milk and fish to the first saucepan and cook for a further 5 mins. Season with salt and pepper, to taste, and serve with a sprinkling of chopped parsley or chives.

Enjoy!

