

u3a

Southwell



learn, laugh, live

u3a.org.uk

Newsline No. 46 October 2023

From the Chair

As I gave the usual fire drill and silencing of mobile phones announcements at the August monthly meeting, I wondered how much notice anybody actually takes of such routine warnings these days. My cynicism had been provoked by an incident on the Norwich to Southwold bus just a few days earlier, when Steph and I were staying with some old friends in Norfolk. The four of us having clambered onto the top deck of the bus, our trip to the seaside was soon disturbed by a loud recorded message from the lower deck. "This bus is under attack – dial 999! This bus is under attack – dial 999! This bus is under attack etc.....".

We passengers on the top deck looked at each other and shrugged. The citizens of Norwich appeared similarly bemused as the bus drove on through the outskirts of the city, sending out its scary message to one and all. It was noticeable though that none of us inside or outside the bus appeared to be dialling 999 during the 5 or so minutes that the message was broadcast and at no point did the police actually stop our progress. It made me suspect that we've all become so inured to the many warnings we regularly receive that

nothing short of the advent of the apocalypse would move us to action now! Hopefully somewhere above this piece you will have seen the front page of the proof of our new flier. We've got some to spare and so please let me know if you would like a few for distribution at any event. The fliers are making their first appearance next to the exhibition of photos and craft items from our Southwell u3a interest groups, on the display wall in Southwell Library. We're very pleased to be able to showcase our activities in the library throughout September and so, if you haven't already done so, there's still time to pop in and take a look at what all our groups get up to. It really is quite remarkable.

All of this exposure, along with our recent Saturday market stall appearance and other press and Facebook publicity, has helped to push our membership above our previous record number of 792 members. Well done to all of you who have helped to publicise our u3a, even if only to spread the word to friends and neighbours. I'm now hoping to introduce our 800th



CHAIR (CONTINUED)

current member to you at our next monthly meeting and in the next edition of Newslines.

Along with all the new members, we have had several offers and suggestions for new groups which we'll hopefully be able to progress over the next month or so. Sadly we don't have a beekeeping group, which might have helped with a link to this month's 'Joke of the Month' about the chap who decided to become a beekeeper. First though, he needed some bees and so he ordered 12 of them from Amazon. When the delivery arrived, he insisted on checking the number and state of the bees before the delivery driver departed. On opening the package, the bees did indeed appear to be in good condition but, when he counted them, he found there was actually an extra one. "How come there are 13 bees, rather than the 12 I ordered?" he asked. The delivery man took one look at the baker's dozen of bees and replied "Oh yes - they've given you a freebee!"

See you again next month.

PS If you're wondering about the bus attack, when we arrived in Southwold the driver appeared unconcerned and told me he must have just triggered the alarm by putting his bag down on the wrong side of his seat.

OH! COME, ALL YE BASHFUL!

Yes it's time for any modesty and caution to be cast aside once again by all you budding performers for this year's u3a Christmas party and variety show. Our monthly meeting on **Tuesday 5th December** will again take the form of a display of the many and varied talents of the members of Southwell u3a. You are guaranteed an appreciative and enthusiastic audience of up to 200 members, suitably dressed in their best Christmas hats and jumpers!

We are looking for members able to perform musical, spoken word or other interesting or quirky pieces in our 2-hour programme. We will welcome performances from individuals and groups, polished and unpolished, witty or tuneful, joyful or reflective. You'll be given a slot of between 5-10 minutes, dependent on the nature of your piece(s). If you've performed in one of our shows before, we'd love to hear from you again but if you haven't appeared so far, even better!

We're at the early stages of planning the show at present but please do contact either Richmond Kingsbury memsecsu3a@gmail.com (musical numbers) or myself chairmansu3a@gmail.com (anything else) to let us know that you might be able to take part. Don't just think about it, please do get in touch!

NEW COMMITTEE MEMBER

Miriam Tate joined the management committee at the recent AGM and she also agreed to take over John Elkington's previous role as chair of the Trips and Social Events committee. She is already putting together a programme of events for members over the Autumn and Winter period, some of which are mentioned in her piece in this edition of Newline. In the meantime, here are a few words from her about her background:

"Hi everyone - I am truly delighted to become a member of the management committee and to be leading the Trips and Social Events committee, having been on several of them myself over the last few years.

I moved here some 35 years ago from Glasgow with my husband and three little boys, who went to our local schools, and have been an active member of the community since I arrived. I was one of the original members of the Bramley Apple committee when it started at The Saracen's Head and on the Save the Children Fund Committee for over 30 years - until we reluctantly had to disband some three years ago.



I am hoping to keep up the momentum with our social activities over the next few months - but we are in desperate need of some extra help on this committee and so I'm hoping some of you will volunteer and jump on board with me, so we can put these ideas into action!

Please let me know of any interesting places you would like to visit - so we can set up a varied programme and any evening events you have particularly enjoyed. Please send any response to me on the link below and I look forward to hearing from you."

miriam.tate@btinternet.com

NATIONAL EVENTS

You may not be aware that your membership of u3a means that you have access to a range of events provided nationally. You may find the following interesting!

Interest Groups Online (IGO)

IGO is an online community of u3a learners, who meet mostly via Zoom. From October, membership is just £6 for six months and you could have access to over 75 different groups across a wide range of topics. Visit the [interest groups online groups page](#) to browse all groups. You can join IGO as a complementary service to your local in-person u3a membership.

Interest Groups Online Fair

Look for this under the 'Events' tab on the [national website](#).

The first ever Interest Groups Online Fair will be taking place from Monday 2 to Friday 6 October. There will be three taster sessions each day which will take place at 10am, 11.30am and 3pm, to try for free. A selection of group leaders will deliver 30-minute sessions, from Laughter Yoga to British Cemeteries, to give prospective members a flavour of what you can enjoy if you decide to join.

Also under the Events tab is an early notice about the u3a Festival 2024, 18–20 July to be held in York. Save the date if you think you may be interested.

Events like these, as well as being on the national website, are flagged up through the national newsletter. You can sign up for that whilst you are there!

Jean Hogg, Groups coordinator
jean.hogg10@yahoo.co.uk

COURSES AND WORKSHOPS

First Aid Short Course please note new date:

A First Aid course by British Red Cross has been organised for **Tuesday 2nd November** in the back meeting room of Southwell library from 10.30 to midday. This is a repeat of the short courses earlier this year and has had to be rearranged from a date in October due to a holiday.

Please send any requests to attend to Jane Zdanowski, 01636 813915
j.zdanowski@btinternet.com

OUR SEPTEMBER MONTHLY SPEAKERS: The Workhouse Storytellers

At our September meeting we were entertained and informed by volunteers, in role, from the Southwell Workhouse. They arrived in costume as four characters from the 1850s: Matron, wife of the Master; Jessie, a cook from a grand house, who had lost her job; John, a 'trusted' pauper, with the job of Porter; and Alice, a vagrant. Two of the stories were based on facts, whilst that of Jessie, was invented but



very much grounded in the lives of people at the time. The story told by John was actually a ghost story but a very moving one about a family, who were turned away from the Workhouse when they arrived too late on a freezing cold evening, only to die before morning. Alice, the vagrant, who spent many years living in a 'bacon box', in Nottingham, had her story reported in the local press. The story told by the Matron, concerned a local horse thief, from Eakring, who eventually emigrated to Canada.

All the stories reflected how

incredibly hard life was at the time, with very little support for those who fell on hard times. It was also emphasised, however, that the elderly, i.e. the 'deserving poor' were cared for fairly well and that children were given an education. In the case of girls this was predominantly domestic tasks!

The four presenters played their parts well and their performances were appreciated. It was hard not to reflect on the current situation with regards to the poor and to wonder just how far attitudes have changed in almost 200 years.

OUR NEXT SPEAKERS

Don't miss our next speaker on the 3rd October, Russian expert Cathy McAteer. Her talk *Russia: Beauty or Beast* will give us an insight into what has been going on in Russia since the break-up of the Soviet Union and what might be its motivation in the future. Is Putin the leading force or is he led by a national ambition which would still exist without him? And what of Ukraine or Belarus? And how can the western world deal with Russia in the future? Can we ever trust them again? And what of Russian art and culture, which we may have put on hold as terrible things go on in Ukraine, but without which the world would be a far poorer place. Come on 3 October and find out what Cathy thinks and have your questions ready.

Next year we have booked a variety of speakers covering a wide range of topics including cheesemaking, medical dogs, Lord Byron, Bromley House Library, and the history and influence of jazz piano. A full schedule will be published soon. Hope to see you at our meetings!

Our Monthly Meetings are on the first Tuesday in the month, at Southwell Leisure Centre: Please arrive between 9:40 and 10.00. If possible bring along a cup* for refreshment time.

***Preferably unbreakable!**

Newsline Deadline for the November Edition

Please email articles & pictures to the Newsline team by 10th of each month to ensure inclusion:

su3anewsline@gmail.com

Items that arrive after the 10th October 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.

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

Anne Greenaway,
Editor

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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 the 12th and 26th October. 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.

email: marjorie.bramhill@gmail.com



VOLUNTEERING

Facebook Expertise

The Publicity Group is very keen to improve our u3a's presence by setting up a vibrant public-facing page. If you have the expertise to help, we would be most grateful.

Please contact: Publicity Chair, Tony Mellor

twmellor@hotmail.com

Could you help our Newsline Editor?

Do you or a family member travel to Newark most weeks? We need "Someone" to collect our printed copies of Newsline each month from Wordprint Ltd, 52a Albert Street, Newark NG24 4BQ, and bring them to Southwell.

Please contact: Newsline Editor, Anne Greenaway,

su3anewsline@gmail.com

The world view... From Noble Jayasuriya

Noble has submitted this photograph of Gaia in Southwell Minster. He says that this is his 'goodbye' for a while, until next year maybe, as he returns to his native Sri Lanka.



Bon voyage Noble. We are looking forward to you sending interesting photographs from Sri Lanka. For more of Noble's photos, visit our website and click on the "Search" for "Noble Shots from Sri Lanka"



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>

MEAL DEAL!!!

The Hearty Good Fellow in Southwell has agreed to give a 10% discount on all food (not including drinks) to Southwell u3a members. Lunch and dinner – just show your current u3a membership card to

obtain the discount. Every little helps!



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

Childhood Summer Sonnet

In earlier days the sun seemed not to set
We played in golden streets 'til parents called
Then bade farewell to pals with some regret
And into bed in cotton vests we crawled

We lay in bed as sunsets lit our walls
There seemed to be no darkness in our world
Then sprang awake again to playmates' calls
The new day in full bloom as we unfurled

Those endless summers are as shadows now
Each solstice seems more precious by and by
And yet I keep my childhood August vow
To hold my freckled face turned to the sky

We know that autumn must give way to frost
That one day childhood innocence is lost

© Austin Brady - August 2023

We hope you will look forward to the monthly contributions from members of the Creative Writing Group. If you are interested in joining our successful (and full) group, please ask me to add you to the waiting list.

mikehbiggs@yahoo.co.uk (Group Leader)



SOCIAL AND TRIPS Three Dates for your diary:

Monday 13th November.

Come along and join us for an informal quiz at the Southwell Rugby Club. 2pm- 4pm. Tickets £3.00 (includes tea, coffee and cake)

Please email/call below to book your tickets: miriam.tate@icloud.com Tel: 07703 384144

You will be able to collect your tickets at the October u3a meeting. Please remember to bring cash or cheque payable to u3a. Looking forward to seeing you there!

Saturday 27th January 2024.

Burns Night at Trebeck Hall
Full information to follow.

Thursday 7th December.

Southwell Theatre Club

Robin Hoodie and his Merry People

Robin Hoodie and his Merry People have a problem! So successful have they been in robbing the rich to give to the poor, there are no poor anymore! Bored almost to death, Alan a-dale, the resident minstrel organizes snail races; Friar Tuckin dreams of his next meal; Robin is ensuring his horse is kept off the menu; and Mad Marion is bossing them all about. Throw in an invisible forest sprite, the devious Sheriff of Nottingham, the treacherous Prioress of Kirklees, Pitkin an innumerate peasant, and you have a recipe for mayhem – and murder!

Southwell library. 7.00pm for 7.30pm
Ticket £10.00 includes quiz and light supper

Ticket information will be available shortly from Rosemary Milton

Milton2808@hotmail.com

01636 819134



GROUP NEWS

We have **TWO NEW PROPOSED GROUPS** this month:

"Sounds from the Decades" Group

My name is Philip Davies. I have been a member of Aylesbury Vale u3a for a number of years and have enjoyed running a successful music group based around music from the 50's through to the 70's.

MY wife and I recently moved to Southwell and as a new member of Southwell u3a I would like to start a similar group here, "**Sounds from The Decades**" (from 1930s to 1970s).

Presentations are based around favourite artists, groups, life experiences or life events. The format includes telling a brief story and hearing the music that triggered that memorable moment or it can just be music you like.

I have previously created a number of presentations that will be used for each session, and these can be interspersed with new material, hopefully from audience participation.

Times and location will be advised at a later date.

If you are interested please contact Philip Davies

phildavies1@live.com

mobile: 07917876101

"Film Extra" Group

The u3a Film Club run by Lynn Dorling has proved so successful and its members so loyal that it is permanently full. Due to the huge amount of interest in the Cinema. Lynn has decided to open another group which will be called **Film Extra**. This will take place on the last Thursday of each month at the Broadway Cinema in Nottingham. Thursday is "Silver Screen" day, and, all tickets are £5, with subtitles for the hard of hearing. The proposal is that we catch the 26 bus to Nottingham using our bus passes. We watch the film and if you wish to we can have a post film discussion in the Broadway Café. All films will be in the afternoon.

Film Extra will start in November 2023. The November programme for the Broadway will be published much nearer the time.

If you are interested in joining this group please contact Sheila Robin by email, giving her your mobile number and email address.

Sheila Robin

sheilarobin78788@icloud.com

mobile: 07756 818445

Photography Group

Our Photography Group is currently full, but is accepting members onto a waiting list: Contact Graeme at 56grs03@gmail.com

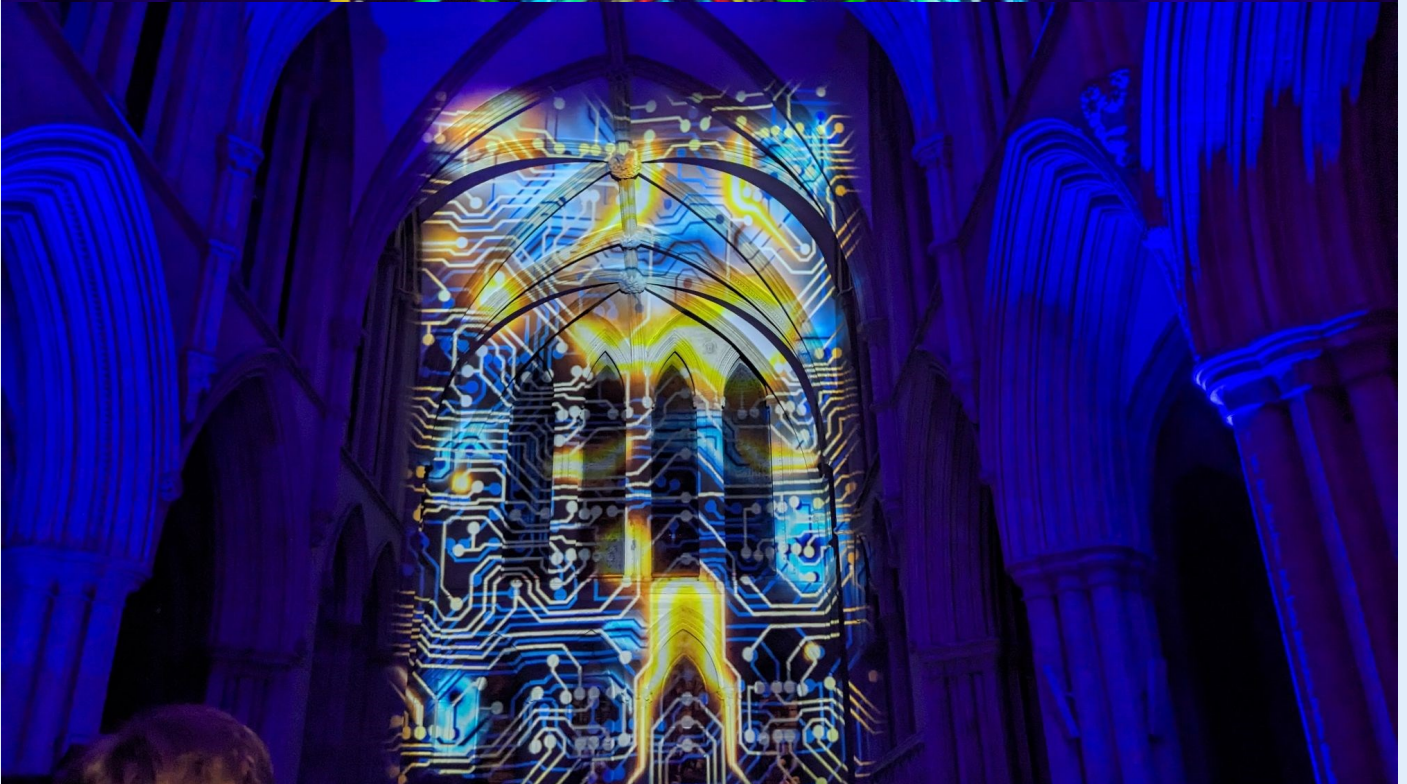
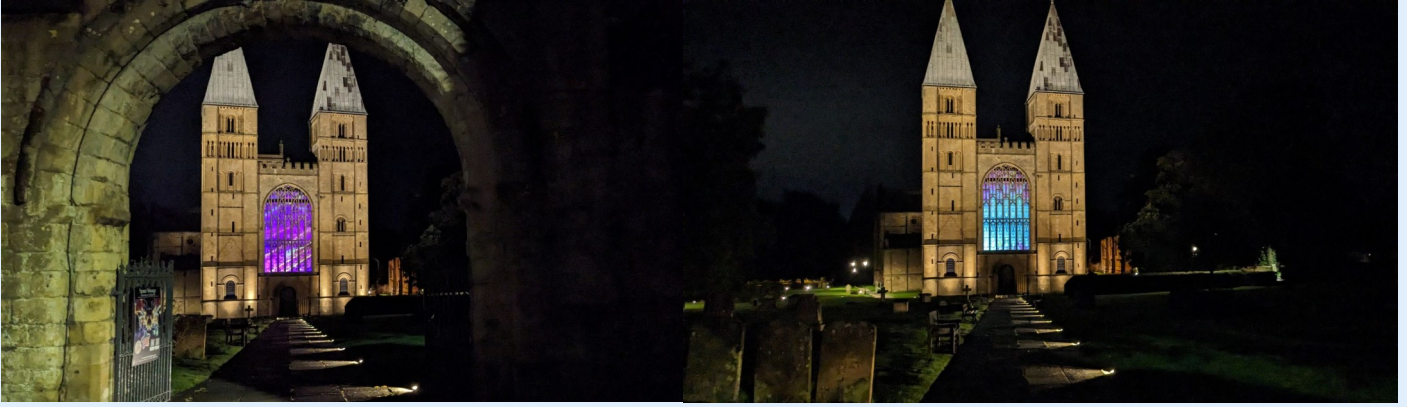
Over the page you will find some of our shots from the recent "Space Voyage" experience at Southwell Minster, but first "Memories of holidays" and "Space hits Southwell":

Visit our web pages for more:

<https://www.southwellu3a.com/photography-group.html>



Photography Group: Southwell Minster "Space Voyage"



Astronomy Group

The astronomy group has an exciting long term list of topics to be presented and discussed at our future monthly meetings. These include bodies and moons in the solar system, stars, exoplanets and black holes. We also want to look back at how it all began through to how it may end along with the history of ancient astronomical clocks and measures through to early space flight, then leading on to modern space exploration via rovers, robots and astro photography. We even plan to look at related topics like particles and waves, space medicine and the building blocks of life.

The next meeting will be on Thursday 28th September 10:00am to 12 noon in



the downstairs meeting room in Southwell library, when the topic will be a presentation on three of Jupiter's moons Io, Europa and Callisto (we covered the fourth and largest moon Ganymede in our last meeting).

We hope to see all group members there, but also any u3a's member who is interested (and intrigued) by space is welcome to attend.

Richard Peacock

richardmpck@gmail.com

Music Lovers' Group

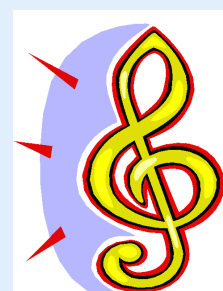
Here is a quick preview of the first of our October meetings:

On the 4th October we have a programme by French composers. Think you know Ravel's Bolero? Well just watch how the tension builds as the instruments appear in turn, and it disintegrates in the crashing ending, all in 4k video and HiFi sound. The programme also includes Debussy's violin sonata, orchestral and solo

pieces and operatic duets. I really love this one.

We have room for just a few more members: For details contact John Tebbs 07850 776839

<https://www.southwellu3a.com/music-lovers-group.html>



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Booking is now open for the following 2 concerts, and I plan to be at the October Monthly meeting to take bookings.

The second concert on November 25 needs to be booked early as I will be on holiday during November and will need to finalise all arrangements including buying tickets and reserving the coach by November 8th.

Seat plus coach prices are: Band A £39, Band B £35 and Band C £33.

Please bring separate cheques (made out to Southwell u3a) and booking forms to the October Monthly Meeting or send them to my address shown on the booking form. (SEE NEXT PAGE)

Roger Bennett

Friday 27 October, 7.30pm

Royal Philharmonic Orchestra

Vasily Petrenko conductor

Pavel Kolesnikov piano

Liadov Baba Yaga

Tchaikovsky Piano Concerto No. 1

Rachmaninov Symphony No. 2

Saturday 25 November, 7.30pm Royal Liverpool Philharmonic Orchestra

Domingo Hindoyan conductor

Simone Lamsma violin

Victor Julien-Lafferrière cello

Bizet Jeux d'enfants

Brahms Double concerto

Debussy Iberia

Rimsky-Korsakov Capriccio espagnol



Trip Booking Form

Please book a place for me on the trip on (date)
to (place)

Name

u3a member: yes/no

Contact Landline: Mobile

Emergency Contact:

Name.....

Emergency Contact Phone:

NB This information must be included on all booking forms.

I enclose a cheque for £..... made out to "Southwell u3a"

Money is non-refundable unless your place can be re-sold.

Please return this form and a cheque for the full amount to:

Roger Bennet, Glebe House, Gibsmere, Bleasby, NG14 7FS

tel. 01636 830610

PANANG CURRY

Thai cooking was the theme of our latest meeting of the CDWU group and here is one of the dishes we prepared. By chance, the member who had randomly chosen Thai cuisine turned out to have attended a cooking course in Thailand! An excellent multi-course meal was duly served up, using the original Thai recipes. That said, we did manage to confuse tsp with tbsp when it came to the fish sauce, although I blame the sous-chefs!

Ingredients

- 300-400g fresh chicken, diced
- 1 can full-fat coconut milk
- 3-4 kaffir lime leaves (if no fresh use dried leaves)
- 1tbsp Panang curry paste (see below)
- 1 large de-seeded red chilli (large are less hot) finely sliced for decoration
- 2 tsp palm sugar
- 2-3 tsp of fish sauce



Method

Boil 3 tbsp of coconut milk in a wok (or large frying pan) over a low heat until oil appears on the surface.

Add curry paste and stir for 1 minute or until fragrant.

Add chicken and cook until it turns white.

Add coconut milk and bring to the boil. Season with palm sugar and fish sauce (and kaffir lime leaves, if using dried)

Let it boil until thickens and chicken cooked through.

Remove from heat add (if using fresh) kaffir leaves and garnish with red chilli to serve.

Serve with boiled rice to your own recipe.

PRIK GANG PED (Red Curry Paste)

This is the basic recipe for a Red Curry paste with the option of adding roasted peanuts to make it into a Panang Curry paste. The paste will keep in the fridge and any leftover paste can also be frozen. If you use the milder large red chillies, it shouldn't be too hot! (Continued overleaf)

Ingredients

100g dried large red chilli – soaked and chopped

10g crushed coriander seed

10g shallot

10g garlic

1 stalk fresh lemongrass (not dried! If you cannot get fresh then use lemongrass paste)

10g galangal paste (galangal and lemongrass pastes are available in large supermarkets)

1tbsp turmeric powder (NB likely to stain hands and utensils)

20g lime skin

40g crushed roasted peanuts, if making Panang curry paste

Preparation

Put all ingredients in a food-processor and blend until you have a smooth paste.

Enjoy!



| | | |
|--|---|--------------|
| Chair | Brian Platts* | 01636 813500 |
| Vice Chair | Marjorie Bramhill * | 01636 813395 |
| Secretary | Nadina Lincoln* | 01623 882909 |
| Treasurer | Jan Clarke-Humphries* | 07791964924 |
| Committee member (no portfolio) | Viv Barnett* | 01636 919978 |
| Committee member | Miriam Tate* | 07703 384144 |
| Concert Trips Organiser | Roger Bennett | 01636 830610 |
| Equipment Co-ordinator | Anne Rattigan | 07988 803446 |
| Facebook Administrator | Jane Zdanowski* | 01636 813915 |
| Group & Activity Calendar Editor | Jean Hogg* | 01636 819412 |
| Group Leaders' Co-ordinator | Jean Hogg* | 01636 819412 |
| Groups Treasurer | John Langley | 07973 282383 |
| Holiday Co-ordinator | Ann Powers* | 01636 814153 |
| Membership Admin | Rita Cridland | 07902 262348 |
| Membership Sec. & Beacon Admin. | Richmond Kingsbury | 01636 814882 |
| New Groups Enabler | Ann Powers* | 01636 814153 |
| Newsline Editor | Anne Greenaway | 01636 814611 |
| Publicity Group Chair | Tony Mellor* | 07793 551442 |
| Social & Trips Committee Chair | Miriam Tate* | 07703 384144 |
| Social Committee Treasurer | Sue Baines | 01949 21377 |
| Speaker Finder | Chris Bentley | 01636 813300 |
| Webmaster & Beacon Asst. Admin. | Rik Ludlow | 07946 398349 |
| Welfare | Annabel Kingsbury* | 01636 814882 |
| Workshop Co-ordinator | Jane Zdanowski* | 01636 813915 |
| Chairman's email: | chairmansu3a@gmail.com | |
| Membership Secretary's email: | memsecsu3a@gmail.com | |
| Newsline email | su3anewsline@gmail.com | |
| Secretary's email: | secsu3a@gmail.com | |
| Treasurer | treasurer1su3a@gmail.com | |
| Website address (URL) | www.southwellu3a.com | |
| Website email (goes to webmaster) | southwellu3a@gmail.com | |
| Corrections to Secretary: secsu3a@gmail.com | * & bold text = committee member | |