

Newsline No 52 APRIL 2024

Public Version



u3a

Southwell

From the Chair

I'm writing this month's column during a few days away at Center Parcs Woburn Forest with our son and his family. Granddaughter Sadie is a real baby of the u3a, as she was born during our last Southwell AGM, albeit not actually in the Leisure Centre. You'll see from the photo below that she is taking her u3a connection seriously – she has a very hand-to-mouth existence at present and has given my u3a diary a serious gumming throughout our stay! This has felt like a generational transition for Steph and I. We well remember taking the cheapest midweek January holidays at the original Sherwood Forest Center Parcs with our 3 children. So as not to deprive them of education, we used to commute the 3 of them into school in Southwell each morning and then take them back to Center Parcs again after school – with remarkably few complaints about missing out on all the fun during the day!



Not that Center Parcs is just for children. There seem to be almost as

many people of a similar vintage to Steph and I enjoying the various activities with their families.

Yesterday I was approached by a 70-year-old

woman next to a particularly terrifying 2-person raft ride down tubes from the top of the sub-tropical dome. Apparently, she'd gone on the ride with her husband the day before and he had screamed throughout, vowing never to go on it again. She was desperate to have another go and so she persuaded me to accompany her. Perhaps we're never too old to be thrill-seekers!

It will be back to Southwell tomorrow though and a return to u3a life. There really are lots of new things on offer for our members at the moment, with several new groups starting up (Walking Football, History for Fun, The Play's the Thing) and the programme of short courses and workshops underway (see last month's edition of Newline for full details). An extra workshop has also just been added, on the subject of Wills and Powers of Attorney. The speaker will be from Tallents Solicitors and the session will be on 11th June at



CHAIR (CONTINUED)

10.00am – contact Jane if you would like to attend.

We've also got meetings for new members and Group Leaders coming up over the next few weeks. The meeting for all new members who have joined over the past year will be at Southwell Baptist Church at 2.00pm on 28th March and the Group Leaders meeting will be at the Rugby Club at 12.30pm on 16th April. I hope to be at both meetings, along with other members of the Management Committee. This will give us chance to get feedback from members as to what we seem to be doing right and what we could do better and hopefully to be inspired by some bright new ideas. If you haven't

already done so, please get in touch if you would like to attend the new members meeting and Jean if you will be coming along to the Group Leaders meeting.

So, as the Platts family waves goodbye to Woburn Forest, I notice that Center Parcs is actually up for sale. Apparently, it's £5 billion if bought during term time – or £50 billion if bought during the school holidays!

All the best until next month.

Brian

SHORT COURSES AND WORKSHOPS

My Sight Workshop

This workshop took place recently and was attended by 14 people, both members and people who assist or support them. It is useful to attend these workshops in order to learn how to help others if needed. Emma Lucas was excellent at presenting information about the background to the Nottinghamshire charity, which is over 150 years old, and its services. They provide support at both Queens Medical Centre and Sherwood Forest Trust within the Ophthalmic Departments where they can offer benefits advice, emotional and practical support and help people to understand and manage their eye condition. They also host student counsellors and psychological therapists. In Southwell there is a group that meets on Thursdays in Riverside Centre on King Street for those with macular and they can provide home visits

SHORT COURSES AND WORKSHOPS CONT'D

and help with technology. This was a fascinating area where Emma brought along a small handheld magnifier called a Cobolt priced about £100, a second much more expensive device like a computer tablet priced at £1000 called a Clover 10. Both of which were very useful to those who were able to have a go at using them. However, the most amazing was a virtual reality (VR) headset which would allow the user to watch a theatre performance or maybe even a football game, although at £2000 it was clearly a luxury, this was Irisvision Live. Of more use to

most people would be the apps Emma recommended: "Be My Eyes" where volunteers will read items out for people, "Navi Lens" to read details from the side of packets and tubes or "Seeing AI" available on Apple devices or the most recent Android devices. The simplest device is the most useful, in the kitchen to measure when to stop pouring liquid into a cup by emitting a tone. All in all, the morning was very useful to those who attended, the website for those who would like to check it out is: <https://www.mysightnotts.org.uk/>.

Drive-On & First Aid Workshops

The "Drive-On" workshop is confirmed for Thursday 6th June at Southwell Rugby Club 2-4 refreshments to be provided. The 'Drive-On' workshop is light-hearted, interactive and gives advice and tips on how to prolong and enhance safer driving. Topics covered include The Highway Code, licence renewal and medical conditions, among many others. Have a go at the 'drinking game' and see a selection of adaptations that are available for drivers. This positive and encouraging workshop is always well received, with many commenting on how informative & fun the workshop is.

Another First Aid workshop is being organised for May or June this year but is almost full already, however a waiting list will be compiled if members wish to be added to that then they can be allocated a place as they become available.

Please contact Jane for information or to book either workshop.

OUR SPEAKER FOR MARCH

At the March meeting we invited Ann Hilton from Medical Detection Dogs to talk to about their charity and work.

Ann explained about the history of the charity from its beginnings where Claire Guest and John Church started research into dogs which could detect cancer. Claire had a dog called Daisy

who diagnosed her cancer which had not been detected by the medical profession. It saved her life as the cancer was deep rooted and was difficult to diagnose. She partnered with John Church who was able to put together a team to a “proof of principle” study which was then published in

the British Medical Journal in 2004. They started from a small series of units near Buckingham which they rented with public donations.

They were lucky enough to have a donation left to them in a will of £800,000 which enabled them to buy the whole site together with the adjoining land.

They then started to develop and train dogs to detect the odour of human disease with the aim of developing

faster, more efficient and less invasive diagnoses that lead to better patient outcomes. They have moved on from cancer and are now training dogs to recognise other diseases such as Parkinsons, malaria and even Covid 19. The reason that dogs are so good at sniffing disease is that we as humans

have five million sensory cells in our noses whereas dogs have 300 million.

The other part of their work is training dogs to live with individuals with complex health problems and who have limited awareness of an impending life-threatening medical event.



The dogs are not kept in kennels and have a normal doggy life. They are taken home every night to volunteers' homes where they are treated as normal dogs so they have a very happy life.

The UK is now at the forefront of training dogs for medical diseases and as well as having Queen Camilla as their patron they have received many awards from around the world for their innovative work.

OUR MARCH SPEAKER (CONTINUED)

All members were captivated by Ann's talk and as well as the fee which we paid to Ann to come and talk to us she also raised £453 from donations and sales of merchandise at our meeting which was a record for Ann and showed our appreciation of the work which the charity is doing.

OUR NEXT SPEAKER

Our Tuesday 2nd April Speaker will be Geoffrey Bond. He will be talking about Lord Byron.

John

Monthly Meeting Lost Property

Did anyone lose their hat at the last monthly meeting or their gloves at the Christmas meeting? All claims to chairmansu3a@gmail.com.



SPEAKERS FOR MAY-JUNE 2024

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 May Edition

Please email articles and pictures to the Newsline team by 10th April to ensure inclusion in the May edition.

su3anewsline@gmail.com

Items that arrive after the 10th April 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

u3a
learn, laugh, live

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!**



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)
Please contact Miriam to book your ticket



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.

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 11th and 25th April. 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.

Marjorie



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

This month's offering is by Ann

Simon

"Oh, oh, colder today, could be time to leave the garden and find a place to settle in for winter." He reflected on how the autumn dew had enhanced his fine workmanship, made his webs look like sparkling pearls, and that how autumn was now becoming winter.

He lived in the small walled garden, mostly unnoticed, occasionally buffeted by a passing small bird on a berry hunt, sometimes batted away by the old man gardening. There were few to admire his early morning shine, the glorious bejewelled creation he made together with nature.

He breakfasted on a "past its sell by date" fly and considered his options. *"I need a place where I am unnoticed and therefore safe from mops and dusters"* he reflected. *"Me in my small corner....."* he sang huskily to himself, remembering an accidental visit to a Sunday School session last year.

"Churches aren't for me, dark, damp, occasionally quiet and then on other occasions far too noisy," he kept chewing the unappetising fly.

"On the other hand, a church could be just the place. I don't think much housework goes on there, there aren't too many hysterical children clamouring for my death and there might be others for a bit of social life".

Over the next few days Simon constructed a plan as to how to get to the nearby church. He knew he needed some kind of transport as it was a bit of a distance even for his elegant (he thought) 8 legs. At last he knew what he had to do. It involved him being watchful, perfect timing and determination. He was pleased with his final plan and thought it sensible, but with a dash of adventure, which, he felt, entirely illustrated his approach to life.

[Click here to read the whole story on our webpage.](#)

If you are reading the printed edition, and want the whole story, contact the Webmaster, Rik

NEW GROUPS

Chess Group

I was surprised to discover that Southwell u3a has no Chess group. I am not a good player myself but I was asked about the possibility of supporting an after-school class for children, possibly at the Chessmaster cafe.

Is there interest in forming a small group that could perhaps meet at the Chessmaster Cafe? It would not need to be many of us as the venue is small. As an aside, of those interested members, would any be willing to support the children's after-school club, should it start?

Richard

Spanish

Numbers in this group have dwindled and it has been put on hold. Some new members are needed before it can restart. Both absolute beginners or those with some existing grasp of Spanish would be welcome and Edmund Salter, the leader, would be willing to see any beginners on their own initially, to inspire some confidence. He would love to see the group continue to thrive and is happy to continue leading it but, having done so for many years, would also

welcome hearing from someone who would enjoy taking it over.

Please contact Edmund:

'The Play's the Thing'.

The aim of this group is to explore plays, not only to read them aloud. We hope to discuss ideas and themes, select scenes and workshop them, play with the language and experiment with characterisation. The choice of plays will be decided by the group members and could include classic, modern and international writers.

No prior experience is needed, though welcome. What is needed is willingness to try things out and possibly an inclination to move it and shake it. All, of course, in a safe and supportive environment. This group will be led by Jill Morris so all that is needed to start it are some enthusiastic members. We hope to find a venue in Southwell, if possible on a Wednesday afternoon.

Please contact:

Jill or Jean

Astronomy

We are a small group of enthusiasts who are keen to expand our understanding of the universe and all matters related to the development of time, space and indeed life. If you too have such an intriguing mind that you are keen to develop, then please do consider coming along.

Generally, the group meetings are held on the fourth Thursday of every month, in the downstairs meeting room of Southwell Library from 10:00am to 12 noon.

We traditionally have a break in July and August as many members have well deserved holidays booked, it also is an excellent time to allow future contributors the opportunity to work on their presentations.

Our programme of events for the next few months is given below.

The March topic will be based on a Brian Cox DVD, 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'.

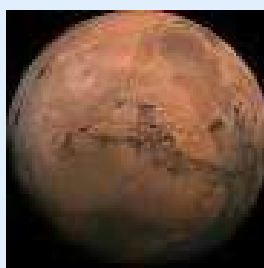


The April topic will be a presentation on stars, taking us through the process

of how they are born, what happens to them during their life, how they eventually die and what is left behind afterwards.



The May topic will be another presentation, this time on radio astronomy, explaining the advantage of using radio waves as opposed to light and a look at how astronomy has developed through this exciting technology.



The June topic will be based on another Brian Cox DVD, on the Milky Way galaxy. It takes us through its history, including the role played by gravity in shaping its development and how it will end up.



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

INTEREST GROUPS

Social Bowls Group

The Social Bowls group play on Friday afternoons from 2pm to 4pm from April 26th to mid-September. We have a core of regular bowlers but would welcome some new members. You are welcome to come along and have a go to see if you like it.

The aim of the group is to have a friendly, informal game of bowls. The main aim is to have fun playing the game; it is not all about winning! We draw teams from a hat, so you end up playing with different people each week.



Members can borrow bowls from Farnsfield Bowling Club if they do not have their own. You just need to wear flat soled shoes, so as not to damage the grass. We charge £3 per session

which goes to Farnsfield Bowling Club for the use of their green and equipment.

For those that would like a more structured introduction, there is a beginners' course on Friday 17th May at 1.30pm at Farnsfield Bowling Club.

Information about the group and the beginners' course can be obtained from the group leader.

Nadina

Croquet Group



IMPORTANT NEWS

The three croquet lawns are totally water logged. Information from the Groundsman indicates that play will not be possible in early April. Our Southwell u3a start-up date will now therefore be on the second Monday in May.

Elaine

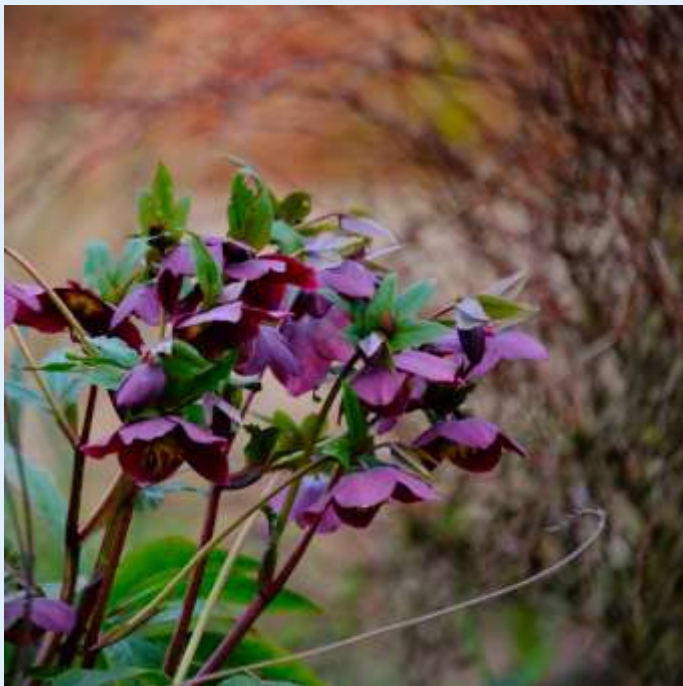
GROUP NEWS (Continued)

Photography Group

We are persevering with Light Painting for our next meeting, but we've shown you several of these already, so here are a couple of shots from our next project. We're continuing to explore manual settings on our cameras, these show a wide aperture which deliberately blurs the background while leaving the subject in focus. I couldn't resist showing some interesting holiday shots from one of our members – an escalator from a novel viewpoint, and cloud inversion among the mountains.

With improving weather and daylight, we'll soon be planning our 'on location' programme – we're looking at wild fowl at somewhere like Attenborough Nature Reserve, and probably will go back to our favourite bluebell wood.

We are technically full, but can still



probably squeeze in a few more members, so if you'd like to join contact Graeme Stewardson – his details are elsewhere in Newline.

We normally meet at Southwell Library on the second Tuesday of each month at 2pm, where as well as progressing our latest project, we look at our recent work against a particular theme, and discuss the shots. We only show about four shots 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





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 !

help on any aspect of their camera, that is available on a one-to-one basis.

John

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

u3a Southwell

Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham.

The following concerts are open for booking. I will be available at the April 2nd Monthly Meeting to take bookings for the April 19th and May 1st concerts.

Friday 19 April, 7.30pm

Dresden Philharmonic

Stanislav Kochanovsky conductor
Maria Loudenitch violin

Mussorgsky Prelude to Khovanshchina
Shostakovich Violin Concerto No. 1
Tchaikovsky Symphony No. 6 'Pathétique'

Wednesday 1 May, 7.30pm

Philharmonia Orchestra

Santtu-Mathias Rouvali conductor
Daniil Trifonov piano

Brahms Piano Concerto No. 2
Dvořák Symphony No. 7

Please provide separate Booking Forms and separate cheques made out 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

PECAN PIE

North American food was the theme for our latest meeting and pecan pie very much fitted the menu. It's commonly served at holiday meals (especially Thanksgiving) in the USA and is a speciality of southern states. The earliest known recipe appeared in Harpers Bazaar in 1886, although pecan nuts were eaten by native Americans in Texas at least 8,000 years ago. This version doesn't taste quite



as sweet as the ingredients would suggest, as the quantity of filling has been reduced a bit from the original recipe – in the interest of our waistlines!

You will need a 23cm tart tin, baking parchment, greaseproof paper, baking beans (I didn't have any and so I used a couple of cups of uncooked macaroni instead), a large bowl and an electric whisk/beater.

Ingredients

375g pack of shortcrust pastry – sweet or plain. Cool – direct from fridge.

Flour – for dusting

50g butter, softened

60g golden caster sugar

100g golden syrup

100g maple syrup

2 eggs, beaten.

½ tsp vanilla extract

¼ tsp salt

150g pecan halves.

Double cream or ice cream to serve

COME DINE WITH US continued

Method

Take a 23cm tart tin, ideally non-stick with a perforated, removable bottom. Lightly grease the tin if it isn't non-stick. Heat oven to 190° / 170° fan / gas 5.

On a lightly floured surface, roll out the pastry into a circle about 30 cm in diameter, use the pastry to line the tin, keeping any offcuts. Try to have the edges above the rim of the tin. Prick the base of the pastry case with a fork but make sure any seams or tears in the pastry are sealed – otherwise the filling will make its escape into your oven! Line the base of the pastry case with baking parchment, fill with baking beans (or similar).

Bake for 15 – 20 mins until the sides are set. Remove the beans and parchment, return to the oven for another 5 – 10 mins until the pastry is golden and the base is set. Leave to cool.

Increase oven to 200° / 190° fan / gas 6

In a bowl, beat the butter and sugar together until light and fluffy. While still beating, pour in the maple syrup and golden syrup. Gradually add the beaten eggs, ¼ tsp salt and the vanilla extract. Whisk/beat until all combined.

Hold back most of the pecan nuts to make an artistic pattern on the top, any small pieces can be put into the mixture. Pour the mixture into the pastry case, put the pecan nuts onto the surface in a pretty pattern (see photo). Bake for 10 mins, the mixture will rise around the nuts but will fall back on cooling. Turn the oven down to 160° / 140° fan / gas 3 and continue baking for another 20 – 30 mins until the top is golden brown.

Leave to cool in the tin, serve with whipped cream or ice cream. Can be eaten warm or cold.

Enjoy!