

**Newsline No 61 December 2024
(Public Edition)**

MERRY CHRISTMAS

**AND A HAPPY
NEW YEAR**

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Newsline No. 62 January 2025

Please email articles and pictures to the Newsline team by the 10th December to ensure inclusion in the January 2025 edition.

su3anewsline@gmail.com

Items that arrive after the 10th December will be carried forward to the following 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. Thank you.

Anne,
Editor

FROM THE CHAIR

First of all, everyone on the Committee would like to wish you all Seasons Greetings, whatever and however you are celebrating at this time of year. One thing I think most of us look forward to is seeing more of our families over the holiday period, and I hope you have a very happy time. Inevitably, this time of year is difficult for some of our members and, of course, we are thinking of them too. I am writing this whilst the weather is still mild, though very dull. By the end of November, when you read this, it may well be feeling much colder and like winter. That will mean that Christmas is on the way and I do hope to see many of you at our meeting on December 3rd when, once again, we shall be entertained by individuals and groups with words, music, quizzes and probably some jokes! There will also be mince pies, so do come!

Are you aware that being a member of u3a means that you can access a number of benefits? The scheme is called 'Friends Extra' and includes savings on everyday essentials, holidays, treats and motoring. To access the scheme, you have to sign up for the u3a Friends newsletter. Go to u3a.org.uk/newsletter for further information.

As you know, we are keen to find some

new volunteers to help us on the Committee, as well as with other things. Richard has written an article explaining how he became involved and the enjoyment and satisfaction he has found. It is very interesting so do read it. If you would like to attend a committee meeting to find out what we do, please let me know.

We have a great team of members who organise and serve the refreshments at the Monthly meeting. They have a rota so are not needed every month. It would be helpful to have one or two more members on the rota. Contact me and I will pass on your offer of help.

I particularly want to challenge our younger and newer members to involve themselves with our wonderful u3a. Think about what you would enjoy doing, whether it is helping to run a group, joining the Management, publicity or social committees or helping at the monthly meeting. All offers are welcome!

Jean

chairmansu3a@gmail.com)



GROUP NEWS

Proposed New Groups

New Psychology Group

Does the name Pavlov ring a bell?



Did you know the brain is the only living thing that can study

itself? and it can do this while processing an incredible amount of information from the environment around us.

We are amazing!

We all want to understand ourselves and other's thoughts and behaviours.

What makes us tick, how are we the same, how are we different, what makes us unique.

How can we grow as people.

If you are interested in the history and study of psychology, then this group is for you.

The group will involve doing some research and presentation.

We will also look at some of the issues which face us today.

We'll meet on the 14 January the second Tuesday afternoon of the month, from 2-4 at Burgage Court Community room, Burgage Lane, Southwell. If you are interested contact: Georgina

In Brief!



Christmas Party. 3rd December at 10:00hrs. Southwell Leisure Centre.

GROUPS

Long Walks Groups:

Cresswell Craggs 1st November 2024



Walk led by Mike and Kath.



Pea and Mint Soup – à la Jamie Oliver. (Serves 4)

Pea soup has been around since Roman times, passing through the 'Pease Pudding Hot' of nursery rhyme fame, to the 'pea souper' fogs that strangely disappeared after the passing of the Clean Air Act. By the time you read this, I'll be in Australia where the celebrated 'pie floater' is an Australian-type meat pie, sitting in (or sometimes submerged!) in a bowl of thick pea soup. Yum! Yum!

Ingredients

Frozen or Fresh Peas: 600g – frozen worked very well for us.

Fresh Mint Leaves: A large handful, roughly chopped

Onion: 1 medium, finely chopped.

Garlic: 2 cloves, minced

Vegetable Stock: 1 litre

Olive Oil: 2 tbs

Double Cream or Greek Yoghurt: 100ml

Method:

Step 1: Sauté the Onion and Garlic

In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook for 5–7 minutes, stirring occasionally, until softened and translucent. Add the minced garlic and cook for an additional 1–2 minutes until fragrant.

Step 2: Add the Peas and Stock

Stir in the peas and cook for 2–3 minutes to let them soften slightly.

Add the vegetable stock and bring the soup to a simmer. Cook for 5–7 minutes, until the peas are tender.

Step 3: Blend the Soup

Take the pot off the heat and let it cool for a couple of minutes.

Using an immersion (stick) blender, blend the soup until smooth. If using a regular blender, blend in batches, being careful not to overfill the blender.

Step 4: Add the Mint

Add the fresh mint to the blended soup and stir well. Blend again if needed to fully incorporate the mint. Taste the soup and season with salt, pepper, and a squeeze of lemon juice for brightness.

Step 5: Add Cream or Yoghurt

Serve in bowls and swirl in the double cream for a richer, creamier texture. Serve with crusty bread.



Enjoy!

All I Want for Christmas...

The snow had fallen overnight. He knew it had, even before he opened his eyes. There was a new softness to the sound of the traffic on the bridge and there was a pale diffused glow around the edges of the curtains. He sat bolt upright and listened again. There was no sound anywhere in the house. All quiet in the kitchen, no radio playing the usual easy listening. He looked at his watch. It was still very early, well before six o'clock. He couldn't dare to wake anyone yet.

Jumping out of bed, he ran to the window and pulled the curtains wide. He rubbed at the glass with the sleeve of his pajamas, clearing a small circular patch in the heavy condensation. Little rivulets of water ran down the glass and pooled on the window sill. He craned his neck a little to get a better view of the garden and the fields beyond, and then he saw it.

Parked in the lane beyond the garden hedge was the unmistakable outline of a Morris Minor Traveller. The car's bulbous shape was softened by a thick layer of snow but he would know it anywhere. His Dad must have arrived in the night and would right now be tucked up in bed in the next room. He could wait no longer. Pulling on his dressing gown and putting on his slippers, he opened the door to the landing. He stood outside his parents' bedroom and waited, almost savouring the moment. Then, he turned the handle and rushed in.



© Austin Brady, October 2024

GROUPS cont'd

Kurling

Southwell u3a have an indoor Kurling group. It meets on the first Thursday of each month (not January) in Thurgarton Village Hall, from 14:00hrs till 16:00hrs.. This is great fun and can be played by anyone , even if you have a disability. The group has two coaches to instruct and organise the sessions for the u3a members. Half way through the afternoon we have a refreshment break. But, it is always interesting to find out which team have managed the highest total score on the target area for the monthly competition. Fun, low level exercise and lots of encouragement make this an afternoon activity not to be missed. Why not come along and give it a try? You would be most welcome.

Elaine



Photography Group

Another successful and enjoyable meeting in November, looking at our photos from the previous month – a wide variety of subjects, including American bridges, deer in Woolaton Park, the moon, both real and imitation, fungi, autumn leaves, and several others. Then we did a project, as usual involving water, but this time with beer glasses, oil, smarties, patterned paper, and sheets of glass. Some amazing images were produced, and, as usual, no lasting damage was done to the library.



We normally meet at Southwell Library on the second Tuesday of each month

GROUPS cont'd

at 2pm. As well as looking at our photos from the previous month on the big new screen, we get some tuition from our more expert members on a particular subject or a project. And if anybody needs help on any aspect of their camera or camera



phone, that is available on a one-to-one basis.

We can still probably squeeze in a few more members, so if you'd like to join, contact Graeme 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 model of camera or phone that we have. If you've got a phone you can be a photographer – you don't need a camera!

John



Groups cont'd

Southwell Wine Interest Group (SWIG)

Our group continues to meet monthly to share our interest in wine. Sally & I have just taken over as Group Leaders and we thought we would share some details from our October meeting.

We had an excellent tasting of four wines as usual - curated by Liz on this occasion. Liz took us to California to taste a selection of very different wines. California is on the 38th Parallel which is the same as a number of European producing countries. Liz gave us a lovely sparkling wine to start made using the traditional method, followed by an Albarino and a Chardonnay. However the highlight wine which the



group voted as its favourite was a 'Sir Real' Cabernet Sauvignon 2020/21, Paso Robles (see photo). It was a robust strong wine with plenty of black fruits coming through on the palate - thoroughly enjoyed. Any further information

can be obtained from Ben and Sally personally with no connection to u3a.

The Group is nearly full at the moment but if you are interested in joining us then please do contact us as we are running a waiting list and can accommodate occasional guests.

Ben & Sally

Christmas Anagrams

Can you solve these Christmas puzzles (no cheating by using anagram solvers from the internet)? There are no prizes offered, so please don't contact the compiler, the (made up) email address at the bottom is also in anagram form!

- 1) MANS WON (7)
- 2) UGLY LEO (4, 3)
- 3) SERPENTS (8)
- 4) STOLE ITEM (9)
- 5) COORDINATES (11)
- 6) WHOLLY HEART (5,6)
- 7) TREAT OUR SKY (5,6)
- 8) IN CORGI SLANG (5,7)
- 9) OUR BEST SLURPS (7,6)
- 10) CRISPY HAM TARTS (9,5)
- 11) DISPATCHING DRUMS (9,7)
- 12) RAW DINNER LET DOWN (6,10)

RID ARCH (7)

3 sugars. I con a glam mama (22) - including the @!

Groups cont'd

Astronomy

Once more, by the time the next edition of Newslines is printed we may possibly have had the November meeting of the Astronomy Group. However, I would like to take the opportunity to thank Mark for preparing a presentation on black holes. Every galaxy has at least one black hole, but fortunately our solar system is far enough away from ours to be safe, at least for the time being ...

On 19th December we will be having a Christmas meeting which will be a presentation on dimensions and wormholes. This seemingly takes us into the world of science fiction but could well be true. Members are encouraged to wear Christmas jumpers (but this is not compulsory in order to qualify for your mince pie!).

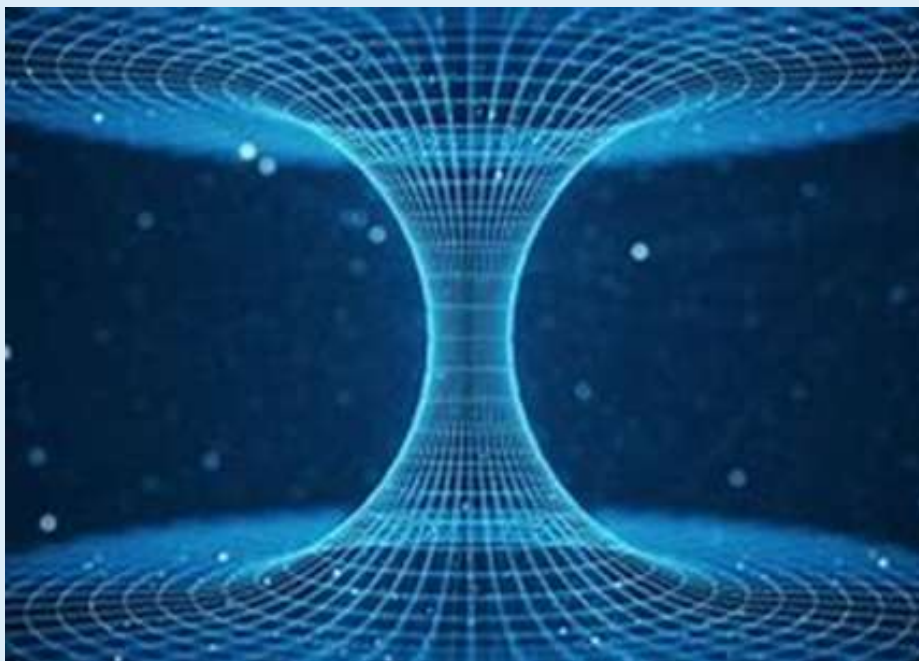
Generally, we hold our group meetings on the fourth Thursday of every month, in the downstairs meeting room of Southwell Library from 10:00am to 12 noon (in December we are meeting one week earlier as the scheduled date would have been Boxing Day!).

We try to cater for beginners by not making the sessions too technical but with enough content to stimulate the more knowledgeable.

After coffee the audience get the chance to ask questions, comment or offer views, which is, I think, an important part of our meetings.

I hope to see as many people as possible at the two remaining sessions this year and indeed throughout 2025 (established members, new members and potential members!).

Richard



Possible vision of a wormhole

TRIPS AND SOCIAL COMMITTEE

What a busy year we have had. From the quiz at the Rugby Club, lunch and quiz at the Saracen's Head. Then afternoon tea in the Barn at Rolleston, day out by coach to the Sandringham Flower Show, and a day trip also by coach to Castle Howard, and finally a lunch and floral demonstration at Floral Media, Caunton. Still to come, (tickets all sold out) the Murder Mystery in the Library. PHEW!!

We have lots planned for 2025 – already sold out is the Burns Night, in conjunction with The Lions. **Then in January, Monday the 20th (Time to be fixed) is the annual quiz in the Rugby Club, quiz master Bob, tickets on sale at December and January monthly meeting £5.**

Not yet booked but in the planning stage for 2025, include:

Visits to: Lincoln Air Museum and Dambusters Inn, British Car Museum, Denby Factory, Highgrove (King Charles' Garden), Kilworth Theatre (Musical).

Other ideas in the mix: include a day or evening at Southwell Races, Rolleston Afternoon Tea, and York Christmas Market.

Changes on The Trips and Social Committee: Miriam, who has done a sterling job as Chair of the Committee, is retiring from that role, Madeline and Rosemary are taking over the role as Chair jointly. Miriam is going to continue as a member of the committee.

Visit to Floral Media at Caunton

A really wonderful two course lunch was served before a very professional demonstration. The event was enjoyed



by all, particularly Jackie who won the raffle of an incredible hand tied bunch of flowers!



Contact:
Rosemary

Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



We continue to enjoy excellent concerts with the Special Event with Sheku Kanneh-Mason on Saturday 19th October being particularly well received. We have a decent sized group travelling to the Nuremburg Symphony visit to the Royal Centre on Friday 15th November but there are still places for the concert on 26th November so please contact me urgently if you want to attend.

Booking is open for the following concerts to which normal prices of Band C £35, Band B £37 and Band A £41 apply. This year I am confident we will have enough to run a coach for the Halle Christmas Concert on Thursday December 12th. I will be at the Monthly Meeting to accept orders. It may be possible to pay by credit card, however please make sure you have your cheque book available in case of technical hitches!

Tuesday 26 November 7:30pm The Hallé

Thomas Adès	conductor
Stephen Waarts	violin
Sibelius	Symphony No. 7
Rautavaara	Deux Serenades
Adès	Air – Homage to Sibelius (for violin and orchestra)
Sibelius	Symphony No. 5

Thursday 12 December 7:30pm The Hallé Christmas Concert

Stephen Bell	conductor
Lizzie Ryder	soprano
Emily Hodkinson	mezzo-soprano

The programme includes: Rimsky Korsakov Christmas Eve Polonaise; Dvořák Song to the Moon from Rusalka; Handel's Qual Leon from Arianna in Creta; Bissill Christmas Carnival; Delibes Flower Duet from Lakmé; Massenet Enfin, je suis ici from Cinderella; Strauss Champagne Polka; Tchaikovsky Nutcracker – Final Waltz and Apotheosis; Silvestri The Polar Express; Sherwin A Nightingale sang in Berkeley Square; Lloyd Webber, Wishing you were here from Phantom of the Opera; Arr. Harvey Fum, Fum, Fum; Humperdinck Evening Prayer from Hansel and Gretel; Offenbach Excerpts from Gaité Parisienne; Tormé The Christmas Song, and Berlin's White Christmas.

Roger

Southwell u3a Concert Trip Booking Form

Please book me a ticket and place on the concert coach to the Royal Concert Hall on:

Name: u3a member: Yes/No

Contact Tel No:

Emergency Contact

Name: u3a member: Yes/No

Emergency Contact No:

Pick up point

No. of tickets:

Seating Aea: Stalls/T1/T2

Price Band: A/B/C

Seat Nos.

Please circle your choice.

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

Money is non-refundable unless your ticket/place can be re-sold. Please return this form and cheque for the full amount to Roger .. Alternatively, cheques and Booking Forms can be given in at the Monthly Meeting.

Being a group leader and a committee member

Mathematics was always a big part of my life, but after more than forty years in education as a lecturer, teacher and finally a tutor I retired at the age of sixty-nine. Around the same time my post as volunteer treasurer for a Newark counselling service also ceased after 30+ years, due to the company sadly having to close through a lack of funding. My life suddenly had a very big 'hole' in it!

To try to fill this hole I started to volunteer at Southwell Workhouse and Upton Clock Museum, I also took up table tennis again after a fifty-year gap. However, at the back of my mind I remembered a colleague praising the Southwell u3a and talking about the wide range of opportunities available both socially and intellectually. Then I saw the u3a being promoted at Southwell marketplace and was impressed by the enthusiasm of its representatives. I joined that day, mainly to become a member of the Astronomy Group.

I was made very welcome there and slowly I learnt more about the principles on which the whole organisation was run. After many years at the helm, the current leader

of Astronomy felt that she needed a break and as I needed a fresh challenge in my life, I agreed to take it on.

Being the 'main person' became a tremendous boost for me and I found great enjoyment and stimulation from planning, delivering and leading sessions. The support and encouragement from fellow members was particularly overwhelming.

I was then contacted by Brian who talked about the possibility of becoming a committee member and was asked if I would like to attend a meeting without any strings attached. No pressure was put on me, so I thought 'why not?' Other colleagues were of course more knowledgeable than me, but I found that I was treated with respect and that my views were appreciated. Having almost nine hundred members speaks volumes about Southwell u3a and the responsibility to make things work is enormous, but when everything clicks together smoothly, you get a great buzz out of being part of that team. Ever since that first meeting I have no regrets and indeed I feel that I have contributed to that all important word 'progress'.

Communication is a crucial part of our success and I have become a member of the web team, which I feel

**ASK NOT WHAT YOUR u3a CAN DO
FOR YOU cont'd**

is a vital cog.

Finally, the committee is always looking for fresh ideas and projects, you don't need a specific role or line of expertise, you just need to be willing to give it a go, having a voice is extremely rewarding. I can only encourage you to consider joining up.

Richard

**JOB VACANCY:
ASSISTANT SPEAKER-FINDER**

I took on the Speaker Finder role back in 2015. Nine years and almost one hundred speakers or entertainers later I think it's time to let someone else have the joy of finding and booking good talks for our Monthly Meetings, or indeed having the embarrassment of having booked a speaker that we couldn't hear, talked rubbish or upset members with inappropriate comments. Fortunately during my years of booking talks bad speakers were very few, a couple of stinkers maybe but the vast majority have been good and many verged on the sunny slopes of outstanding. But I think it's time for me to step down and John has recently taken over the main

role very adequately. In fact he's booked most of our recent speakers and booked more covering the whole of next year. But choosing speakers shouldn't necessarily be the preserve of one member. It works best if two get involved, and with 12 months of bookings already in the bag now is a good time to join. So what do we want? Someone to work with John, helping to choose future speakers, someone who has wide interests and appreciates what members like to hear about. So come on that someone, come and bring your fresh ideas and knowledge to the job. And really it's not a difficult job, especially now there is a county wide network of u3as who share details of good speakers. Talk to me or John at the monthly meeting if you think you might like the job. I've enjoyed it thoroughly and people tell me I've done a good job so if I can do the job then anyone can! Could that someone be you?

Chris

SHORT COURSES AND WORKSHOPS—SUGGESTIONS PLEASE

Hello Fellow Southwell u3a Member,

Our programmes of short courses and workshops have been well received over the past couple of years and so we're hoping to put together another series for 2025. We will need a few new ideas and some new course/workshop leaders though to keep the programme fresh and interesting and so that's where you come in!

If you have any suggestions for new short courses or workshops or (even better!) you would be prepared to lead one yourself, please do let me know. The subject doesn't necessarily need to have tremendously broad appeal – we've had a number of fairly 'niche' courses and workshops that have run successfully in the past.

Although we can't pay you for your efforts in leading a course or workshop, we will fully cover any associated costs and we can help you with finding a suitable venue and with publicity.

Please let me have any ideas for subjects or offers to be a course/workshop leader by replying directly to this email or by getting in touch through my contact details in Newline.

All the best.

Brian (Short Courses and Workshops Co-ordinating Group.)

COFFEE MORNINGS

Southwell u3a enjoy fortnightly coffee mornings at Southwell Garden Centre, Fiskerton Road. They are very popular and open to all members. It is an opportunity to have a chat and a coffee. Do come along at 10:30hrs on the 2nd and 4th Thursday mornings of the month. **However, due to Christmas there is only one gathering on the 12th December.** There are usually one or two Committee members present for you to talk with. It can help other members if you remember to bring and wear your u3a lanyard.



OUR NOVEMBER SPEAKER

Our speaker in November was Paula Cornwell who dressed in the part and told the story of the Hon Mrs Victoria Bruce who flew solo around the world during 1931 in a small aeroplane with an open cockpit which she bought in a store in London. It had folding wings which enabled her to travel by boat over oceans and water to her next country on her extraordinary list of countries which she visited on her travels.

Paula recounted her travels, her experiences and her near misses during her journey with funny interludes which made for a fabulous talk. She was warmly applauded at the end by our members of whom over two hundred attended the meeting.



Paula Cornwell as
'The Flying Housewife'

OUR NEXT MEETING

On the 3rd December it will be our Christmas party so please dress up and come along to enjoy the fabulous Christmas atmosphere.

OUR NEXT SPEAKER

In January Andy Smart will tell us of the extraordinary life of Albert Ball VC who is remembered in the new stained glass window in the Minster

*We wish all Southwell u3a members a
Merry Christmas and a Happy
New Year
Newslite Team*



Southwell u3a Speakers for 2025

7th January	Andy Smart	The story of Albert Ball V.C.
4th February	Minster School Students	
4th March	Notts and Lincs Air Ambulance	The work of Notts and Lincs Air Ambulance
1st April	Bernard Bale	About today/today's world
6th May	Caitrin Rutland	Genetics
3rd June	Janine Buckley	Nottinghamshire Pit Ponies
1st July	Alastair Littlewood	Tales from the Vikings
5th August	Gareth Howells	The treasure trove – a medieval mystery
2nd September	Rev. James Woolford	Musician, comic and magician
7th October	u3a Astronomy Group	Birth and Death of the Universe
4th November	Roger Browne	Great American Songbook
2nd December	Christmas Party	

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The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (NOT drinks) to Southwell u3a members. Lunch or dinner. **EACH** member must show their own current u3a membership card **before** ordering to get their **INDIVIDUAL** discount.

COURSES AT SOUTHWELL LIBRARY

Inspire are running several stimulating courses at Southwell Library. If you are interested, explore their website.

www.inspireculture.org.uk



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>

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