

# Newsline February 2025



The Table Tennis group's most senior member, John, turns 90 on 10th February. We wish him a very happy birthday. John still has some devious shots up his sleeve!"

## Contents of Newsline February 2025

Page	Contents	Page	Contents
1	<a href="#">Cover : John Epton</a>	11	<a href="#">Groups: Creative Writing</a>
2	<a href="#">Contents/Newsline Deadline</a>	12	<a href="#">Trips and Social-1</a>
3	<a href="#">From the Chair &amp; January Speaker</a>	13	<a href="#">Trips and Social-2</a>
4	<a href="#">Short Courses and Workshops 2025</a>	14	<a href="#">Trips Booking Form</a>
5	<a href="#">Short Courses and Workshops table 1</a>	15	<a href="#">Concerts</a> <a href="#">Coffee Mornings</a>
6	<a href="#">Short Courses and Workshops table 2</a>	16	<a href="#">Concerts Booking Form</a>
7	<a href="#">Group News: Proposed New Groups</a>	17	<a href="#">Our January Speaker</a> <a href="#">Our Next Speaker/Speakers for 2025</a>
8	<a href="#">Groups: Come Dine With Us</a>	18	<a href="#">Useful Websites and Community News</a>
9	<a href="#">Groups: Photography</a>	19	Committee /Postholders' Contacts (Members' version only)
10	<a href="#">Groups: Photography - SWIG</a>		

### Newsline No. 64 March 2025

**Please email articles and pictures to the Newsline team by 10th February to ensure inclusion in March 2025 edition.**

[su3anewsline@gmail.com](mailto:su3anewsline@gmail.com)

**Items that arrive after the 10th February 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

A year ago, my predecessor, Brian, wrote that we were having a cold snap but that it was good to see the end of the incessant rain, with associated floods! Well, here we are again! So far, thankfully, I have heard of no-one whose house has been flooded, but journeys to Newark have again become almost impossible, and the Greet was higher than I have ever seen it recently, flowing swiftly across the road, rather than gently within its banks.

Thank goodness for u3a! At the last monthly meeting we had announcements about new groups, and others that are looking for more members. You will also be hearing about this year's programme of short courses and workshops. As ever, I am incredibly grateful to all who volunteer their time and enthusiasm to support u3a activities.

Membership renewal requests will be arriving very soon, still at the bargain £20 it has been since we launched 19 years ago! We have recently spent money on the new screen and projector for the meetings at the Leisure Centre, which has made presentations brighter and clearer. Please do renew your membership and continue to enjoy the ability to 'Learn, Laugh and Live'! When you do so it would help if you could check that you are correctly recorded as being eligible for Gift Aid or not. This makes a great difference to our finances.

Next month our speakers will be students from the Minster School.

Recently our Speaker Finder John, his predecessor Chris and I, met with two senior students and their teacher to discuss what they might do. We were so impressed



with these young people, as we were when we last had a visit two years ago. It is a huge challenge for them to speak to such a large audience and a wonderful opportunity for us to learn and understand more of how they see the world. I do hope to see many of you on 4th February .

One final reminder that there is an open invitation to attend a committee meeting to find out more of what it takes to run this organisation. Just let me know if you would like to come and observe!

Jean [chairmansu3a@gmail.com](mailto:chairmansu3a@gmail.com)

## In Brief!

Our February meeting is Tuesday, 4th February 10.00hrs at Southwell Leisure Centre. The Speakers will be Minster School Pupils.

**u3a**  
learn, laugh, live

## SHORT COURSES AND WORKSHOPS FOR 2025

Below is our programme of short courses and workshops for 2025 – yet more things for you to do with Southwell u3a in the coming year!

If you wish to take part in any of the courses and workshops on offer, please get in touch directly with the relevant course or workshop leader/co-ordinator to express your interest. The contact details for each leader/co-ordinator are shown in the programme. There will be no charge to attend these sessions.

Although not every session currently has a definite date or venue, please do register your interest as soon as possible, as some of the sessions will have limited numbers and will be booked on a 'first come, first served' basis. The leader/co-ordinator will contact you with further details when dates or venues are confirmed.

Brian, Groups Co-ordinator



## SHORT COURSES AND WORKSHOPS FOR 2025 (page 1 of 2)

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
<p><b>iPAD ART</b></p> <p>A taster session in drawing and painting with an iPad and other iPad applications and techniques. Members will need to bring their own iPad or similar tablet and will be sent details of software to download before the session.</p>	<p>28<sup>th</sup> February 10:00am – 12:00 noon</p> <p>Probably Southwell Library</p>	<p>Details in Members' Version only</p>
<p><b>FACEBOOK FOR BEGINNERS</b></p> <p>The basics of using Facebook, from setting up accounts, adding profile pics, security settings, finding friends etc.</p>	<p>17<sup>th</sup> March 10.00am Southwell Venue TBC</p>	
<p><b>AN INTRODUCTION TO THE SOLAR SYSTEM</b></p> <p>A two-session PowerPoint course about the eight planets and sun of our solar system, including history, appearance, properties, moons and space flights.</p>	<p>3<sup>rd</sup> and 10<sup>th</sup> April 10:00am – 12:00 noon Southwell Library</p>	
<p><b>HOME FIRE SAFETY</b></p> <p>One hour presentation on fire safety by an officer from Notts Fire and Rescue, followed by an opportunity to ask questions.</p>	<p>Thursday morning in April. Date TBC Southwell Rugby Club</p>	

## SHORT COURSES AND WORKSHOPS FOR 2025 (page 2 of 2)

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
<p><b>WHAT HAVE THE ROMANS EVER DONE FOR US?</b></p> <p>An outdoor conducted tour of a Romano-British "country house" including pictures and artefacts from the excavation.</p> <p>Maximum 10 places</p>	<p>20th May at 10:30 – 11:30am  (may arrange second date if needed)</p> <p>Higgons Mead and the Minster, Southwell. Mainly outdoors</p>	<p>Details in Members' Version only</p>
<p><b>BASIC FIRST AID</b></p> <p>Two-hour training session in basic first aid for emergency and everyday purposes provided by British Red Cross.</p>	<p>May and September. Dates TBC  Southwell Venue TBC</p>	
<p><b>SKETCHING OUTDOORS</b></p> <p>Sketch outdoors in Southwell. Talent? It doesn't matter – just come along and have a go! Just bring a pencil; paper provided.</p>	<p>July, date TBC  Outdoors in Southwell  Location TBC</p>	
<p><b>INTRODUCTION TO FAMILY HISTORY</b></p> <p>Where to start collecting info, use of internet websites and family history programmes. Registration of births, deaths and marriages, census and parish records.</p>	<p>November, dates TBC  Southwell Library</p>	

## GROUP NEWS

### PROPOSED NEW GROUPS

**PICKLEBALL** is a type of paddle tennis, played on a court the size of a badminton court. It started in the US but has become popular in the UK and around the world. It's less physically demanding but possibly more strategic than conventional tennis. We've been asked whether Southwell u3a might start a Pickleball group, but nobody has come forward to lead such a group – so far! Please then get in touch if you are either interested in joining a u3a Pickleball group or (even better!) you might lead such a group. Just email (See Members' version)

**MADRIGAL SINGING GROUP** has been proposed by Melvina , who is a member of both Southwell and Newark u3as. The group would meet at her home near the centre of Newark and would be open to members of both u3as. Members would be expected either to read music or have a good enough ear to learn line by line from a piano. Photocopies of music will be available for new members, but they would be expected to get a book of madrigal songs if they continued in the group. If you're interested in attending an introductory session, please email Melvina (See Members' version)

### NEW WALKING GROUP

Third Thursday (Thirsty!) Trekkers

We are proposing to set up a new Walking Group, to compliment the excellent variety of Groups already established in the Southwell u3a. The aim of the Group will be to undertake good length walks in varying terrains but with an emphasis on having a lunch break at a tearoom or pub en-route.

We have chosen the 3rd Thursday each month intentionally, as there are only a handful of other Groups meeting on that day. We hope that this makes the Group accessible to those who struggle to get to the other walking groups.

Members will need to have a good level of fitness. We can expect to encounter varying quality footpaths, styles and no doubt mud and wet at times.

We are aiming to do walks of between 9–11 miles starting no more than 1.5hrs from Southwell (perhaps a bit shorter and closer in the Winter months). Members will take turns planning and then leading the walks.

We are hoping to start with our first walk on 17th April 2025.

If you are interested in joining the Group or have any other questions, then please contact us at:

Sally & Ben (See Members' version)

## GROUPS

### COME DINE WITH US – QUICK AND EASY TIRAMISU!

**Makes 4 ramekins but can scale up or down**

Tiramisu is of course a well-known layered Italian dessert, although it seems to have first appeared only in the 1960s or 70s and its precise origins are disputed. The name literally means “cheer me up”, which we could no doubt all do with a bit of at the moment. Condensed milk is the secret to this version, which we enjoyed at our recent Christmas meeting.

**Ingredients** (based on a BBC Good Food recipe):

4 tsp instant coffee granules  
60ml coffee liqueur (or similar)  
350g Mascarpone.  
100g condensed milk  
1 tsp vanilla extract  
10 sponge fingers  
1 tbsp cocoa powder

#### **Instructions:**

Mix the coffee granules with about 40ml boiling water in a jug and stir to combine. Add the coffee liqueur and about 70ml cold water. Pour into a shallow dish and set aside.

Make the cream layer by beating the Mascarpone,

condensed milk and vanilla extract with an electric whisk until thick and smooth.

Break each of the sponge fingers into two or three pieces and place in the coffee mixture for a few seconds until nicely soaked but not too soggy. Put a few bits of the sponge in the bottom of each ramekin and top with the creamy mixture. Sift over the cocoa and chill for at least 1 hour before serving.



Enjoy!

Brian



## GROUPS

### Photography Group

We normally meet at Southwell Library on the second Tuesday of each month at 14.00hrs. 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. This month we are due to have a session on cyanotype printing, which is creating images without using a camera. The session, led by Lisa, was very interesting and further work on this subject is taking place. If anybody needs help on any aspect of their



## GROUPS cont'd

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

However, we are not a once-a-month group. Another thing we use a lot is WhatsApp. We share photos between us, offer tips and technical help, share upcoming events and chat. We find it very useful and entertaining.

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. We now have space for new members so if anyone is interested, please get in touch. Remember our motto - if you have a phone you can be a photographer - you don't need a camera!

Graeme

### Southwell Wine Interest Group (SWIG)

At the November Meeting of SWIG, we had four more wines presented, this month by Christine .

Chris's theme was Mid-European wines, which she sourced from one the national wine merchants.

The two white wines were a 2021 dry Furmint Tokai from Hungary and an off-dry 2023 Sauvignon Blanc-mix from

Slovenia. The Tokai was most peoples' favourite of these two.

The two red wines were interesting as they came from Austria and Germany which we often associate with white grape varieties. The 2022 Pinot Noir from the Pfalz region of Germany was beaten in our tasting by the Austrian offering. The Von der Land Zweigelt was excellent value with spice pepper and cherry on the nose and palate. The Zweigelt grape is a new cultivar grape variety not known to most of the Group before this tasting. It scored the



highest for its' complexity and smoothness.

Our 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 and Sally

February's contribution is from Andy Soper

### PUB FEVER

I must go down to the pub again. for bitter from the keg,  
And all I ask is a pork pie, and perhaps a pickled egg.  
And my wife perched on her bar stool, drinking scrumpy cider,  
And me there supping bitter ale, sitting right beside her.  
I must go down to the pub again to laugh with the old farts,  
And all I ask is dominoes, or perhaps a game of darts.  
And the musky smell, the hoppy smell, the smell that I recall,  
And standing in the outside lav peeing up the wall.  
I must go down to the pub again to talk to my best mate,  
And we will chat and drink and laugh, and put the whole world  
straight.  
And all I ask is a lager chilled, served in a frosted glass,  
And a piled up roaring winter fire, where I can warm my knees.

Andy Soper 23/10/24 (c)



## TRIPS AND SOCIAL COMMITTEE

Our most recent two organised events took place in January, the Quiz in the Rugby Club and the Burns Night celebration.

The Committee held a meeting in January to discuss events and trips to be organised for 2025. Some of these will be advertised in the March Newslines, so make sure you look out for those!

Meanwhile Ashfield u3a have asked if any of our members would like to join them on a holiday in Durham where they will be attending the Kynren (see below). They have six twin rooms available. Booking must be by 3rd February. Contact details: See advert below

Pick up Points: Newstead Abbey Gates, Hucknall, Nottingham

Contact for Southwell Trips and Social Committee: Madeline (See Members' version)



### Ashfield u3a Coach Holiday to Kynren with Cairngorm Travel

An epic journey through 2000 years of England's history, myth and legend

**4 days/3 nights at Redworth Hall Hotel & Spa, County Durham (Twin/Double)**

Entrance Fee to the Event included  
Free time in Durham & Raby Castle

Leaves 1<sup>st</sup> August 2025

**£389 per person** (£60pp deposit)

Contact Caroline Rhoades on 07724 210563



### An Afternoon at the Races

We are organising for members to attend an afternoon at Southwell Races. It will be **Jump Racing**.

Monday 3<sup>rd</sup> March, Doors open 12 noon

Races from 14:30hrs – 17:00hrs

Tickets are £13 but, with Group Discount, we can get them for £10.

Make your own way to the Racecourse

There is cover in the Stands and inside seating.

Light refreshments available.

Tickets will be sold at February Monthly meeting or contact Madeline (See Members' version for details)



## SOUTHWELL u3a TRIP BOOKING FORM

Please book a place for me on the trip on

(date) ..... to

(place) .....

Name .....

su3a member yes/no .....

Contact tel. no. .... Mobile.....

Emergency contact name .....

Emergency contact tel. no .....

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 with payment at the next monthly meeting.

If you would like more information on the above, please contact  
(See Members' version)

## Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Booking is now open for the following concert to which normal prices of Band C £35, Band B £37 and Band A £41 apply.

I will be at the February Monthly Meeting to accept orders, and following successful use at the January Monthly Meeting you will be able to pay by credit card.

Tuesday 11th February 19:30hrs

Prague Symphony Orchestra

Tomáš Brauner conductor

Gabriela Montero piano

Dvořák The Noonday Witch

Prokofiev Piano Concerto No. 3

Shostakovich Symphony No. 5

Roger (See Members' version)

## 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. The February get-togethers are on the 14<sup>th</sup> and 28<sup>th</sup>,

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.



## 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 Area: Stalls/T1/T2~~

~~Price Band: A/B/C~~

~~Seat Nos. ....~~

~~Please circle your choice.~~

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

**The full book form is available in the Members' version of Newslines**



## OUR JANUARY SPEAKER

In January we had a talk from Simon Cork entitled ‘The Good, the Bad and the Ugly’ and was his interpretation of the influence or otherwise of various American Presidents.

He started by explaining the significance of the American symbol and then exposed the exploits of various Presidents, their influence on current America and the way the American political and judicial system developed. He also explained how the

country grew from the original small east coast settlements to encompass the land that is now America. He concluded with various strange anomalies relating to Presidents, such as the fact that three died on July 4th which, of course, is American Independence Day.

John

## OUR NEXT SPEAKERS

Our February speakers will be the Minster School students (see page 3).

### Southwell u3a Speakers for 2025

4th March	Andy Smart	The Life of Albert Ball VC
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	

M  
E  
A  
L  
D  
E  
A  
L



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 web-



site. [www.inspireculture.org.uk](http://www.inspireculture.org.uk)

## Useful websites

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

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

## Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office [admin@southwell-tc.gov.uk](mailto: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](mailto:customerservices@newark-sherwooddc.gov.uk) 01636 650000