

Newsline No 54 June 2024



Peak Walking Group 2 on Lose Hill, Derbyshire

From the Chair

Hello again and welcome to another edition of Newsline. This newsletter really is a great credit to the small team who put it together each month and I am sure you will all want me to thank them for the great job that they do. They rely on you to keep the content lively though and so do keep all those interesting items and ideas coming in.

At the time of writing, I am like the proverbial bear with a sore head, as I have a painful abscess on one of my wisdom teeth. Fortunately, all should soon be well as I have an extraction of the tooth scheduled for tomorrow. Sadly though, not all problems can be sorted out so quickly and that includes the Leisure Centre parking for our monthly meetings. When around two hundred members attend our meetings, parking spaces are at a premium, particularly for those arriving close to our 10:00hrs start time. Please do try to avoid leaving a large space between your car and the next vehicle. Please, also think about car sharing with other members, if practicable. Hopefully, the better weather will also make it a bit easier to walk to the Leisure Centre for those who are able to do so.

This past month has seen quite a few enjoyable events for me and I do not just mean Sheffield Wednesday avoiding relegation by winning their last match of the



season! The Group Leaders meeting at the Rugby Club was quickly followed by the u3a lunch at the Saracen's Head, the latter all the better as our table won Bob's excellent food quiz. A few days later I was on our recruitment stall on Southwell Market Square with other committee members. At the risk of provoking a cacophony of either boos or cheers, I can report that local Member of Parliament, Robert Jenrick, was interested enough to come up and chat with me about our u3a. He was, of course, ineligible to join, as he is still in full time employment. Although, with a General Election on the horizon, that may soon change for many of our current honourable members!

Also, on the horizon, is our Annual General Meeting at the beginning of August. Nominations for the new Chair and Management Committee will need to be in within the next few weeks so please do think about coming forward. Joining the Committee is not as

Risk Assessments

onerous as you may think and there will be plenty of support for new members. Do contact myself or any of the other committee members if you'd like to have a chat about what's involved.

Finally, then my 'joke of the month' takes me back to the dental abscess that is currently giving me such trouble. It reminds me of the chap who went to see his doctor to report that every time he passed wind, instead of the more usual inelegant noise, it made the sound of the word 'Honda'. There followed a very long string of referrals for scans, endoscopies and various expert opinions but with no answer found. In desperation, the GP finally decided to refer him to a specialist in Japan, on the tenuous thought that Honda is of course a Japanese car. The Japanese bowel surgeon takes one look at the man and says, "Your problem is due to an abscess." Having undergone so many fruitless investigations, the man is amazed at such an instant diagnosis and asks how the surgeon can tell. "It's a well-known principle of Japanese medicine" the Surgeon replies. "Abscess makes the fart go Honda!".

At the recent meeting held for Group Leaders, the main topic for discussion concerned Risk Assessment Checklists. All groups have been asked to have one in place. These are helpful in reminding us of such things as the need for emergency contact details and knowing safe exits.

The importance of us all being aware of our own personal level of risk was also stressed. We are all growing older and can find that we are no longer able to do all the things we once could. The wonderful thing about u3a is that there will be another group that we could access safely!

There is a checklist available to help with your assessment, that your Group Leader can give you, but there is no expectation that you complete it, unless you wish to. The personal check is for you only, but I would ask that you do it. Unfortunately, you could put others at risk as well as yourself, by joining an activity beyond your physical ability. Let us all continue to enjoy our u3a groups safely and happily!

Jean, Groups Co-ordinator



Short Courses and Workshops

Drive On Workshop

This workshop is being held at Southwell Rugby Club on 6th June from 14:00hrs-16:00hrs with a refreshment break and there is plenty of space for more members to join in. It was a good afternoon last time with added information and a quiz that highlighted how much we all need to keep ourselves alert to our driving and the changing road conditions we find.

It will be light-hearted, interactive and give 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 choice of adaptations that are available for drivers. This positive and encouraging workshop has always been well received, with many comments on the informative and fun delivery of the workshop.

Out of interest, think how long it is since you thought what a single road sign meant, whether there has been a change in the law around cyclists or pedestrians, for instance, the changes that came about in the 2022 Highway Code.

- Are you allowed to cross a solid white line to pass a cyclist?
- Is it illegal to ride a bicycle without a bell?
- Do you use the "Dutch Reach"?
- What is the difference between road signs being circular, triangular or rectangular?

To book a place contact Jane:

First Aid Workshop

Hopefully, everyone who was on the list to attend on 30th May now knows that it has been cancelled, a new date has been rearranged for 25th July 10:00hrs-12:00hrs, venue to be confirmed. Obviously, those who missed out on the 30th of May will be given priority. However, if you wish to be put onto a waiting list please contact Jane

Wills and Powers of Attorney Workshop

This workshop will be held on Tuesday 11th June 10:00hrs-12:00hrs at Southwell Library and is already well subscribed. However, there are spaces available for a few more members.

To book a place contact Jane

Our May Speaker



In April we had a fascinating talk by Martin Gorman about the Bromley House Library which is in Angel Row in Nottingham.

The house was originally built in 1752 for George Smith who was grandson of Thomas Smith, the founder of Smith's Bank, the first provincial bank in England.

The library was founded in 1816, the house was purchased in 1820, and became a charity in 1998. It has 50,000 books and 1850 members who each pay £144 per year.

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The library is set over three floors, and we were shown photographs by Martin of each floor together with the books that they contain.

The building is Grade II listed on the National Heritage list of buildings of special architectural and historical interest. This puts it in the top five percent of the half a million listed

buildings in the Country. It is thought that the Smith family used a design by the renowned architect Sir Robert Taylor, who worked in the City of London at the Bank of England and had several private clients from the banking community.

The library was set up in 1816 by a group of professional men, clerics and manufacturers who obtained the patronage of the Lord Lieutenant of Nottinghamshire, the Duke of Newcastle, and the backing of the Member of Parliament for the town, John Smith, of the banking family.

The new subscription library set up its own newsroom which lasted until 1847 and, in many ways, it operated as a private club. On the other hand, there was a genuine interest in learning and the collection of science books was impressive.

The garden wing, separate from the main house, was the first part of the house to be built and the design is a rare survival from the Georgian period. It housed the kitchens and had living accommodation upstairs for the staff of the library.

There is a garden restoration proceeding for the large garden to the rear of the property, which is fantastic. Also, there are plans for a lift

Our May Speaker (continued)

to help disabled members climb up to the top floor where there is a children's library, and the library is looking into the feasibility of purchasing the next-door property (16, Angel Row) which is currently vacant and in disrepair.

The ambition is for the library to become a cultural hub in what is becoming a rundown part of Nottingham now that the City Library has moved away.

This talk gave an interesting insight for u3a members into an ancient property right in the centre of Nottingham which is still used and lovingly being restored.

John

Our June Speaker

In June, we will have a talk by Roger Browne on the History of Jazz Piano and its influence on popular music. This should be very interesting, and I hope that as many members as possible will come to the meeting.



Useful websites

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

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

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

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

(Have a look at what our wider network has to offer!)

Competition Time

The publicity group are running their first photography competition.

It is open to all members of Southwell u3a and with a prize worth more than money - the chance to have your photo used as the cover photo for our new public Facebook page for all to see.

If you are not a Facebook user [visit our page](#) to see what it looks like.

The theme for the photo is 'My Southwell', how you interpret this is completely up to you with the following requirements

- All photos must be landscape orientation.
- All entries must be submitted as JPEGS.
- All photos must be the original work of the person submitting.
- The photo must not infringe upon the trademark, copyright, moral rights, intellectual rights, or rights of privacy of any entity or person.
- All photographers will be given artistic credit on Southwell u3a Facebook page.
- A maximum of 3 photos per person will be accepted.
- Photos may be used for other marketing purposes by Southwell u3a.
- Winners will be decided by the publicity committee, their decision is final.
- Photos must be submitted by 31st May 2024 with the winner being announced in July's edition of Newslines.

Good luck and we look forward to seeing your work.



Newsline Deadline for the July Edition

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

su3anewsline@gmail.com

Items that arrive after the 10th June 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 Group. We now have space for some 'Letters to the Editor.'

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

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u3a Southwell

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. June's get togethers are on the 13th and 27th June. 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.

Marjorie



Will ChatGPT be our next Poet Laureate?

During the coffee break at a recent meeting of the Ukulele Group, member Paul Ritchie was talking to another member about advances in AI, and particularly about the online chatbot ChatGPT. To show what it could do, Paul brought up the website on his phone and typed in "Write a poem about Southwell u3a ukulele group which meets at the Moon at Morton". Here's what ChatGPT came up with:

'In the heart of Southwell, under moonlit glow,
The ukulele club's harmonious flow,
Meets at the Moon at Morton, a delightful abode,
Where strings are strummed and melodies bestowed.

In a cozy corner under starry skies,
With laughter and music, spirits rise,
Fingers pluck strings with skilful delight,
As tunes dance through the tranquil night.

With ukuleles in hand and voices so clear,
They chase away worries dispel any fear.
In this haven of harmony, joy finds its place,
As the u3a ukulele club leaves a smile on each face.

So here's to the Moon at Morton, where dreams take flight,
And the music of friendship shines ever so bright.
In Southwell's embrace, under moonbeams above,
The u3a ukulele group plays with passion and love.

We meet on Thursday mornings and so ChatGPT didn't get it quite right about the starry skies and moonbeams. Perhaps there's hope for we humans yet then! Not a bad effort though, I'm sure you'll agree.'

Brian



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 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



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: 08:30hrs to 17.00hrs

Friday: 08:30hrs to 16:30hrs Newark & Sherwood District Council website is

<https://www.newark-sherwooddc.gov.uk>, customerservices@newark-sherwooddc.gov.uk 01636 650000

Creative Writing Group

This month's contribution is:

Jill's First Sonnet

(or "How did Shakespeare manage it and not go mad?")

I think the starting was the hardest part,
I felt no vibe nor clue to aid my head.
How did he do it with fat quill, our Bard?
He must have known he would be read and read.

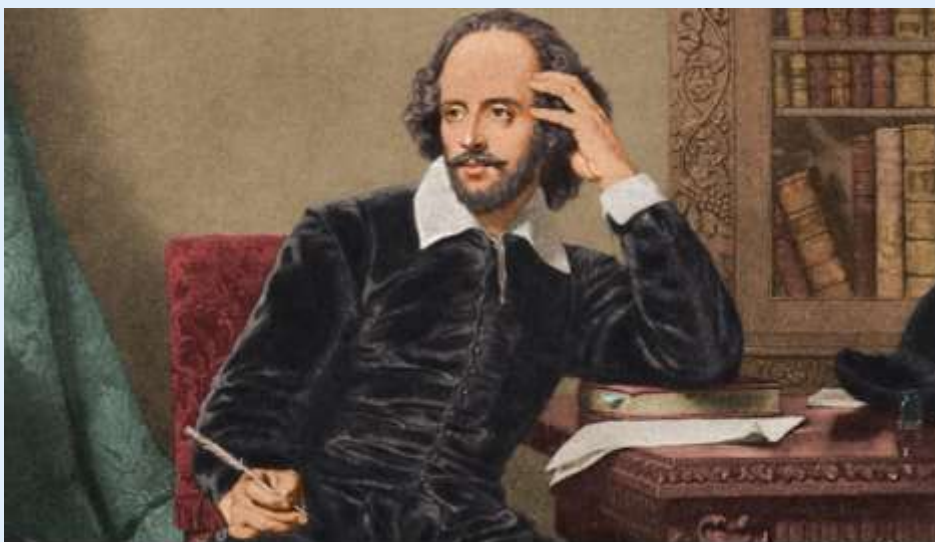
Will's juice flowed hot for ill-starred Juliet's love,
He knew so well the aged tales and wars.
His Henries, young men, felled from high above,
And Caesar by Brutus slain on blood-stained floor.

What of his dark-eyed beauty, who is she?
Green-eyed, jealous, his mistress, raven-haired,
Her power o'er him so bright with ease to see,
And guilt at broken vows to Anne declared.

Did Will not find the start so hard to do?
With heavy hand it tamed this untamed shrew!



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Social and Trips

Here are the Social and Groups Committee's list of events until the end of the year. We hope you will join us for some of them!

Friday 5th July

Strawberry Cream Tea and Demonstration

The Old Barn, Field Farm, Rolleston.

Tickets £20.00

More details on the next page.

Wednesday 31st July

Sandringham Flower Show

Tickets £45.50. Almost sold out!

Wednesday 25th September

Day trip to Castle Howard

See next column for details

Thursday 5th December

Southwell Theatre Club Murder Mystery

If you would like tickets for any of these events please contact Miriam

Wednesday 25th September.

An exciting day trip to Castle Howard



The ornate, gilded 18th century stately home set in landscaped grounds with fountains, trails and lakes and used for the filming of period productions such as Brideshead Revisited and Bridgerton.

Departing Leisure Centre at 8:00hrs returning at approximately 18.00hrs
Cost £40, to include coach and entrance to house and gardens.

If you would like tickets for this event please Jane.

Tickets will also be on sale at the June meeting.

SUMMER AFTERNOON TEA

FRIDAY 5th JULY 2024

THE OLD BARN, FIELD FARM ROLLESTON, NG23 5SJ

Come and join us for a cookery demonstration and delicious afternoon tea! Tickets £20.00, Timings 14:00–16:00hrs

Enjoy a welcome drink and then walk around the farm. We will then return to the barn for a demonstration of the following:

- Strawberry Conserve
- Raspberry Delights
- Mini Cheese Tartlets

Afternoon tea will consist of a sandwich selection, mini quiche bites, tomato and mozzarella skewers, scones with jam and cream, chocolate eclairs, lemon slice, mini pavlovas, tea, coffee or soft drink.

Directions

From **Fiskerton**, the farm is on your right, just before you enter the village of Rolleston, straight after the sharp right-hand corner.

From the **Staythorpe** direction, drive through Rolleston, the farm is on your left, just before the sharp right-hand bend.

There is a green **Field Farm** sign at the bottom of the drive. There will also be an "Old Barn" board. The drive is about 1/2 a mile long – keep going – don't give up and go to our neighbours half way up! There is a large yard to park in at the top of the drive. There may be some uneven ground so please wear sturdy shoes!

Tickets £20.00 are on sale now, and available at our June meeting.

SOUTHWELL u3a TRIP BOOKING FORM

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

to (place)

Name

u3a 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 June monthly meeting.

New Group News

Computer Group

Until his recent death, Clive had run several Computer Groups for several years. He offered support and help at different levels. I feel sure that, amongst our large membership, there must be several people who would enjoy organising a Computer Group. This could be run in any way you wished and at any level. Some of our members would like support in learning how to use a tablet whereas others may be interested in much more complex matters, and everything in between.

If you feel you could help in any way,

I look forward to the offers pouring in!
Please contact me, Jean, Groups' Co-ordinator

Kurling Group

On May 16th twenty five of us took the opportunity to attend a Kurling Workshop held at Thurgarton Village Hall. This was expertly led by two of our own members, Beryl and Elaine, who not only provided the necessary equipment but also taught us how to play the game. Everyone who took part agreed that it had been thoroughly enjoyable and even a 'little' competitive towards the end of the

New Group News (Continued)

two hour session! The refreshments were also appreciated and helped make the afternoon a very sociable occasion



Brian, who took part in the session, suggested that a Curling Group is established. Already several members, who participated on May 16th, have expressed an interest. If you too would like to take part and learn the game, which really can be played by all abilities, then please contact me.

Ann

Needles and Pins

This will be a sociable group for stitchers, embroiderers, patchworkers, cross stitchers, knitters or any textile craft. Come with your current project or blow the dust off that one that is lurking in the depths of the cupboard. Beginners are welcome. We will meet on a Tuesday, time to be decided. Interested?

Call Helen

Another Practical Gardening Group?

Two very popular groups, both 'Practical Gardening', are full and have a waiting list. On monthly rotation, the members visit one another's gardens and share expertise, advice and tips. It would be wonderful if we could start another similar group and I hope there are members out there who would enjoy organising and belonging to it. Please contact me if you are interested.

Jean Groups Co-ordinator



Peak Walks Group 2



Our May walk was in the Castleton area of Derbyshire. On a fine sunny day, the group climbed Mam Tor and Lose Hill before descending to Castleton (for ice creams!). We then climbed up Cave Dale to complete the nine-mile circuit. The photo on the front cover shows the group on Lose Hill.

Photography Group

At our last meeting in the library, we were treated to some fantastic still life shots from a packed roomful of our



members, some of the photos are shown in this article. We then had a super session sharing our knowledge of photography using our mobile phones. Many of us had no idea of the versatility of the device that we all have in our pockets. We also welcomed a potential new member! All in all, a very successful meeting.

With improving weather and daylight, we are well into our 'on location' programme. A small but select group went to Bilsthorpe Woods to see the amazing display of native English bluebells which are very different in colour and delicacy from the usual Spanish garden variety. We will be planning more visits to interesting places during the summer.

We normally meet at Southwell Library on the second Tuesday of each month at 14.00hrs, where, as well as progressing our latest project, we look

Group News (Continued)

at our recent work against a particular theme and discuss the shots.

We also get some tuition from our more expert members on a particular subject: editing, camera settings, etcetera. If anybody needs help on any aspect of their camera, that is available on a one-to-one basis.

We cover a wide range of expertise and equipment. We are a genuine self-help group and support each other whatever level of skill, camera, or phone we have. If you have a phone, you are a photographer!



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

John



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham

The final special season-ending concert is now open for booking. I will be available at the June 4th Monthly Meeting to take bookings for this June 27th concert, which is Sir Mark Elder's farewell concert in Nottingham and features a fantastic programme with a world-renowned pianist, Boris Giltburg playing Rachmaninov's 1st piano concerto. This is then followed by Mahler's magnificent Symphony No. 5. It is expected that there will be a complete sell-out of the Concert Hall so make sure you book early!

Thursday 27 June, 17.30hrs

The Halle

Sir Mark Elder Conductor

Boris Giltburg Piano

Rachmaninov Piano Concerto No. 1

Mahler Symphony No. 5

Please provide a Booking Form and cheque made out to Southwell u3a for this concert. Ticket prices remain at Band A £39, Band B £35 and Band C £33 with the coach included in that price. Booking form on the next page

Roger

GNOCCHI BOLOGNESE – Serves 4

Italy was the destination for our latest meeting and here is a recipe that mamma used to make, back in the home country (or was it from Waitrose?). Gnocchi are a type of pasta made from flour, potato and egg and they go back to Roman days. You will no doubt know they come ready-made out of a packet and are very quick and easy to cook.

I have no idea why they are not used more often, as an alternative to all the usual types of pasta. Unusually here though we have a layered and baked dish a bit more like a lasagne.

Tomato and Herb Sauce

1 tbsp olive oil.

2 garlic cloves, crushed.

400gms can chopped tomato.

Half a veg stock cube.

2 tbsps tomato puree

1 tsp sugar

A few fresh basil leaves.

**Method**

Heat the olive oil in a pan, add the garlic clove, then gently fry for 1 minute. Tip in the chopped tomatoes, vegetable stock cube, tomato purée and sugar, then bring to the boil. Reduce the heat, then simmer uncovered for 5 minutes, stirring occasionally. To finish, tear a few basil leaves, then stir into the sauce.

Cheese Sauce

500mls milk

4 tbsps plain flour

50gms butter

100gms strong, hard Italian cheese, grated.

50gms gorgonzola cheese, crumbled.

Come Dine With Us Recipe (Continued)

Method

Pour the milk into a large saucepan and add the plain flour and butter. Turn the heat to medium and start to whisk the mixture. Keep whisking fast as the butter melts and the mixture comes to the boil. The flour will disappear and the sauce will begin to thicken. Whisk for another 2 minutes while the sauce bubbles then stir in the two grated cheeses until melted.

Gnocchi Bolognese Mixture

500gms extra lean minced beef
1 large onion, chopped.
3 cloves garlic finely chopped.
200gms chestnut mushrooms, sliced.
500gms gnocchi
50gms grated mozzarella.

Method

Preheat the oven to 180°C, gas mark 4. Place the minced beef and onion in a non-stick pan and fry gently for 5–6 minutes, adding the garlic halfway through the cooking time and stirring all the time, until the onion starts to soften. Stir in the mushrooms and cook for a further 5–6 minutes until the meat is browned. Pour over the tomato and herb sauce, bring to the boil, season with black pepper, then cover and simmer for 15 minutes. Meanwhile, cook the gnocchi in a pan of boiling water according to pack instructions. Drain well. To assemble the dish, spoon half the Bolognese mixture into a large shallow ovenproof dish, then top with the gnocchi. Add the remaining Bolognese sauce and then spoon the cheese sauce over the top. Sprinkle with the mozzarella. Bake for 30–35 minutes, until golden and bubbling. Serve immediately, with a green salad.

ENJOY!