

Newsline March 2025 (Public Version)

Greater Flamingos, Sri Lanka

Submitted by u3a member

Noble



CONTENTS of Public Version of Newsline March 2025

Page	Contents	Page	Contents
1	Cover: Flamingos	11	Indoor Climbing Group
2	Contents/Newsline Deadline	12	Photography Group
3	From the Chair	13	Photography Group cont'd Trips and Social
4	Workshops to Book	14	Concerts
5	Short Courses and Workshops table 2025	15	Concert Booking Form
6	Short Courses and Workshops table 2025	16	Coffee Mornings New Offer for u3a members!!!
7	Group News—Mahjong Group News—Astronomy	17	Our February Speakers Our Next Speaker/Speakers for 2025
8	Groups Church Visiting Group, Creative Writing	18	Bird Photographs from Sri Lanka from Noble J
9	Come Dine With Us	19	Useful Websites and Community News
10	Come Dine with Us cont'd Annual Quiz photo	20	Committee and Postholders' Contact Sheet (in Members' version only)

Newsline No 64 March 2025

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

su3anewsline@gmail.com

Items that arrive after the 10th March 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 Greenaway, Editor

FROM THE CHAIR



By the time you read this we should be seeing a few more signs of spring, possibly even some green in the hedgerows. I think we are all ready for that at

this time of year when the winter can seem so dull and endless. However, I am sure that everyone who attended our February meeting will agree that listening to the students from the Minster was wonderfully uplifting. It is fantastic that so many young people are still growing up with confidence and optimism.

I find that the Interest groups I attend also lift my spirits. At Country Dancing this morning there was the usual mix of laughter, breathlessness and confusion, as we learnt a new dance, and at the recent History for Fun group we learnt not only about how leisure cruising developed but the many interesting things that happened in 1833! I am sure that the groups you attend have the same effect of making life better. Whether you like to exercise your mind or body, or indeed both, we have a group for you. It is wonderful to know that we have new walking groups starting soon, and I am sure that the Croquet members are looking forward

to better weather and starting to play again. And what about Kurling? Have you tried that yet? I know the group has some vacancies and it must be a great deal of fun!

It is certainly well worthwhile renewing your membership for another year!

This time last year, Brian encouraged you to read about the proposals nationally to reorganise the current system to a smaller Board and supporting Council. This was approved by a large majority at the Third Age Trust AGM last October and elections are currently taking place to fill all the new roles. It feels very positive that there are plenty of nominations to fill the new Board and sufficient members standing for the Council. Though each u3a runs its own affairs the Third Age Trust is the body that supports us and ensures that u3as are managed within the law! These things are important and do affect us.

Jean

In Brief!

Our next meeting is on the 4th March when Andy Smart will be speaking to us about Albert Ball VC, who was the most famous and successful English fighter pilot during World War One. Born in Nottinghamshire, his plane is featured in the new window in the Minster.

John

Workshops to book

Fire Safety Workshop

Thursday, 10th April 10:00hrs-11.30hrs. Notts Fire & Rescue Service

This is the first of this kind of presentation that we have tried, and I hope that it will be useful for members to consider their home fire safety. Nottinghamshire Fire and Rescue will send a couple of officers out to speak giving a short presentation and answer questions. Please let me know if you would like to attend as soon as possible since the response to my initial articles has been low.



Contact: Jane

First aid training by British Red Cross

Thursday, 22nd May 10:00hrs-12:00hrs

Venue to be confirmed

Always a very popular session even if you have done first aid in the last five years, well worth a revision. The session covers CPR and use of the defibrillator, you will see them everywhere nowadays and there is usually time for questions. Please book with me as soon as possible.



Contact: Jane

SHORT COURSES AND WORKSHOPS TABLE FOR 2025 (1 of 2)

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
<p>iPAD ART</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>28th February 10:00am – 12:00 noon</p> <p>Probably Southwell Library</p>	John
<p>FACEBOOK FOR BEGINNERS</p> <p>The basics of using Facebook, from setting up accounts, adding profile pics, security settings, finding friends etc.</p>	<p>17th March 10.00am Southwell Venue TBC</p>	Deb
<p>AN INTRODUCTION TO THE SOLAR SYSTEM</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>3rd and 10th April 10:00am – 12:00 noon Southwell Library</p>	Richard
<p>HOME FIRE SAFETY</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>	Jane

SHORT COURSES AND WORKSHOPS TABLE FOR 2025 (2 of 2)

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
<p>WHAT HAVE THE ROMANS EVER DONE FOR US?</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>Stephen</p>
<p>BASIC FIRST AID</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</p> <p>Southwell Venue TBC</p>	<p>Jane</p>
<p>SKETCHING OUTDOORS</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</p> <p>Outdoors in Southwell</p> <p>Location TBC</p>	<p>Sheila</p>
<p>INTRODUCTION TO FAMILY HISTORY</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</p> <p>Southwell Library</p>	<p>Martin</p>

GROUP NEWS

Mahjong

Following a successful taster session, we have started two new Mahjong Groups. There are a couple of places available in both the Wednesday morning group and the Thursday evening group.

If you are interested, please contact:

Helen

GROUPS

Astronomy

We are now well into 2025 and looking forward to better, warmer weather.

In the Astronomy group we started off the year by looking at our nearest neighbour, the Moon, followed by early space flight achievements concentrating on the Apollo missions. Over the last 50+ years space technology has advanced at an incredible rate, with new amazing (even unbelievable) facts being discovered regularly. As a group we try to keep up-to-date and to collectively share our knowledge.

The March meeting will take us a bit further out into space, to the red planet Mars. At one time this world was more hospitable than Earth, but then it declined while our planet prospered. The recent exploits of NASA's (National Aeronautics and Space Administration) Rover 'Perseverance' showed that there

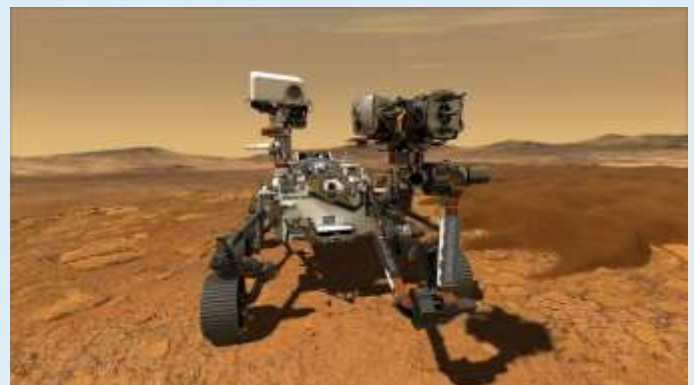
are still plenty of discoveries to be made in what is now a barren land.

After this, we will continue to concentrate mainly on the Inner Solar System, but I am open to offers from other members who could take us into a variety of related fields.

We meet on the fourth Thursday of every month from 10:00hrs to 12:00hrs in the back room of Southwell Library. The dates of the next few meetings are 27th March, 24th April, 22nd May and 26th June.

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 have the chance to ask questions, comment or offer views, which is, I think, an important part of our sessions. I hope to see as many people as possible at the next meeting.



Perseverance on Mars
NASA Mars Exploration

Richard

Church Visiting Group



The Church Visiting Group had their post-Christmas get together on 29th January with lunch at La Vita Mia Italian restaurant in Newark.

The Group will start this year's programme of monthly meetings on 26th March with visits to four churches in the Tuxford area.

If anyone would like to join the Group or would just like further information please contact the Group Leaders:

Chris or Daniel



Creative Writing Group

Old Person's Rant

Age is not an excuse
To become a recluse,
You're never too old
To keep being bold.
To try new stuff,
Even off the cuff.
No need for comfort zones,
No need always to moan.
What is there to lose?
You've made it this far,
Keep the door ajar,
Climb a hill,
Look for a thrill,
Shouldn't be bored,
Get a paddle board!
Swim in a lake,
Paint, talk and bake.
You can feel alive,
You'll probably survive.
Wrong time to be nervous,
You might need a service,
But time's passing quickly.
Don't wait to be sickly.
Live on the edge,
Make a pledge,
Spend the time that remains,
Without ball and chains.
Live for the day,
And the next, and the next, and...

Contributed by Graham 2024

COME DINE WITH US RECIPE CHICKEN & BANANA KORMA-ISH!

Serves 4

OK, this isn't a true korma, as it doesn't contain yoghurt. Traditionally kormas were cooked in a pot over a low fire, to prevent the yoghurt curdling. They could be made with almost any type of meat and would range from mildly to fierily spiced. However, in modern day UK curry houses, the korma is a mildly spiced dish with a thick sauce. In our slightly anglicised recipe, the sauce is further thickened and flavoured by the addition of bananas. Most recently, chicken korma overtook chicken tikka masala as the most popular curry in the UK!



INGREDIENTS:

500g chicken breast/thigh, cut to bite size	2 medium bananas broken into pieces
30g (1/3 cup) almond flakes	160ml/g (2/3 cup) coconut cream (thick coconut milk)
2 large cloves garlic	5 tbsp (1/3 cup) tomato purée
125ml (½ cup) water	1 medium onion, diced
2 tbsp ghee or coconut oil – if not available, can use olive oil	1 tbsp grated fresh ginger
1 medium carrot finely diced	1 tsp turmeric
1 tsp mild curry powder	½ tsp chilli flakes
1 cinnamon stick	1 tsp fennel seeds (or 3-4 cracked cardamom pods)
1 bay leaf	1 tsp salt
1 tbsp lime or lemon juice	70g (½ cup) frozen peas thawed out
Pack of long grain rice	Coriander or mint, freshly torn or roughly chopped
½ chicken or veg stock cube	

CHICKEN & BANANA KORMA-ISH!

Serves 4

METHOD:

1. Toast almond flakes over medium heat in a pan for about 2 mins. Watch carefully and stir frequently until golden brown. Remove to a bowl.
2. In a food processor (or with a stick-blender) blend banana, coconut cream, garlic, tomato purée, water and half the toasted almond flakes until smooth.
3. Heat ghee (or other oil) in a heavy based saucepan over medium heat. Add onion and sauté for about two minutes. Add ginger and stir for about 30 seconds. Add chicken and diced carrots to saucepan and stir through. Add all the spices and salt. Stir until well combined.
4. Pour coconut and banana mix into the saucepan. Add lime or lemon juice, stir and bring to boil. Cover with a lid, turn the heat to medium-low and cook for 15 mins. Check chicken cooked through and add thawed peas. Stir and cook uncovered for a further 5 mins.
5. Prepare rice about 15 mins. before end, according to pack instructions. Crumble in chicken or veg stock cube to flavour the rice whilst cooking. Serve separately with the curry.
6. Serve the korma topped with the remaining almonds and fresh coriander or mint. Enjoy!

SOUTHWELL u3a ANNUAL QUIZ AT THE RUGBY CLUB



Indoor Climbing Group

Last year you may recall our thrill seekers or 'Wrinklies' as they called themselves completed an abseil off Queens Medical Centre to raise money for the Nottingham Hospitals charity. This was a great success; they all managed to walk away afterwards! and raised in excess of a huge £2500 for the hospital.

It now appears that the Queens Medical Centre was not high enough so Heather, Jim and Ken will be sky diving from an aircraft at over 13,000 feet and flying through the clouds at 120mph! again to raise funds for the Nottingham Hospitals charity.

The sky dive will take place on Saturday 7th of June 2025. Details of how you can sponsor them for the event will be published nearer the time.

David



Skydive for your Hospitals

Saturday 7th June 2025

WARNING! THRILL SEEKERS ONLY!

£70 registration fee and minimum sponsorship of £450.
Help us raise money to enhance care for patients in Nottingham's NHS hospitals.

Call 0115 962 7905
or email nuhnt.charity@nhs.net
for more information

www.nottinghamhospitalscharity.org.uk/skydive

Nottingham Hospitals Charity | NUHCharity | NUH_Charity

Nottingham Hospitals Charity
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REGULATOR

Scan the QR for more information

Nottingham Hospitals Charity logo: At the heart of your care

Photography Group

We normally meet at Southwell Library on the second Tuesday of each month 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. This month we looked at our Cyanotype images, a wide variety of levels of success but we all learned something about a new technique which produces an image without the use of a camera. We then had a session on Snapseed, a free photo editing package particularly suited to phone pictures. As usual, an interesting and enjoyable meeting.



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 !

GROUPS cont'd

Photography Group cont'd

If you are interested in joining the Group or finding out more about what we do, please get in touch with our Leader: Graeme



TRIPS AND SOCIAL COMMITTEE

Jump Races at Southwell Racecourse

The Jump Races at Southwell Racecourse Monday 3rd March have proved to be very popular, tickets have all been sold.

Burns Night

Sadly the Burns Night in January, in conjunction with The Lions had to be cancelled due to lack of heating in The Minster Great Hall. We are going

through the process of refunding our Members. If you are due a refund it will be sent by cheque via Royal Mail. Lots of exciting events and trips are in the planning stage, details to be announced soon.

Madeline

Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



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

I will be at the March 4th Monthly Meeting to accept orders, cheques and credit card payments. Anyone planning to come to the concert on 7th March who has not yet booked, please contact me urgently. Anyone wishing to pay by credit card for the 7th please try to give me email notification before the Monthly Meeting. I will have very little time to process payments and collect tickets between then and the concert just three days later.

Roger

Friday 7 March 7:30pm Sinfonia Viva

Delyana Lazarova	conductor	Hana Chang	violin
Fanny Mendelssohn	Overture in C		
Mozart	Violin Concerto No. 4		
Caroline Shaw	Entr'acte		
Beethoven	Symphony No. 8		

Saturday 22 March 7:30pm The Hallé

Kahchun Wong	conductor	Mariam Batsashvili	piano
Ifukube	Japanese Suite for Orchestra		
Liszt	Piano Concerto No. 1		
Brahms	Symphony No. 1		

Thursday 27 March 7:30pm Royal Philharmonic Orchestra

Vasily Petrenko	conductor	
Esther Yoo	violin	
Tchaikovsky	Fantasy Overture: Romeo and Juliet	
Bruch	Violin Concerto No. 1	
Prokofiev	Symphony No. 5	

Roger

Booking form is on the next page.

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.

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.

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 March get togethers are on the 13th and 27th,



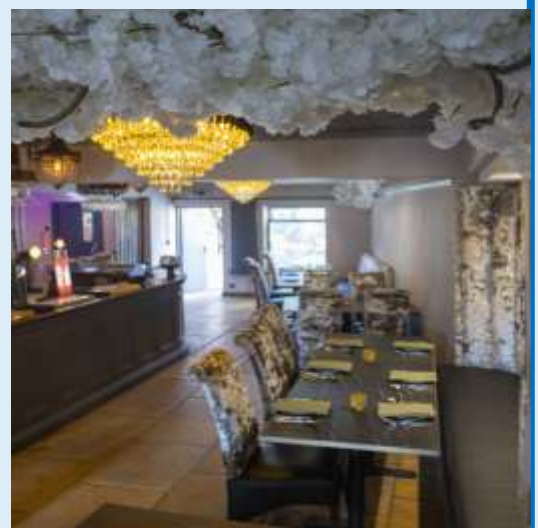
There are usually one or two Committee members present for you to talk with. It can help other members if you remember to bring and wear your u3a lanyard.

ANOTHER AMAZING OFFER FOR u3a MEMBERS!!!!

DISCOUNT AT LASANI, SOUTHWELL!

In the mood for a curry? **Lasani**, on Church Street Southwell, has agreed to give Southwell u3a members a 10% discount on their bills (food **AND** drink) at their 'contemporary Indian brasserie'.

You will need to show your membership card when you order your meals and drinks and the discount will only apply to u3a members in your party. The discount is on offer all week but not for takeaways, which are already discounted.



Enjoy!

OUR FEBRUARY SPEAKERS

In February we had a talk by four pupils from the Minster school about different subjects including AI and Tourette's. We found the talks very interesting and thought provoking. Both myself and Jean thanked the pupils for giving up their time both to research their subjects and to talk to us as they were all in the middle of their A level mock exams and obviously working hard towards their final exams which start after Easter.



OUR MARCH SPEAKER

Andy Smart will be speaking about Albert Ball VC. Who was the most famous English fighter pilot during World War One. He was born in Nottinghamshire and whose plane is featured in the new window in the Minster. Not to be missed!

Southwell u3a Speakers for 2025

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	

BIRD PHOTOGRAPHS FROM SRI LANKA



Painted Storks

Submitted by Noble

Lesser Whistling Duck



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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