

Newsline Extra

Southwell U3A

December 2021 - No 24



Window from St Peter's Church at Norton Disney, visited by the Church Visiting Group.

Christmas Greetings to All Our Members!

From the Chair

Brian Platts

Well – it's been quite an eventful month since my last piece for Newline! I had to self-isolate due to Covid for 10 days of that time, having developed symptoms just 6 days before my scheduled booster jab, which ironically I then had to cancel. Fortunately, I was not seriously ill and I'm now fully recovered. Perhaps even more importantly, I don't appear to have transmitted Covid to any family, friends or fellow u3a members. My personal message to you all then is that vaccine immunity does appear to wane quite substantially and so do get your booster jabs as soon as you possibly can.

We've held both New Members and Group Leaders meetings during the past month and my thanks to all of you who attended. It was great to see so many new members at our meeting in the Baptist Church, all keen to join our great range of interest groups. How to keep oversubscribed popular groups open to new members was a major topic at the Group Leaders meeting, along with an excellent presentation from new Webmaster Rik Ludlow, who is keen to help Group Leaders update and liven up their group pages on the Website.

We're also continuing our coffee mornings for both new and existing members. They are held fortnightly at 10.00am on Thursday mornings – just turn up at Southwell Garden Centre on Fiskerton Road. Future dates and further details are on the home page of our website.

It's also nearly time for our Christmas Party on Tuesday 7th December. This will be held instead of our normal monthly meeting and it will take place, as usual, in the Leisure Centre between 10.00am and mid-day. We have a dazzling array of 13 pieces and a Christmas Quiz in the programme, showcasing the stunning talents, both musical and spoken word, of the members of Southwell u3a. We will end with some community singing of Christmas songs, led by Lorna Mellor and the Singing for Fun group. There will be a short break for tea, coffee, mince pies and comfort (not necessarily in that order!) and the wearing of Xmas jumpers and/or Santa hats is of course "de rigueur". Further details can be found in a separate piece in this edition of Newline and on our website – hope to see you there.

Finally, here's the latest "Joke of the Month", on this occasion from Jackie Pitcher's granddaughter:

Question: What do you get if you boil funny bones? Answer: A laughing stock!

As usual, all entries for next month's joke to chairmansu3a@gmail.com.

Merry Christmas One and All!

This month's joke!

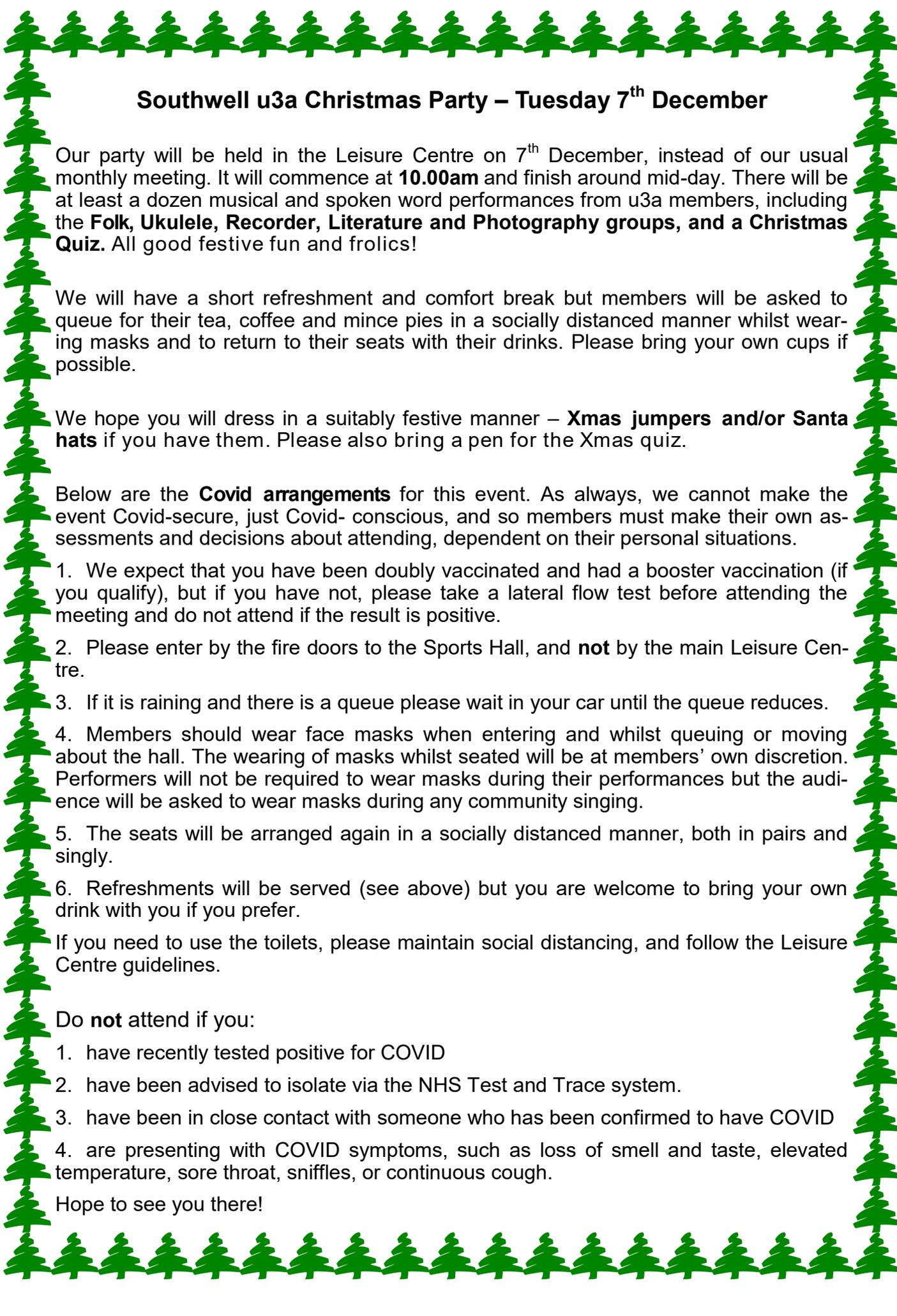


A couple did the u3a Memory Course learning techniques to remember things, like writing post-it notes. The husband thought this was a lot of nonsense so when his wife wanted some strawberries



and cream he said no need to write it down as he could easily remember. He went off to the kitchen muttering "Strawberries and cream, strawberries and cream." After some time he came back with a plate of bacon and eggs. "You forgot the toast" said the wife.

Haha!



Southwell u3a Christmas Party – Tuesday 7th December

Our party will be held in the Leisure Centre on 7th December, instead of our usual monthly meeting. It will commence at **10.00am** and finish around mid-day. There will be at least a dozen musical and spoken word performances from u3a members, including the **Folk, Ukulele, Recorder, Literature and Photography groups, and a Christmas Quiz**. All good festive fun and frolics!

We will have a short refreshment and comfort break but members will be asked to queue for their tea, coffee and mince pies in a socially distanced manner whilst wearing masks and to return to their seats with their drinks. Please bring your own cups if possible.

We hope you will dress in a suitably festive manner – **Xmas jumpers and/or Santa hats** if you have them. Please also bring a pen for the Xmas quiz.

Below are the **Covid arrangements** for this event. As always, we cannot make the event Covid-secure, just Covid-conscious, and so members must make their own assessments and decisions about attending, dependent on their personal situations.

1. We expect that you have been doubly vaccinated and had a booster vaccination (if you qualify), but if you have not, please take a lateral flow test before attending the meeting and do not attend if the result is positive.
2. Please enter by the fire doors to the Sports Hall, and **not** by the main Leisure Centre.
3. If it is raining and there is a queue please wait in your car until the queue reduces.
4. Members should wear face masks when entering and whilst queuing or moving about the hall. The wearing of masks whilst seated will be at members' own discretion. Performers will not be required to wear masks during their performances but the audience will be asked to wear masks during any community singing.
5. The seats will be arranged again in a socially distanced manner, both in pairs and singly.
6. Refreshments will be served (see above) but you are welcome to bring your own drink with you if you prefer.

If you need to use the toilets, please maintain social distancing, and follow the Leisure Centre guidelines.

Do **not** attend if you:

1. have recently tested positive for COVID
2. have been advised to isolate via the NHS Test and Trace system.
3. have been in close contact with someone who has been confirmed to have COVID
4. are presenting with COVID symptoms, such as loss of smell and taste, elevated temperature, sore throat, sniffles, or continuous cough.

Hope to see you there!



Another month and another monthly meeting successfully held at the Leisure Centre. This time over 90 members heard an interesting talk by Liz Lainé from Green Southwell, a local community group set up in response in 2017 to the climate crisis and now a registered charity.

Green Southwell's message is a positive one, that everyone has a role to play and that every action matters, from showing support for national action to embedding ecological responsibility in everyday decisions. Liz talked through some of the projects that Green Southwell has delivered over the past few years to reduce plastic pollution, help homeowners install solar PV, and to start the process of reinstating meadowland on the outskirts of the town. They have also been active in the recent yarnbombing to highlight the importance of COP26 decisions.

The talk concluded with a summary of what we could do as a community, but noted that is dependent on the skills and resources available to make those things happen. Interestingly,

questions from the audience focused on individual action so below are a few suggestions that we can all do to contribute, the most important one being to better insulate our homes:

- insulate, insulate, insulate (and ventilate)
- turn down the thermostat, even 1° makes a real difference
- replace gas hobs with electric induction hobs
- ultimately, switch from fossil-fuelled heating
- shop local and buy locally sourced produce
- eat less meat
- reduce food waste and don't buy extra just because it's on offer
- request refills in shops where possible to avoid using single-use plastic
- use tap water not bottled water
- compost food and garden waste
- remake and repair, don't throw away and buy anew
- recycle but take care to recycle only materials that can be easily reused
- reduce your air travel
- use buses, trains or electric cars rather than petrol or diesel cars
- car-share where practical, e.g. coming to u3a meetings
- use only peat-free compost in your garden
- leave wild corners in your garden for wildlife
- pick up litter and report fly-tipping to the County Council

Next month's meeting

In January we will have a talk from another of our members, Derek King, who will talk about Living in Mongolia.

Group News

Church Visiting Group

Chris Bentley



Members at the lovely little church at Owthorpe.

The Church Visiting Group (CVG) has now finished this year's programme of visits.

Not having gone out since the pandemic disrupted our lives last year we restarted our trips in June with a well attended visit and picnic at Owthorpe with its quaint little church and Civil War associations.

Then we visited three churches each month up to October.

Highlights included the magnificent C14 church at Brant Broughton with its glorious medieval carvings, lofty spire and colourfully decorated Victorian chancel.

Brant Broughton.



Similarly magnificent was the church at Hawton with its wonderfully carved Easter Sepulchre, sedilia and east window. We also visited Barnby in the Willows, Balderton, Beckingham. Codrington, Stragglethorpe, Norton Disney, Bassingham, Carlton le Moorland, Farndon and Car Colston. Every church had its felicitations and quirks and it was great to meet up again with local people who were glad to show us their churches. Attendances were good, even breaking our record with 27 on one trip, and it was good to enjoy pub lunches again, though with closures and difficulties of staff recruitment it wasn't always easy to find places that could cater for a group as large as ours.



If anyone is interested in joining us please note that we won't meet again until March as we avoid going out in the cold winter months. For more details look at our CVG pages on the u3a website or contact the Group Leader, Chris Bentley, on 01636 813300.

Members learn about the Walt Disney connection at Norton Disney church.

Singing for Fun

Marjorie Bramhill

The Group meets at Edingley Old School, we sing mostly well known songs - with back-up singers and words on a screen, provided by YouTube. It is a group for those who like to sing in the company of others. It is not a choir, we don't do harmonies and most of us do not even sing in tune! It is a group which enjoys singing and having fun. And there is no limit on numbers - give us a try. Officially 2nd and 4th Wednesday at 10am to 12 noon. But check the date of next meeting.

We have a coffee break, when we can socialise with other members. It's a very friendly and welcoming group..

We need to pay the rent for the hall, pay for refreshments etc. So members pay a small subscription from time to time.

Group News (cont.)

Long Distance Footpath Group

Mike & Anne Broadley



The group has just finished walking the Cuckoo Way, 46 miles along the Chesterfield Canal from Chesterfield to West Stockwith where it joins the River Trent (see photo). We will be starting a new footpath in January and have room for 2 or 3 more members. We meet on the 3rd Wednesday of each month except December when we have a Christmas Fuddle. We walk the footpaths in a series of loops wherever possible otherwise they are linear routes with car shuttle.

If you would like to join us, there is more information on the Southwell U3A website or call us on 01636 815943 or email michael.broadley@btinternet.com”

Photography Group

Graeme Stewardson

The Photography Group has resumed its meetings every second Tuesday of the month at Southwell Library and we would welcome new members. You don't have to be laden down with tons of expensive photo gear, just a simple camera or mobile phone will do. What we want to see is people interested in developing their interest in capturing the world around them in a digital medium, for generations to come. Contact Graeme Stewardson for more information.



Stamp Collectors — are you there?

Chris Bentley

Last month I put a note in Newslines asking if any members were interested in getting together if they were stamp collectors or had collections they didn't know how to get rid of, How many replies do you think I got? Just one! Well I can't believe there are only two members who collect, have collected or want to dispose of collections so if you have any interest in stamps please contact me, Chris Bentley, on 01636 813300.

Newsline

Jane Zdanowska, Jackie Pitcher, Marie Legg

Newsline has, hopefully, provided Southwell u3a members with an interesting and entertaining newsletter for many years and especially over the past difficult eighteen months. However, we are now all wanting to hand over to a new creative team after the March 2022 edition.

Newsline is produced once a month to coincide with the monthly meeting which means that the last week of each month is the busiest for the whole team. Currently there is someone who reminds members to send in items, retrieves any entries from the Newsline email account and then puts all of the copy submitted onto a Word document. That copy is then sent to a proof reader before being sent onto an editor.

There are two editors which makes life easier since it means each produces six copies a year. One of the editors receives the word document around the last Tuesday of each month and then using Publisher produces the newsletter you will see. It is therefore important that any editor has either some previous knowledge of Publisher or a willingness to learn the programme. Computer skills are needed, therefore, in order to send and retrieve emails, to set up a Word document and to produce a final version in Publisher.

The finished newsletter is then sent by email to Word Print so that 40 printed copies are available to those who cannot access it via email. It is also sent to all members via email as a pdf file.

If you are interested in creating a useful, attractive and informative newsletter and have any of the skills needed to achieve one maybe this is a volunteering opportunity for you. It may be that you have new ideas, creativity or inspiration that you are keen to use and are willing to have a go with others. Please email su3anewsline@gmail.com with a phone number and we could have a chat about anything that may interest you.

We Need Photos!

CHEESE!

Tony Mellor

The Committee has recently been discussing how we should publicise the u3a and what we do, particularly to ensure we get good coverage in local newspapers and magazines like The Bramley, Newark Advertiser and Southwell Life. And to get that coverage we need to show what fun it can be to be a Southwell u3a member, the interesting things we get up to and the interesting places we visit. Tony Mellor has agreed to take on the job of writing and submitting press releases for us and to do that he will need to know what we are doing, preferably illustrated with good colourful photos showing members enjoying themselves. So when your group meets please make sure you take some photos and send them with a note about what you are doing to Tony, but remember to ask everyone in your photos if they are happy for their faces to be published in newspapers or on our website. You can phone Tony on 07793 551442 or email him at twmellor@hotmail.com .



Can You Beat Our Puzzler?

Chris Bentley

It's nearly Christmas and here's a simple word puzzle to do in front of the fire, if we are allowed a fire under the new Government rules...

All you need to do this time is to see how many words of five or more letters you can make from the word **CHRISTMAS**. No plurals, no proper names, no foreign words, no abbreviations, no hyphenated words or 3rd person singular verbs with an s at the end, otherwise anything goes. And yes, there are plenty left. Your challenge is to beat our Newline Puzzler who made 27 words. When you've had a go check out the word list on the back page.

Southwell u3a Concert Coaches – 2020-2021 Season

Roger Bennett

I am now opening booking for the usually popular Christmas concert coach trip:

Wednesday 15 December, 7.30pm The Hallé Christmas Concert

Stephen Bell conductor

Quirijn de Lang baritone

- ★ Rossini The Barber of Seville: Overture and Largo al factotum
- ★ Tchaikovsky The Nutcracker (excerpts)
- ★ Franck Panis Angelicus
- ★ Hess A Christmas Overture
- ★ Silvestri The Polar Express
- ★ Bizet Carmen: Toreador Song
- ★ Adam O Holy Night
- ★ Loewe My Fair Lady: On the Street Where You Live
- ★ Fonteyn Pop Looks Bach
- ★ Cahn/Styne Let it Snow, Let it Snow, Let it Snow
- ★ Arr. Goodwin Jingle Bells
- ★ Martin/Blane Have Yourself a Merry Little Christmas
- ★ Pola/Wyle It's the Most Wonderful Time of the Year
- ★ Berlin White Christmas
- ★ Anderson Sleigh Ride

Details and booking forms will be emailed to all on the circulation list shortly.

Social Events

The Social and Trips Committee are now meeting regularly and organising events and trips. If you have any ideas for a trip or event, please contact one of the committee members in the table below.

Social and Trips Committee	
John Elkington (Chair)	07443581637
Rita Cridland	07902262348
Alison Clark	01636 813095
Beryl Rimmer	01636 640352
Jackie Pitcher	01636 813471
Pam Baisley	01636 605072
Anne Greenaway	01636 814611

Social and Trips Committee

are arranging a Wine Tasting event

Presented by Ann et Vin

Thursday 20th January 2022 @ 7pm

In Southwell Library

Tickets £18 to include buffet

Tickets will be on sale at December and January monthly meetings

Or contact Jackie Pitcher 01636 813471

Jackie@bobpitcher.plus.com



Information and advice

“STRICTLY” behind the Mask

Eibhlin Dunphy

It has been wonderful to see the support and respect given to the deaf celebrity, Rose Ayling-Ellis, on “Strictly Come Dancing”. But that is not experienced by everyone who has any hearing loss.

Mask wearing has undoubtedly made communication more difficult for anyone who supports their hearing loss with lip reading. But there **IS** help at hand, as two of my relatives have found and you might find this helpful too, for yourself or someone you know.



One relative travels to work by train and the other has recently moved to a care home. The working relative is pictured below, wearing a mask she bought from the website of the charity hearing-link.org and this has made a tremendous difference to how people treat her out and about and on the train. People are more patient with her, they don't treat her like she is stupid or as ignorant for not responding to them. On the train or at the station, they make sure she knows about announcements over the tannoy. Once

the relative in the care home started wearing this mask, the other residents realised she wasn't a snooty newcomer just ignoring them. It has helped her to integrate.

The Hearing Link website shop has various helpful aids like this under the headings “Accessible Masks”, “Badges”, and “Communication Resources”.

Click on “Main Menu” to get a drop-down list which contains “Shop”. Click on “Shop” and away you go.

PS The technical team will be looking into the possibility of getting a Hearing Loop working again for the monthly meetings.

Advice from Nottinghamshire Alert

Where to shop

Buying from an online store you haven't used before? Carry out some research first, or ask a friend or family member if they've used the site and about their experiences before completing the purchase. Only create an account if necessary or to save you effort if you're going to use that site a lot in the future. Be cautious if the website asks you for details that are not required for your purchase, such as your mother's maiden name or the name of your primary school.

Lottery or prize scams how to protect yourself

Criminals will contact unsuspecting victims informing them they have won a lottery or prize draw. The victim is then informed that they will need to pay an advance fee in order to receive their winnings. In reality, the winnings are non-existent and it is an attempt to steal the victim's money, personal or financial information.

Stop: Unsolicited offers of large sums of money in return for a small upfront payment should always raise a red flag. Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? Remember, you can't win a prize in a competition you didn't enter. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Here's a simple Thai-style soup from our last CDWM meeting that you could rustle up in in about 15 minutes. Lemon grass and kaffir lime leaves seem to be pretty widely available these days but you could use 3-4 lime wedges if you can't find the lime leaves. If you wished to spice it up a little, you could also add some chilli flakes at the start.

PRAWN AND NOODLE SOUP – Serves 3-4

Ingredients

900ml vegetable or chicken stock

2 kaffir lime leaves

1 lemon grass stalk, lightly bruised with rolling pin or similar

150g dried egg noodles

50g frozen peas

50g frozen sweetcorn

100g large cooked peeled prawns

4 spring onion, sliced into small pieces crosswise

2 teaspoons soy sauce

Parsley or coriander leaves for garnish (optional)



Method

Put the stock into a saucepan with the lime leaves and lemon grass, bring to the boil and simmer for 10 mins.

Add the noodles to the stock and cook according to packet instructions. After 2 mins, add the peas, sweetcorn, prawns, spring onions and soy sauce. Taste and season if necessary. Serve in individual bowls and garnish with some parsley or coriander leaves, if desired.

Enjoy!

CHRISTMAS Puzzle Word List

Chair, Charm, Chart, Chasm, Crash, March, Marsh, Mastic, Match, Maths, Mirth, Sacrist, Scart, Schism, Schist, Scram, Scrim, Shirt, Sitar, Smart, Smash, Smith, Stair, Starch, Stash, Strim, Trash