

Newsline No 56 JULY 2024

Honoured !

See page 5

u3a

Southwell

From the Chair

Hello again for my penultimate piece “From the Chair” – my three years of sitting in the aforementioned chair is nearly over. I am writing this month’s column whilst Steph and I are precisely 38,000 feet over the Atlantic on our way to visit my brother Mike who lives on Vancouver Island in Canada.

Mike is over ten years older than me and when he emigrated to Canada in the 1960’s, I now realise that it must have seemed like a bereavement for my parents. We did not even have a phone in the house in those days and trying to get the money into a public payphone quickly enough for a call to Canada would have been almost impossible.

How things have changed in a generation! Now, we (and I am sure many of you) have far flung children and grandchildren of our own. Who would have thought back in the sixties that we would now be making video calls on Zoom to the other side of the planet – and for free! The world seems a much smaller place than it did back then.

Two things that have proverbially never changed though are death and taxes.

That is what a solicitor from Tallent’s told us all about in a talk in our Short Courses and Workshops programme, the day before we set off for



Canada. Morbid deliberations aside, it was a useful session about Wills and Powers of Attorney. Amongst the many useful messages, she stressed the importance of having a Will and making sure that your executors and loved ones know where to find it and the value of drawing up Powers of Attorney before you need them.

There are still places available for several more of our courses and workshops in the coming months and so do look at the programme in previous editions of Newsline and/or on the side wall at our monthly meetings.

I mentioned that this will be my penultimate piece and I am glad to report that we do now have someone to pick up my pen in two editions time. The committee’s efforts to find a new Chair appeared to have drawn a blank until Jean very kindly stepped forward. Many of you will know that Jean was

one of Southwell u3a's first Chairs and has gone on to serve in several regional and national u3a roles and is now also our Groups Co-ordinator. As such, she has certainly done her bit already!

Jean has made it clear though that she is only willing to serve as Chair for one year, during which time we must find another Chair who will serve from our Annual General Meeting in 2025. It is vital that we do not just 'kick the can down the road' for another year and so do please speak to me, Jean or any other members of the committee, as soon as possible if you think that you (or any of your u3a friends) might be able to join us on the committee from this year's August Annual General Meeting onwards.

Finally, then, my Canadian-themed jokes of the month: What did the beaver say to the Maple tree? It has been nice gnawing you. No room I am afraid though for my jokes about the Canadian Rockies. Pity - they were absolutely hill areas!

All the best for another month.

Brian

Drive On Workshop

Thank you to all those who participated in the recent Drive On workshop given by Via Nottinghamshire Road Safety Partnership it was a very enjoyable and instructive afternoon and I'm sure that the ten members of Southwell u3a who signed up for a half hour free session with an experienced driving instructor will find it a positive time. I did it last time we held the course and came away better informed and felt it assisted me.

The session was in a question-and-answer format and a couple I thought I could share with you are below.

Q How do you know if you are in a 30-mph zone?

A If there are three or more streetlights. (Streetlights are good indicator of speed limits.)

Q What is the definition of a dual carriageway?

A The clue is in the name, two roads with a permanent barrier dividing them. It does not matter how many lanes there are single, two or more but if there is a permanent barrier it is a dual carriageway.

They also emphasised the need to declare medical conditions and to check on medications that may impact on your ability to drive since both can invalidate car insurance.

Safe driving and remember you can download the Highway Code onto your Apple or Android device should you ever want to, as well as purchase a copy from various organisations.

The next information workshop, which is on Wills and Powers of Attorney, is full. However, since it has proven popular it may be organised more quickly than usual. A replacement First Aid workshop has also been re-scheduled for the 27th July, but again that is completely full, although I am willing to take names for a waiting list since there are a couple of places to spare on it and I can always book another session later in the year.

Have a great summer in the meantime.

Jane

Dear Editor,

Just a personal view

This isn't going to be entirely popular but I will say it anyway – a good old-fashioned moan! Why do (some) people sign up to a group, when they do not really seem to have any interest: why do they not apologise when they are not going to attend; why do they not offer to contribute, in even the smallest way; and why do they treat other people's contributions disrespectfully by talking all the way through? Surely, it is common decency and good manners to respect the work put in, in order to educate, inform and entertain members; to let someone know you will not be attending; to listen or, at least, remain quiet while others do their bit; and to offer to do something for the benefit of the group, if it is only keeping a register or putting chairs back in their places?

The u3a is a fantastic organisation, a huge resource to third-agers, which costs very little to join and to keep attending, and runs on the good will and intention of, let's face it, a very few committed, unpaid volunteers. You know the old expression "use it or lose it".

Think on!

(Name/details supplied)

Group leader Roger honoured by Nottingham's Royal Centre



Our former Chairperson, Roger, has been honoured by Nottingham's Royal Centre in recognition of his outstanding achievements over the past ten years.

Roger and his wife have been attending concerts at the venue since 1994. Some ten seasons ago, in 2013, the management of the Royal Centre was seeking volunteers to operate coach schemes. At the same time, Roger recognised a need for our

members who wanted to attend concerts but did not like driving at night into Nottingham. Roger formed an interest group to solve this issue, and the rest is history!

As those on coach trips receive a healthy ticket discount, for the normal cost of a seat, you can effectively benefit from free travel to and from Southwell too.

As well as providing a great deal of pleasure for many, Roger's work has made a major contribution to the Royal Centre's revenue. In fact, over £200,000 worth of seat sales have been generated from just two coach schemes, of which Roger's is one.

The Royal Centre recently provided Roger with a named plaque for his regular seat, together with a certificate noting his achievement.

If you're interested in joining one of Roger's concert trips, he can be contacted (via the website)



Newsline Deadline for the August Edition

Please email articles and pictures to the Newsline team by 10th July to ensure inclusion in the August edition. Send to:

su3anewsline@gmail.com

Items that arrive after the deadline 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 groups. We now have space for some 'Letters to the Editor.'

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

Deadline: 10th July for

Newsline No. 57 August 2024



u3a Southwell

Coffee Mornings

Southwell u3a members 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. July's get togethers are on the 11th and 25th July. 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 June & July Speakers

Our speaker in June

thoroughly entertained members with his fascinating facts and hilarious anecdotes as well as his fantastic piano playing to illustrate the history of the jazz piano on different genres of music.



He took us through the influence of jazz piano as it affected and influenced music genres from blues and ragtime to boogie, bee bop and rock.

The morning was thoroughly enjoyed by all members who were fascinated and enthralled

Roger Browne has appeared in jazz clubs all over Europe and North America as well as providing accompaniment to such legends as Stephane Grappelli, Humphrey Littleton, George Kelley, George Chisholm, Scott Hamilton and Marion Montgomery as well as many others besides. He is therefore well versed in his subject.

by his piano playing.

Our speaker for July is the Rev Canon Alan Haydock who is going to tell us about the confessions of a country vicar. He used to be the vicar of East Bridgford church and I am sure he will entertain us all with his wit and humour so do come along on July 2nd.

John

Our Speakers for 2024

2 nd July	Alan Haydock	Confessions of a Country Vicar
6 th August	Peter Slater	Do you know who I am? Former BBC sports reporter
3 rd September	David Skillen	A Few Appropriate Remarks — Lincoln at Gettysburg
1 st October	Paul Lillie	An impression of Elvis Presley
5 th November	Paula Cornwall	The Flying Housewife
3 rd December		Christmas Party



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

Useful websites

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

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

Southwell u3a members Facebook page: See final page of Members' Edition

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

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

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

This month's contribution is by Andy:

Eternal Father

I don't really have a single Damascene moment of discovering the sea. My maternal family were all trawlermen and my paternal side were shipwrights. The sea was always with me. I remember being told how I was born with the incoming tide and felt fortunate to spend most of my young life in, on or beside the sea, which I came to know well in all his moods.

From when I was about six, my family had a wooden chalet/hut on the coast at a place called Bovisands. It was completely off-grid, and comprised three rooms, lit by the golden light of oil lamps with their unmistakable quiet, guttering sound and scent of paraffin. Heating was by Calor gas, and water was supplied by a standpipe. It took about forty minutes to drive there. We went virtually every weekend and all of the school holidays. I loved it.

The cliff top was clothed in long itchy, dry grasses, bracken, and gorse. The sweet coconut scent of gorse always takes me straight back to those cliff tops. The grasses were full of crickets and grasshoppers, with bright green blood, and the skies peppered with trilling skylarks. Early in spring and summer months I was woken by their competing songs as they climbed to hang, motionless, in the air. The cliffs were alive with buzzards and adders, and on some nights in June and July the grasses and bushes were lit by the ghostly green light of glow worms.

I revisited the site in 2017. The huts have gone, to be replaced with tightly mown grass and public picnic benches. All the life has gone; at least it's a great deal quieter now.

The moods of the sea have always fascinated me. For several years we lived on a tiny island, not much bigger than an aircraft carrier. I have seen the Atlantic as flat as a pond showing reflections of the clouds, and I have seen towering waters breaking over the 150 feet tall Bishop Rock lighthouse. I enjoy those hot, still days when the sand is warm under your feet and the sea sparkles in sunlight, the waves lapping at the shore like a kitten.

Eternal Father

What I really love is the storm force evelens, when sea attacks land with thousands of tons of angry energy in each wave, when the wind pulls at your hair, tears at your clothes. The salt spray stinging your face, your lips. Air filled with tiny clouds of grey, yellow spume that catch on bushes and grass. Impossible to speak. Eyes stung closed with salt rain travelling horizontally at upwards of a hundred miles an hour, the force of a pressure washer. The gulls laying on the ground using their wings to keep them anchored down. Then to reach the comfort of your house and sit by the fire with a decent malt tasting of salt from your lips, listening to the wind shaking the windows.

I love next morning, going out to look at the sea-changes that the storm has wrought, with debris flung far up the shoreline, and great waterlogged logs and timbers dredged up from the ocean's floor littering a strange, unfamiliar strand line. Everywhere lie the bodies of shags, guillemots, and once a petrel. The colour of the sea is then a wrong, dirty colour, without proper waves; lumpy but calm, fury spent. The foamy spume still fills sheltered hollows. This is the real drama of the sea, when even the most committed atheist mutters a silent prayer, "For those in peril."

Andy Soper 15/04/24. ©

Social and Trips

Important Message from the Social and Trips Committee

When you purchase or reserve a ticket from the Trips and Social Committee for an Event or Trip, we record your name and expect YOU to be on the Trip or Event. If, for some reason, you are unable to attend the function and would like to 'sell your ticket on' please contact the organiser of the function and ask if there is a waiting list or if we could find a replacement. We will do all we can to get you a refund and a replacement for your place. Please do not informally 'sell' your ticket on, as in these days of Risk Assessment and Health and Safety, we must know exactly who we have on a trip or event.

Visit to Saltaire

The Museums & Galleries group have organised a coach trip to Saltaire on Tuesday, 23rd July 2024, with a twenty-five-seat coach. Currently we have one remaining seat. If anyone would like this, contact Donald.

Saltaire Village is a World Heritage site, famous for its fascinating architecture. Salt Mills is a free gallery which contains a massive four hundred pictures by David Hockney and an exhibition of photographs by Ian Beesley. There is a Heritage Trail which is a comfortable walk around the village to include some of the most interesting buildings and there are cafes in the village and the Salt Mill.

The journey is about two hours. The coach will leave the Leisure Centre at 08:30hrs and the return journey will leave at 16:00hrs. There will be no stops on either routes. The cost will be around £20-£22 per person.

u3a Social Committee Forthcoming Events:

Friday 5th July Afternoon Cream Tea and short Cookery Demonstration

The Old Barn, Field Farm, Rolleston.

Tickets £20.00

Own Transport – directions available on request. Please wear sturdy shoes – may be uneven ground.

Wednesday 31st July Sandringham Flower Show

Tickets £45.50 Almost sold out! Ticket price is for Flower Show only.

If you would like tickets for these events please contact:
Miriam.

Wednesday 25 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.

Please contact Jane

SOUTHWELL u3a TRIP BOOKING FORM

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

to (place)

Name

Southwell u3a member yes/no

Contact Tel no Mobile.....

Emergency contact Name.....

Emergency contact Tel no

N.B. 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 July or August monthly meeting.



**The 18th Annual General meeting of Southwell u3a
will be held on at 10am on Tuesday 6th August 2024
at Southwell Leisure Centre**

The agenda will be emailed to members before the meeting.

Nominations for the committee are invited.

Please complete the nomination form available on the website
([2018_nominations_form.pdf \(southwellu3a.com\)](#)).

Members without an email address may obtain a copy of the agenda, and a committee nomination form, by contacting the secretary.

We look forward to seeing you at the AGM

Nadina, Secretary

Croquet Group

It is season two for our croquet group, which formed last year. Our players are growing in confidence and expertise. Not only is croquet a game of skill, but it is also a game of tactical thinking: Being able to position the croquet ball in front of the hoop in order to run the hoop is the primary objective.

There are two types of croquet games played on our local lawns. Association Croquet (AC) and Golf Croquet (GC). Our u3a group plays GC. Interestingly, those members who have never played golf or snooker seem to have a certain flair for croquet. Also, realising that the impact (like Newton's cradle), when croquet balls are struck, is part of that thinking process.

Our croquet group is growing in numbers. By double banking on each lawn, playing both primary and secondary-coloured balls, it is possible that twenty-four people can play. There are a couple of spaces if anyone else might be interested in joining our u3a Croquet Group. Now, all that is needed to make our second Monday afternoon of each summer month a perfect croquet experience, is some warm sunny days.

Elaine (Croquet Group Leader)

Photography Group

Despite the tech shortcomings in the library at our last meeting, we had a great time exploring portraiture with the able assistance of three of our lovely members acting as models. We



will be doing more of this over the next month ready for our next meeting. We were not able to view our last project, 'what we can do with

a mobile phone' using some of the amazing facilities hidden in the menus of these incredible devices that we all carry in our pocket or handbag.

Our leader has just circulated the pictures that we could not see at the meeting, and they are another great collection of what we have done over the last month. A few of them are included on these pages.

We normally meet at Southwell Library on the second Tuesday of each month at 2pm, where as well as progressing

Photography Group cont'd



our latest project, we look at our recent work against a particular theme and discuss the shots. We also get tuition from our more expert members on a particular subject – editing, camera settings, etc. And if anybody needs help on any aspect of their camera, that is available on a one-to-one basis.

you have a phone, you are a photographer – you do not need a camera!



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

We cover a wide range of expertise and equipment again last month, if



G'RILLA BURGER WITH MONKEY GLAND SAUCE

Serves 4

Firstly, may I assure you that no apes were harmed in the making of these two recipes. Rather it was our Membership Secretary's tiresome tireless sense of humour coming to the fore again, after he drew 'African dishes' in our CDWU



cuisine lottery. Monkey gland sauce is in fact a dark, thick, sweet and tangy sauce from South Africa, made by combining a lot of other sauces and condiments. Despite false speculation that monkey glands might slow down ageing, they have never been used in this sauce, which apparently has become a staple fast-food accompaniment in South Africa. It goes well with all grilled meats and can also be used as a dipping sauce. You should have plenty left over for another day with this recipe.

MONKEY GLAND SAUCE

INGREDIENTS

50ml/2fl oz. Vegetable oil,
 3 red onions, chopped.
 2 garlic cloves, finely chopped.
 Root ginger, thumb-sized piece, freshly grated
 75ml/2.5fl oz Brandy,
 250g/9oz Apricot chutney (mango chutney will do)
 2 tbsp. Wholegrain mustard,
 2 tbsp. Worcestershire sauce,
 100ml/3½fl oz. Tomato ketchup,
 200ml/7fl oz. Chicken stock,
 1 tsp. Smoked paprika,

METHOD

Add the oil and onions to a pan and fry over a medium heat until softened. Add the garlic and ginger and fry for another 5 minutes. Deglaze the pan with the brandy. Add the rest of the ingredients for the sauce and cook for 30 minutes over a gentle heat. When ready, transfer to a small bowl as accompaniment to burger.

G'RILLA BURGER

INGREDIENTS

400g. Ground beef,
1 onion finely chopped.
1 tbsp Breadcrumbs.
1 tsp Salt .
½ tsp. Ground black pepper
1 tsp Golden caster sugar
1 tsp paprika (smoked)
½ tsp. Mustard
½ tsp Cumin seeds, .
1 garlic clove.
2 tbsp. Olive oil,
4 bread buns of your choice.

METHOD (probably best to prepare the burger patties in advance and then grill them during last 10 mins of sauce cooking)

Mix burger ingredients together. Divide mixture into 4 equal portions, form into patties and set aside ready to cook. On a grill or in a grill pan, cook the burgers over medium-high heat for 3 minutes per side or until cooked through.

Options for toppings:

Beef tomato, sliced into rounds.

Little Gem lettuce, shredded.

50g/1¾oz smoked Cheddar, grated.

Place cooked burgers and toppings into toasted buns, along with some monkey gland sauce. Serve with French fries or other side dish of choice (we enjoyed a watermelon salad and fried sweet potato) – and of course some more monkey gland sauce. ENJOY!