

Newsline Extra

August 2022 No 32

The monthly news from Southwell U3A



History of Art Group

Looking at 17th century European art including artists like Rembrandt, Velasquez and Poussin.

BIRD OF PREY



This stunning photograph
was taken by a member of the
Photography Group

Phew – what a scorcher! At the time of writing, we are about to beat all UK temperature records, including that of the famous heatwave of 1976. I've just come back from a meeting of lightly broiled group leaders at the Rugby Club. It at least gave me the opportunity to thank them for all that they do to keep Southwell u3a so lively and interesting. Hopefully things will have cooled off a little by the time you read this.

We will be holding our AGM, as part of our 2nd August monthly meeting, in a few days' time. Our Secretary, recently sent out the agenda by email, along with the annual report of our Treasurer, and my own Chair's report. Please take a look at those reports, so that you can keep up to speed with what is happening in your u3a.

Two Members will have to leave the management committee at this AGM, as they have completed their allowed periods of service under our new constitution. Both will be continuing in a number of roles and activities outside of the committee though and we thank them for all that they have done and continue to do for Southwell u3a.

The AGM should only take up a relatively short period of next Tuesday's meeting so please don't think you're in for a dreadfully dull procedural meeting. We will have all the usual elements of our monthly meetings, including a talk about what goes on behind the scenes at Nottinghamshire Fire and Rescue Service. I hope that we'll see you there.

Steph and I are taking a break for a week in Venice now. We're very much hoping though that history doesn't repeat itself and that we don't find our house flooded on our return. That was unfortunately the scene we found when we got back from Venice on the day of the Great Flood of Southwell on 23rd July 2013. You can certainly have too much weather – good and bad!

This leads me neatly into my Joke of the Month: I once heard 2 Italians talking. One said "I hear you're a good swimmer". The other said "Yes, I was a postman in Venice for 5 years!"

All the best.

Brian

Keep an eye open for notices from Social and Trips Committee Members who have great plans for activities for over the coming year.

**Please send all items for inclusion in the September issue to:
su3anewsline@gmail.com**

Committee Matters

IMPORTANT!

Welcomers at the monthly meetings would appreciate it if all members could have their membership cards with them when they attend. If you haven't got yours, please ask at the membership table at the meeting to collect it.



Group Leaders Meeting

Thank you to all who attended the group leaders meeting, led by Pam Baisley, hopefully you found it informative and that those of you who missed it will come along to the next one. The committee really appreciate the great effort that leaders make to ensure an active and interesting programme.



COFFEE MORNINGS

The fortnightly coffee mornings held in Southwell Garden Centre, Fiskerton Road, are still going ahead. So if you fancy a chat and a coffee come along at 10.30am on the 2nd and 4th Thursday mornings of the month. This month's meetings are 11th and 25th. There are usually one or two Committee members present.



Emma Sheardown: Para Equestrian, Author and Motivational Speaker



Emma Sheardown was our speaker on 5 July, Emma did not have the best start in life in fact doctors did not expect her to survive after complications during her birth. But survive she did and despite doctors warning that she was unlikely to walk or talk due to quadriplegic cerebral palsy her parents never gave up on her and she learned to walk and talk. This would be an achievement enough for many similarly affected people but at three years old Emma was introduced to riding with a Shetland pony called Dusty Bin. For many the story might end there, but not content with just riding she went on later to compete nationally and internationally at dressage, one of the most precise disciplines in equestrian sport. From 2009-2011 Emma with her horse Eddie, represented GB at the European and World para dressage championships winning one team gold, two individual gold, three individual silver and bronze medals and becoming both European and World Champion. Not bad for a girl who couldn't stand unaided until aged six!

But then Emma lost her father, Eddie retired and Emma lost her sponsorship. She was at a low point but as before in her life she bounced back. What do you do if you are unsteady on your legs and cannot speak easily? Well of course you become a motivational speaker, standing up in front of an audience and delivering a 45-minute talk about your life. Then you write a book about your life too *There's No Such Word as Can't*. Truly inspirational. I've been lucky, never had a real disability but it would be a massive achievement for me just to get on a horse, let alone riding it and winning medals! Speaking in front of a crowd of strangers would frighten most people too!

Next Month's Speaker: On 2nd August we have invited Jack Hibbert from Notts Fire and Rescue to talk about the work of the Service, a rather topical subject after the hottest temperature ever recorded in Nottinghamshire and numerous resultant wildfires. But we'll hope for some pet rescue stories as well!

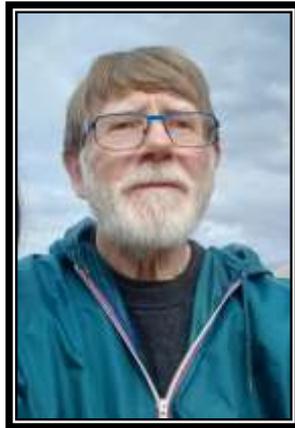
On 6th September our speaker will be Simon Croson who will tell us about bees and bee keeping. He may bring some of his furry friends with him...



Seven Years a Committee Member and Why Did I Do It?

Chris Bentley

I retired at 64 but it took me another two years to find out about u3a and to admit to myself that I was old enough to become a member, or indeed that I wanted the world to know that I was old enough or in the right frame of mind to become a member. At the time I was doing a year's course in Intermediate Japanese at Trent University but I'd run out of levels that I could do locally and didn't want to travel to Sheffield to continue my studying so I thought I might brush up my Latin in Southwell instead, just to keep my marbles bouncing around you understand! So one day, in February 2013, I surprised myself by going down to the Leisure Centre just to see what it was all about and ended up joining u3a and the Latin Group. After all, I reasoned, it's only £20 so if I didn't like it, it really wasn't too much to lose!



Within a few weeks I was also persuaded to start up a group, the Church Visiting Group, as I'd been visiting churches for years with other friends and found several u3a members who were also interested. Since then we've visited over 300 churches and the group is still going strong.

I could see from the off that the whole organisation required, well, a lot of organisation, and that as a self-help organisation this could only be done by volunteers. And I thought that if I was benefitting from all the groups and monthly talks, and enjoyed being a member, then before my faculties started eroding seriously I really ought to help out. So in May 2015 I volunteered and joined the Committee, and as someone was needed to find and book speakers I thought I could do that, just until I'm 70, before the wheels started dropping off the cart. Seven years and eighty or so speakers later, and my 75th birthday looming, I'm finally leaving the Committee as our new Constitution dictates that no one can be a Committee member for more than six years.

What did I get out of being a Committee Member and as Speaker Seeker? Well, the feeling that I was doing something worthwhile, a feeling of being needed, a renewed sense of responsibility and getting involved, and a great way to make friends. If any of this makes sense to you Southwell u3a always needs people to help in its organisation. U3a doesn't just happen, it needs people like you. You don't have to become a Committee member though we do need 12 good men and women to lead us. As for me I won't be twiddling my thumbs but will still be a group leader and will still be booking speakers, at least until someone else shows some interest. And if you feel you might be that person please get in touch and I'll be happy to show you where to find speakers and how to book them. It's not difficult, especially as there is now a good network of speaker seekers across Notts u3as and if we have a good speaker we recommend them to other u3as. In all my seven years in the job I can only think of one disastrous speaker, two pretty bad speakers, one decidedly non PC speaker, and one speaker vastly over-priced. That makes 70 or so decent ones and amongst those at least 10 or more amazingly good ones!

SOUTHWELL U3A OPEN DAY – 18th September Brian Platts

We will be doing our bit to celebrate national u3a week and the 40th anniversary of the founding of the u3a in the UK with an Open Day in Southwell market square on Sunday 18th September. We'll be there from 10.00am to 3.00pm and we'll be welcoming both existing members and potential new recruits.

This follows the success of last year's event (see photos) and we will again have a number of stalls in the square so that Group Leaders can showcase their groups' activities. We have several groups lined up already **but we need more**. It doesn't need to be a spectacular display, just something to catch the eye of passers-by and entice them in for a chat about your own group's activities and Southwell u3a in general. We will help make your stall look attractive and we'll provide u3a leaflets etc. If you haven't already done so, **ups Co-ordinator or Chair to reserve a stall**.

Musical entertainment will be provided by the stunningly talented members of our various musical groups – worth a walk to the market square for that alone! Free tea and coffee will also again be available for all-comers and so do come along, hopefully accompanied by a friend or two who you think might like to join our u3a.

Our Cycling for Fun group will be setting off from our Open Day at about 10.30am to carry a 40th Anniversary beacon to Carlton and Gedling u3a, as part of the Notts Network of u3as' week-long celebrations. Four beacons will be transferred from u3a to u3a during the following week, before ending up in **Highfields Park, University Boulevard, Nottingham at 1.00pm on Saturday 24th September**. The Lord Mayor of Nottingham, a steel band and a flash mob of over 100 u3a line-dancers will be waiting for them – **watch out for further details of how you can join the celebrations and participate in the line-dancing in next month's Newslines**.



Information Workshops

The committee decided that we should restart the information workshops that in the past have been organised for Southwell u3a members. The first one will be on writing wills with a reference to preparing a power of attorney; this topic has proven popular in the past. It will be held on Monday 5th September in Southwell library from 10.30 to 12 with an opportunity for questions. Tallents solicitors have once again come forward to do the presentation.

If you would like to book a space please contact the Workshop co-ordinator

Websites

Southwell u3a has a useful website which is worth looking at regularly.

<https://www.southwellu3a.com>

National u3a has a website too; although it may be of limited interest to local members there are often new ideas on it so if you have been thinking of starting a new group do take a look, there is lots of support for forming new groups. <https://www.u3a.org.uk>

Group News

Astronomy

Sue Whibley



The Astronomy Group were very pleased to visit the MSAS observatory for a guided tour. We saw how the telescope operates and were shown around the site of its new Science Discovery Centre. We were also shown how they are able to track meteorites with their radio astronomy facility.



Birdwatchers group 1

Alison Salter

On 12th July five members of Group 1 Birdwatchers spent a most enjoyable day at Brandon Marsh, near Coventry, run by the Warwickshire Wildlife Trust. We were lucky in that the weather that day was manageable but we went prepared with hats and suncream!



It is a large reserve with a variety of habitats and several hides, not to mention an excellent cafe. The water of course was very low in the lagoons, and our birds of the day in a muddy pool were two adult water rails and four tiny balls of fluff following a parent in and out of the reeds.

Canasta

Chris Dykes

Our u3a currently has 4 canasta groups that all play "Trey" or Bolivian form. This is not the more common 2 pack game and if you haven't played it before it can be a steep learning curve but the game is highly addictive. Each table playing requires a basic group of 4 or 6 (the latter has extra rules).

The format for each group is the same in that we meet twice a month for 3 hours, each time with a short refreshment break that has a small charge paid to the household. Members of the group are responsible for teaching the game to each new member - this may take between 3 and 6 sessions before the rules are sufficiently grasped but members are very considerate to new learners and really welcome new participants.

If anyone is interested in forming a further group the numbers need to be based on multiples of 4 and 6. The size of the group is determined by the number of people the host/s can accommodate in their own homes.

Unfortunately, these groups are so popular that there are NO VACANCIES in either group at present, but the leaders are maintaining a waiting list.



Photography Section

John Mason

We normally meet at Southwell Library, on the second Tuesday of the month at 2.00 until 4.00, looking at and commenting on our photos on a big screen, although we try to get out 'on location' as much as possible. Some of us were at the Folk Festival parade last Saturday, shooting street scenes with lots of interesting people in them, we'll be looking at some of the results at our next meeting on August 9th.

Between us we cover a wide range of technical abilities, from novice to very accomplished. We look at the technicalities, we try to explore the possibilities of manual settings in our cameras and phones, and what we can do with the picture on a computer, but the main thing is the image. Is it interesting ?

We are always looking for more members, if you've got a phone you're a photographer. if you are interested contact our leader, Graeme Stewardson.





Useful Information for members

Nottinghamshire Alert

A new service has recently been launched to help people check a website before they access it. The service is provided by Get Safe Online in conjunction with CIFAS, ScamAdviser, Barclays and other partners.

<https://www.getsafeonline.org/checkawebsite/>

Any suspicious websites can be reported to the National Cyber Security Council via this link:

<https://www.ncsc.gov.uk/section/about-this-website/report-scam-website>

Sunday Lunch Group

This new group (separate from, and additional to the original, continuing Sunday Lunch Group) is aimed mainly at people who don't have family or who can't see family at the weekend, which can be a bit of a non-event if you're on your own. We meet on the LAST Sunday of each month for a lunch - somewhere different each month - each organised by one of the group, at a venue of their choice, in or around the Southwell area. For more information or to join the group please contact Lis (details in Members' Area on website)

U3a Podcast

The u3a radio podcast has now launched on podcast platforms.

Previously available to listen to on Youtube, members will now be able to listen on platforms including Spotify and Apple. The member who is part of the u3a radio team who put together the episodes each month, says 'this is something a lot of you have asked for. It will be a handy way to listen and we hope will help to spread the word of the u3a movement in its 40th year.'

Each episode can also still be listened to on our u3a YouTube channel, with captions. Watch "u3a radio podcast July 2022 | u3a UK" on YouTube

This is a MUST LISTEN TO programme. Give it a try. It's a half hour programme - very professionally presented. It takes your breath away when you hear what other group leaders do. This month they talk to leaders of groups all over the country.

Here is a list of the topics -

Cycling

Bus Pass Outings

Disco Dancing

The Robot Challenge!

Play Reading and Play writing

Wine Lovers Group

Pictured are members of the Wine Lovers group, at their July meeting. The group are a mix of the plummy and bold, yet with a sparkling and earthy palate. This flamboyant set of individuals has more than a subtle aroma of noble rot with hints of humbug. Do you like the idea? If so, why not start your own group?



Volunteers urgently needed for Southwell u3a

Our Editor would very much welcome an offer from another member to provide some respite, support and guidance notes are available.

Newsline needs a person to collate all the information that comes in from members onto a Word document each month, a member is currently training for that role but we do need more than one person to undertake the job. The collator's job is to remind committee and members to send in material, to review and put all the material into a word document, to send the finished document to proof readers, incorporate changes and then finally to send to the editor. If you have a working knowledge of Word that would make it much easier to take this role over.

We also need somebody to create a calendar every month showing date and times when groups meet monthly and to update when required.

If you are interested in assisting in any way with Newsline please contact either the Chair, or Newsline editor on www.su3anewsline@gmail.com, where you will be warmly welcomed.

How do they do that group 1 is now without a leader!

If you are interested in leading this highly popular group Martin Stott the outgoing leader **is quite happy to assist anyone to take it over.**

There is a description of the group on Southwellu3a.org.uk.

FROM THE EDITOR!

I am still producing Newsline on my own, although I definitely wouldn't manage without Jane Zdanowski who collates the information. I really like this role. Why am I writing in Newsline, you may ask?

Everyone who submits an article, advertisement for an event or a photograph, could help me immensely by remembering these few points:

1. When you send an email to Newsline (su3anewsline@gmail.com) please could you include the article itself as an attachment to the email.
2. Also when sending a photograph please send that as a separate attachment as well.
3. Can you use the font ARIEL 12 if at all possible.
4. Lastly, check that the item says and looks as you want because it won't be changed before going into Newsline.

Thank you for bearing with me and YOUR Newsline will be bright and, attractive and interesting. Very professional!

The Editor

Deadline for articles for September issue of Newsline Extra will be 20th August

Please ensure you send your item to Newsline: su3anewsline@gmail.com only!

THE LATE-SUMMER QUIZ

u3a

By Zoom

MONDAY 19th SEPTEMBER 2022

All u3a members in the
East Midlands can take part:

Singles 😊

Couples 😊😊

Teams (up to 4) 😊😊😊😊 🚫😊

A handicap system makes it fair for all

No limit on the numbers from
each u3a

To Register send:

Your name & email address

Name of your u3a

Team name (if any)

To: u3alatesummerquiz@gmail.com

You'll receive a confirmation email
within a couple of days
and Zoom details on Sept. 16th

REGISTER NOW – PLACES ARE LIMITED!

The quiz will start promptly at 7:00pm – login from 6:45pm

We aim to finish around 8:45–9.00pm

There will be a 10-minute comfort/drinks top-up break after Round 4

Answers will be given after Rounds 4 and 8

u3a learn,
laugh,
live
East Midlands Region

Social and Trips Committee

NEW VENUE FOR GROUPS!

Farnsfield Cricket Club, Station Lane, Farnsfield

This venue has 2 rooms available

A cost of the smaller room is £5 per hour plus a one off £5 cleaning fee

LAST CALL

VISIT TO FELLEY PRIORY GARDENS AND NURSERY

There will be a visit to Felley Priory gardens and Nursery on the 18th August. The cost will be £5 per person. Own transport and car sharing. There is a café where you can purchase lunch, coffee, tea, cake and sandwiches etc. at own cost or bring a picnic.

These gardens are very lush and the walking is easy with lots of benches to take a rest. There is also a Nursery where plants can be purchased.

Someone will be available at the August Monthly Meetings to take names and contact details to comply with health and safety requirements.



Come Dine With Us

Shaksuka and flatbreads

Brian Platts



Here's the main course from our latest CDWU meeting – it's become popular as a breakfast dish but really you can eat it anytime you wish. My good friend Mr Wikipedia tells me that Shakshuka is thought to be a Maghrebi dish, originating in North Africa in the mid-16th century. Tomatoes and peppers only became common in Europe following the "Columbian Exchange". This refers to the 2-way trade between the old and new worlds that followed Christopher Columbus's voyage in 1492. More recently, Shakshuka became very popular in Israel in the 1990s when the son of a Jewish émigré from Libya took over his father's restaurant and changed the name to "Dr Shakshuka"!

SHAKSHUKA – serves 2

Ingredients

100g chorizo sausage, cut into small bite-sized pieces

1 tbsp olive oil

1 small onion, diced

1 small green pepper, diced

2 garlic cloves, crushed

1 tsp paprika ½ tsp ground cumin

400g can of chopped tomatoes

1tsp caster sugar

2 free range eggs

50g Feta cheese

Fresh dill or coriander as garnish (optional)

Method

Brown the chorizo in a pan with the olive oil for 3-4 mins. Add the onion, green pepper, garlic and cook for a further 4-5 mins. Add the paprika and cumin, cook for 1-2 mins, then add the tomatoes. Simmer on a low heat for about 20 mins until slightly thickened. Stir in the sugar and season with salt and pepper to taste.

Make the flatbreads during this cooking time.





FLATBREADS – serves 2-4

Ingredients

½ tsp salt

1 tbsp olive oil

250g plain flour (plus extra for dusting)

125-140ml lukewarm water

Method

Make 2 wells in the sauce and crack the eggs into the wells. Cover and cook over a low heat for a further 5-10 mins until the whites are set. Crumble over the Feta cheese, add some ground black pepper and garnish with fresh dill or coriander (optional). Serve to table in the pan, with the flatbreads.

Put the salt, oil, flour in a bowl and mix to combine before gradually pouring in the water. Using a wooden spoon and then your hands, knead the mixture into a ball of soft smooth dough that doesn't stick to your hands. If too sticky, add more flour, if too dry, add some more water. Wrap in clingfilm and chill in fridge for 20 mins whilst starting the Shakshuka.

Remove from the fridge and divide into 4 equal balls. On a floured surface, roll each ball into a rough circle, no thicker than a pound coin. Heat a large non-stick pan until very hot and then cook each flatbread about 1-2 mins each side, until a bit charred and lightly golden.

Keep warm until ready to serve by wrapping each flatbread in a tea towel.

Either dip flatbreads straight into your Shakshuka or slather with some plain or garlic and herb butter. Enjoy!