

Newsline Extra

February 2022 - No 26



Spring is on its way

REASONS TO BE CHEERFUL!

Well we're now safely past the second week of January, which is supposed to be the most depressing week of the year and, without trying to tempt fate, things do seem to be looking up now. I won't attempt to make a long list of reasons to be cheerful, Ian Drury-style, but daylight getting longer and the snowdrops and other spring bulbs pushing up out of the soil are enough to do it for me.

The particularly good news since my last column is of course that the Omicron variant at last seems to be on the retreat. Unfortunately, actual case numbers were still high at the time that a decision had to be made about our next monthly meeting on 1st February. As such, we will be meeting on Zoom again – it was a close decision but erring on the side of caution still seemed to be necessary. Our speakers will be the Head Boy and Head Girl and 4 other senior pupils from the Minster School, who will be talking about the impact of Covid on their lives. There will be plenty of opportunity for discussion and to ask questions, as we hopefully get an insight into how Covid has affected different generations. Please see the item later in this edition for further details.

Still on the subject of our monthly meetings, I have recently met with management at the Leisure Centre and we have agreed a plan to ensure that the main hall will be both adequately heated and ventilated at our future meetings. No more thermals required then! The plan is to restart meetings in the Leisure Centre on 1st March and hopefully that will mean goodbye to Zoom for our monthly meetings. Zoom may still be useful though for some interest group meetings and for joint meetings across u3as in the Notts Network. For example, Carlton & Gedling u3a are hosting meetings on Zoom of their film study and opera study groups and, if you are interested, do get in touch with them through pkmartinez14@gmail.com.

Our membership secretary, Richmond Kingsbury, reminded me a few days ago that many of us were celebrating Burns Night in Trebeck Hall exactly two years ago. The evening was so successful that we resolved that it should be a regular u3a social event. Little did we know then what was just around the corner for us all! John Elkington and his trips and social events team are now putting together a programme for 2022, including a river cruise on the Trent and a re-scheduled wine tasting event please watch out for further details.

Talking of our membership secretary, Richmond and his team are going to be very busy over the next few months with our new arrangements for annual subscriptions. We will be transitioning to a membership year which will commence at the beginning of March for all of us each year. For technical reasons, this cannot happen immediately for everyone. You don't have to do anything though until Richmond contacts you individually to let you know when, how and how much you have to pay.

[Joke of the Month Warning] Mentioning Burns Night has reminded me that

I may well be seeing some of you at the Notts Network u3a Chinese New Year dinner at the Springwater restaurant on Monday evening. Apparently they're going to combine it with Burns Night and call it Chinese Burns Night. I wasn't going to go but they twisted my arm.

An extra reasons-to-be-cheerful bonus from Jane Zdanowski: Hedgehogs – why can't they just share the hedge?

Any further offerings to chairmansu3a@gmail.com.

All the best.

Living in Mongolia, Our Talk at the January Meeting

Our monthly meeting on 4th January had to be by Zoom due to the prevalence of the Omicron variant, but those 80 or so members who joined the meeting were treated to a very interesting account of life in Mongolia by one of our members, Derek King. Derek, who has worked in China and Mongolia for many years, has a Mongolian partner and told us about his acceptance into her family and his very different experience of everyday life over there. How different? Well for starters winter temperatures of -50° and July temperatures of +35°. And what about queuing outside a hospital from midnight just to see a doctor the next day? That sounds pretty bad especially in winter months. Then there's sleeping on the floor with no mattresses, blankets or pillows. In country areas there's often no running water and water will be carried in all weathers from springs sometimes a fair distance away. And no internal toilets and heating only from log fires. But Derek's Mongolian family is a big one and they get together frequently to talk, eat and drink. And what's on the menu? Mostly lamb, including offal, no cheese, no sausages, pork or bacon, chicken reserved for special occasions, excellent bread and cakes and of course vodka. Sounds good. What else did we learn? Well, children have good handwriting, help themselves to whatever food is in the fridge without asking permission (!) and everyone learns to ride from an early age. And sports? Horse racing of course and for the men wrestling and judo and one member of the family is actually an Olympic gold medalist. Our thanks to Derek for a fascinating insight of life in a very different part of the world.



Derek and Genghis Statue



Derek and Friends at A Buddhist



Derek and Olympic Gold Medalist

Next Monthly Meetings: On 1st February we will meet with the Minster School students again and this time we expect to hear about how the pandemic has affected young people, including their education, job prospects, lack of opportunities to do interesting things, going abroad, personal relationships, and effects on other aspects of life.

On 1st March we hope to be meeting again at the Leisure Centre, when our speaker will be Martin Perry who will talk us through a musically illustrated History of the Guitar.

Workshops

Jane Zdanowski

We are planning to set up a series of workshops that may be of benefit to our members, ideas from the past included writing wills and setting up powers of attorney, driving and the Highway Code, first aid. If you have any other ideas please send them into me.

Feedback Anyone? Platts

Brian

We'd like to start a new feature in Newslines, **Letters to the Editor**. So write to us about anything related to the u3a, or indeed anything that might be of interest to other members.

Praise would be good, criticism, so long as it's constructive, would be good, fresh ideas would be good, and those members who have been producing your Newslines would really appreciate your comments as would committee members who have been trying their hardest to keep Southwell u3a alive during the last trying years. Your views are important and will be appreciated but if we don't hear from members we may well be missing something important, so tell us what you think!

Membership Renewals for All from March 2022

Richmond Kingsbury

From March this year our u3a is changing to a single renewal date. Everyone's membership will run to the end of February in the following year.

We have already begun to collect subscriptions from those whose memberships falls due now. Then throughout the year I will be asking the rest of you for a partial subscription (depending on renewal date) to take you up to the end of Feb. Where possible we will suggest that a standing order be set up for payment on the 28th Feb in each year.

Please be patient and understanding as we have over 780 members to manage and I've not achieved perfection quite yet. Anything you can do to minimise disruption will make my job easier.

Thank you very much

Treasurer

Jan Clarke-Humphries

I am currently checking what equipment Southwell u3a has in our asset store all of which is available to groups to borrow for u3a purposes. I would suggest that groups do not purchase items e.g. projectors until they have checked with a committee member first in case we already have it in store.

Secretary

Nadina Lincoln

The committee meets on the last Tuesday of each month and the minutes of these meetings are available to all members on request.

COFFEE MORNINGS

Viv Barnett



The fortnightly coffee Mornings held in Southwell Garden Centre, Fiskerton Road, are still going ahead. So if you fancy a chat and a coffee or tea come along. 10.30 am Thursday Mornings — 10th February, 24th February, there are usually one or two Committee members present.

Group News

Astronomy

Sue Whibley

A note to inform people that Sue leads the group now Richard Ashberry is no longer a joint leader so any enquiries should go to Sue on

Family History Group

Roger Hancock

The Family History Group meets monthly on the 3rd Monday in the month from 2pm to 4pm. We will continue to meet on Zoom until the summer. The next meeting of the group is on 21st February from 2pm to 4pm when we have a presentation on "Using Wills to Trace Ancestors".

Future meetings will look at "First World War Ancestors", "Researching Irish Records" and "Key Victorian Records". In addition to the monthly main group's meeting, we have a DNA family history research subgroup which meets on the 2nd Monday in the month again from 2pm to 4pm on Zoom.

The Family History Group also runs an eight session, family history beginners' course each September from 2pm to 4pm on 1st Monday in the month, ideal for beginners or those just requiring a refresher.

There is no charge for the DNA subgroup or the beginners course, but you will need to be members of the family history group. The fees for family history group membership for the year until the end of March 2023 will be just £12.

New members are always welcome.

Mahjong

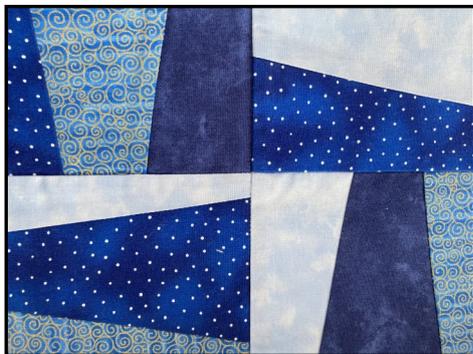
Helen Geeson

We meet every Monday morning to play, new members are welcome to contact Helen.

Patchwork group

Helen Geeson

This group now meets on 2nd and 4th Tuesday of each month in the afternoon New members are welcome



Book Group 2

Alison Clark

We met in January and had a lively discussion about books members had read over the break. Our reading programme for 2022 will be published on the website.

Drawing for beginners.

Tom Chamberlain

Now that it seems safe to meet together, this group can start again. The most recent meeting was at my house in Newark on a Wednesday, but the day is negotiable, and there are several vacancies.

This group aims to teach the materials and skills of drawing, to observe as an artist sees and to appreciate our own work. I have half a century's practice at this. You need no previous experience.

Rummikub

Sandra Peak

The December Rummikub session was brilliant. The six members of the group who were unable to attend really missed a wonderful afternoon. After 2 hours of playing Rummikub we packed the games away and tucked into party food. Vivian's Malaysian chicken curry and Dawn's lemon cheesecake were just two of the tasty delights on offer. We had so much fun we forgot to take a photo!!!

Walking Cricket

Ann Powers

We received the following email from David Rose at Hucknall u3a:-

At Hucknall we are having a trial indoor session on February 23rd if any members from other u3as are interested in attending they are invited to contact me for more details:- If you are interested in playing Walking Cricket and would like more information, then please contact David directly.

Woodwork and Chat Group

Barry Chatsworth

WANTED

For the Woodwork and Chat Group a Woodturning Lathe in working order. Please Contact Barry Charlesworth . Below are some examples of our work.



Laughter Yoga

Marjorie Bramhill

I noticed an item in the u3a National Newsletter for December. It sounded intriguing so I tried it out. It's a sitting down exercise led by an enthusiastic lady from Edinburgh called Judith Anne Walker. She explains that to start with we were going to do 'pretend' laughter and that we would be surrounded by others doing the same! Laughter is infectious - and yes, it is. There were about 170 other people laughing with us. The session is for one hour, and you need enough space to wave your arms about, and a glass of water to refresh yourself from time to time.

The scientific assessment is that not only does it help you to feel better able to cope with general problems, Laughter Yoga also improves your breathing, and helps to tone your muscles - all from the comfort of your own home. The exercises are carried out in a chair, so no having to get down on the floor - and back up again.

The sessions are free for all u3a members - be brave and try it out. Next session is Wednesday 9th February 10am to 11am. You need to register - there are 500 places available.

Here is the link <https://www.eventbrite.co.uk/e/laughter-yoga-workshop-tickets-166489270891>

TEXTSPEAK QUIZ

Do you use abbreviations when you text, or do you wonder what other people (usually younger people) are saying? Here's a little Quiz so see how many you can understand or guess the meaning. Answers on the last page.

1	AFAIK	6	CuL	11	msg	16	plz
2	ASAP	7	FWIW	12	NOYB	17	ppl
3	ATM	8	IDK	13	OMG	18	SLAP
4	BRB	9	IMO	14	OMW	19	TMI
5	BTW	10	LOL	15	OTT	20	YOLO

Southwell u3a Concert Coaches – 2021-2022 Season

I am now opening booking for the next concert:

Saturday 5 March, 7.30pm

City of Birmingham Symphony Orchestra

Mirga Gražinytė-Tyla

conductor **Patricia Kopatchinskaja** violin

Tchaikovsky Fantasy Overture: Romeo and Juliet
Stravinsky Violin Concerto
Tchaikovsky Symphony No. 4

I will send out email invites to the distribution list to start booking over the next couple of days.

Please send cheques made out to Southwell u3a plus Booking Forms to me as usual. Normal seat plus coach prices remain; Band A £33, Band B £29 and Band C £27.

If you are interested in joining us for these concerts and have not been before, please contact me on bennettsrandc@btinternet.com tel: 01636 830610

Social and Trips Committee

The Wine Tasting evening, hosted by Ann et Vin, has now been arranged for Thursday 7th April at 7pm. Cost £18, tickets will be on sale at the March and April monthly meeting or available from Jackie Pitcher,



**“LIGHTNING” COQ AU VIN – Serves 4**

“A chicken in every pot” was the welfare policy statement of King Henry IV of France. He may not have had this speedy version of coq au vin in mind but the rules of CDWM dictate that we each have to prepare, cook and eat a 2-course meal in just 2 hours. Being mean, I personally used Post Office wine for the vin element (3 bottles for £12!) but other more up-market wine purveyors are available.

INGREDIENTS:

750g floury potatoes - e.g. Maris Piper – peeled and cut into chunks
 4-5 tbsp olive oil 2 garlic cloves 1 tbsp tomato puree
 6 boneless, skinless chicken thighs, halved 4 rashers smoked streaky bacon
 300ml red wine 2 tbsp brandy 2 thyme sprigs or 1 teasp dried thyme
 8 shallots, peeled and quartered 100g button mushrooms
 1 tbsp flour, seasoned with salt and pepper ½ teasp cornflour
 2 tbsp chopped fresh parsley

METHOD:

Cook the potatoes in a large pan of boiling water for 10-15 mins, until tender.

Heat 1-2 tbsp oil in a large pan. Dust the chicken in the seasoned flour and cook for a couple of minutes on each side.

Cut the bacon into small strips. Add the bacon and quartered onions to the pan and cook for around 3 mins.

Add the mushrooms and garlic and stir fry for another 2 mins until all ingredients become well-browned.

Pour over the brandy and ignite (careful now!). When the flames have subsided and the fire-fighters have gone, pour in the wine and bring to the boil.

Add the thyme leaves and puree and simmer gently for 15 mins, or until the chicken is cooked through.

Mix the cornflour to a smooth paste with a little water and stir in.

Return to the boil and cook for a minute or so, stirring until slightly thickened or add a little water if more sauce preferred. Season to taste.

Drain the cooked potatoes and mash well. Stir in the remaining oil and parsley into the mashed potatoes and season. Divide amongst the serving plates and spoon over the coq au vin to serve. Enjoy!

Textspeak Quiz Answers

1. As Far As I Know; 2. As Soon As Possible; 3. At the Moment; 4. Be Right Back; 5. By The Way; 6. See You Later; 7. For What It's Worth; 8. I Don't Know; 9. In My Opinion; 10. Laugh Out Loud or Lots Of Love; 11. Message; 12. None of Your Business; 13. Oh My God; 14. On My Way; 15. Over The Top; 16. Please; 17. People; 18. Sounds Like A Plan; 19. Too Much Information; 20. You Only Live Once.