

Newsline Extra

Southwell U3A

January 2022 - No 25



The Ukulele Group Entertaining us at the December Monthly Meeting



HAPPY NEW YEAR TO ALL OUR MEMBERS

New Year New You!

I'm writing this piece on Boxing Day and so I don't know whether Boris has by now imposed any new restrictions. Official restrictions or not, we all had to impose our own mini-lockdowns ahead of Christmas, in the hope of remaining Covid-free to spend time with our family and friends over the Christmas period. Not quite the carefree and joyous Noel that we had anticipated but I hope that you were somehow able to make the best of it.

It was great to see so many of you at our Christmas party..... ..ahem.....gathering in the Leisure Centre. Those of you who survived the resultant hypothermia can be assured that, for future meetings, we will look at ways of maintaining good ventilation without having to rely solely on keeping the fire doors open. It's either that or hot water bottles all round!

Sadly, we will not be meeting in the leisure centre in January, due to the pesky Omicron variant continuing its impersonation of the Grinch who stole Christmas. You'll see from the piece later in this edition that we have decided to revert to Zoom for the meeting on 4th January. I hope that you will be able to join us though and do look out for the Zoom invitation in your email box on the day before the meeting.

The New Year does of course turn our thoughts to the future and brings on a rash of resolutions that rarely survive January. My personal resolution and that of the rest of your management committee will be to do all that we can to make 2022 an even bigger and better year for Southwell u3a. This next year is in fact a special one, in that it's the 40th anniversary of the UK u3a and a whole national u3a week is planned from 17th-25th September. More of that as the year goes on but, in the meantime, you can keep up-to-date with the national u3a news by searching and signing up online for u3a-Newsletter.

I noticed in last month's edition that my own joke of the month was gazumped by the introduction of the Newline team's own joke of the month! Anyway, they say that imitation is the sincerest form of flattery and that competition is always a good thing (allegedly) and so here is this month's offering:

I've just bought a thought-controlled air freshener. Makes scents when you think about it.

Any even better jokes to chairmansu3a@gmail.com please and, in the meantime, may I wish you and your families all the best for 2022.

Brian

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 or tea come along.

10.30 AM Thursday Mornings — 13th January, 27th January, 10th February, 24th February

Christmas Concert, Another Triumph!

Chris Bentley

Just under 120 members celebrated Christmas at our monthly meeting at the Leisure Centre on 7th December with a party featuring music, seasonal presentations and readings, all performed by u3a members. There were great performances by everyone, including the Ukulele and Recorder Groups, the Folk Song and Singing for Fun Groups, solo musical items from Terry Gill on cor anglais and Richmond and Annabel Kingsbury in a couple of cabaret songs. These were interspersed with a variety of winter and Christmas related readings, some specially written for the concert, and presentations by the History of Art and Photography Groups.

Thanks to all the readers, Canon Bridget Smith, Doreen Swain, Margaret Royall, Jill Morris, Jean Hogg and Elizabeth Yule, Bob Pitcher for his Christmas quiz, MC Brian Platts (and his corny jokes) and Noble Jayasuriya who looked after the microphones and other electronics.

The only downside was that in ensuring the hall was adequately ventilated as a Covid measure, all the fire doors were left open resulting in the temperature in the Hall being somewhat less than tropical. That very few attendees left before the concert was over is a testament to the quality of performances and the hardy nature of our members!

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Photos below from the December Meeting



Next Meeting, 4th January

Chris Bentley

The Committee has decided that our next Monthly Meeting on 4th January will be held via Zoom. The Committee felt that we could not take the risk of holding the meeting in person with the omicron variant spreading so easily, coupled with the Arctic temperature in the sports hall when the doors are left wide open. But we can still meet up by Zoom, warm in our own homes and if we don't want to we don't even have to change out of our night clothes!

The speaker will be one of our members, Derek King, who will talk about his experiences of Living in Mongolia.

Future meetings will of course depend on what the current situation is but the Committee will be led by the science. Does that sound familiar?

Southwell u3a Concert Coaches – 2020-2021 Season

Roger Bennett

Unfortunately, the concert coach planned for December 15th, the Halle Xmas concert, had to be cancelled due to lack of numbers booking. However, assuming no further complications from Covid/Omicron I am provisionally opening booking for the next two concerts as follows:

Friday 28 January, 7.30pm

BBC Philharmonic Vassily Sinaisky conductor Sunwook Kim piano
Schmidt Prelude, Intermezzo and Carnival Music from Notre Dame
Rachmaninov Piano Concerto No. 2
Dvořák Symphony No. 8

Friday 4 February, 7.30pm

The Hallé Maxime Pascal conductor Alena Baeva violin
Beethoven Violin Concerto
Berlioz Symphonie Fantastique

I will send out email invites to the distribution list to start booking over the next couple of days. I will keep in touch with the concert hall and let people know as soon as anything changes.

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 Roger Bennett

Social and Trips Committee Wine Tasting Event 20th January - POSTPONED

The Committee are really disappointed to inform you we have decided, in the light of how infectious Omicron is, to Postpone our Wine Tasting Event with Ann et Vin. Hopefully the event will take place in the near future, but when we have a clearer picture of the risk to our Members.

I will be contacting those of you who have already purchased tickets, to discuss returning or retaining your cheques.

Jackie Pitcher

Group News

Bridge Group

Vicky Green

The Bridge group is looking for new members. We meet from 2 – 4 pm the 2nd and 4th Monday of each month at The Burgage Community Hall. This is situated a few metres in from the junction of Burgage Lane with King Street, (to the right of The Riverside Centre), so very central to the town centre with good parking nearby.

We are a small, friendly group, with players of differing ability. You do not need a partner to be able to join, but you do need to be a player as opposed to a learner. We currently have 12 regular players and would like to ultimately build this to about 20.

I would be very pleased to hear from you if you think you would like to give us a try. If you have any questions I can be contacted by phone. My number is on the U3A website in the Group Leaders section. Alternatively, you could just turn up at 2 o'clock on 10th January which will be our first session of the new year.

Canasta Group 2

Joan Larke

See below a photo of Canasta 2 having a Christmas get together



Short Walks

Bob Pitcher

Decembers Christmas Walk was a circular 5 miles from The Wheatsheaf Pub in Burton Joyce, taking in the countryside and the River Trent, where we were met by 7 swans a swimming. The festive walk concluded with food and drink back at the pub.



Tai Chi Group.

Ann Powers

Joan Would, leader of Newark U3A's Tai Chi Group, kindly allowed some of our members to join her Tai Chi Sessions every Friday morning at 9.30am. These are held on Zoom and should any other members wish to join in the classes then please contact Joan Would directly.

U3a Members Code of Conduct

There is an overarching code of conduct for u3as across the country which you may like to see.

u3a members are expected to conduct themselves in line with the Movement's Guiding Principles.

They are also expected to treat each other with dignity and respect. Specifically:

- Southwell u3a members are expected to know, follow and promote the Principles of the u3a Movement at every opportunity.
- Southwell u3a members must always act in the best interests of Southwell u3a and the u3a Movement, strive to uphold its reputation and never do anything which could bring their own, another u3a or the u3a Movement into disrepute or expose it to undue risk.
- u3a members are expected to use Southwell u3a's resources responsibly and only to further its stated charitable objects/purposes.
- u3a members are expected to reflect the current organisational policy of Southwell u3a, regardless of whether it conflicts with their personal views.
- u3a members are expected to abide by Southwell u3a's procedures and practices.
- u3a members are expected to treat each other with dignity and respect at all times.

Southwell u3a needs volunteers

Seeking a Speaker Seeker

Chris Bentley has been our Speaker Seeker since 2015 and during that time he has booked over 60 speakers and entertainers for our monthly meetings. He has not been in the best of health over the last few months and now perhaps is the time to pass on the speaker seeker role to another member, or maybe to a couple of members. If this is a role you think you would be interested in, or would just like more information about, please contact Chris to discuss on .

Newsline

Thank you to Marie Legg who has edited several copies of Newsline for the last 3 years. We had one response from a member who is willing to upgrade his skills in using Word but no interest in the editing side which needs to be done on Publisher. Hopefully someone will see this appeal and think about having a conversation with Jackie or Marie about how they have done the work in the past, what it involves etc. We all recognise there is a time commitment to any volunteering but some of these activities are really interesting and useful for our own life skills.

There was (pre pandemic) a group of proof readers from our members for Newsline, we need to find you or new volunteers for this role again please. Get in touch as below if you would like to do this.

Please get in touch with su3anewsline@gail.com in the first instance.

Social and Trips Committee

John Elkington

Since being elected to the Committee I have been concerned that the former highly successful Trips Group had folded but after discussions with former members and the members of the Social Committee we have decided to form one group to organise events and trips for the membership, this will be known as 'Social and Trips'. We are looking forward to putting forward an exciting programme of events and outings once we are all more confident in venturing out, so watch this space. However to make this possible we really need more committee members to enable the load to be more evenly spread. If you are interested in helping please contact me or any other committee member.

New Year Challenge: Can You Beat Our Puzzler?

Well the Christmas word puzzle was popular. We actually had one member who said she liked it and that was more than we've ever had before! So here's another simple word puzzle to do in front of the fire.

All you need to do this time is to see how many words of five or more letters you can make from SOUTHWELL. 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. Your challenge is to beat our Newline Puzzler who made 27 words. When you've had a go you can check out the Puzzler's word list on the back page. And why not tell us if you like the puzzles? It would be good to get some feedback.



Reporting suspicious emails:

If you have received an email which you're not quite sure about, you can report it by forwarding the email to the Suspicious Email Reporting Service at: report@phishing.gov.uk
As of 31st October 2021, the number of suspicious email reports stands at more than 8,100,000, with the removal of more than 67,000 scams and 124,000 URLs.

Reporting suspicious text messages:

You can report suspicious text messages to your mobile network provider, for free, by forwarding the text to **7726**.

If you forward a text, your provider can investigate the origin of the text and take action, if found to be malicious. If 7726 doesn't work, you can find out how to report a text message by contacting your provider.

(On many Android devices and iPhones, pressing and holding on the message bubble should present the option to forward the message)

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: ncsc.gov.uk/cyberaware

Useful Organisations and Helplines

Christmas and New Year can be difficult for those without family nearby but there are several organisations available if you want to chat. Here are a few with contact details.

Age UK

Age UK Advice Line: 0800 678 1602. Free to call 8am – 7pm, 365 days a year
www.ageuk.org.uk

Reengage

Reengage exists to bring older people together into social groups at a time in their lives when their social circles are diminishing. www.reengage.org.uk/

The Silver Line

The Silver Line is a free, confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Call: 0800 4 70 80 90

Samaritans

Whatever you're going through, a Samaritan will face it with you. Their helpline is operational 24 hours a day, 365 days a year. Call 116 123.

COME DINE WITH MEN RECIPE

Brian Platts

Tartiflette (serves 6)

Here's a winter warmer from the French alps. I notice it's also a regular on the menu at La Parisienne in Southwell. It seems like it ought to be a traditional peasant dish but it was in fact invented in the 1980s as a marketing ploy by the makers of reblochon cheese. The marketing isn't working so well though, as I couldn't find any – even at the deli shop in Southwell and at Waitrose in Newark. Fortunately it works just as well with a camembert.



Ingredients

About 1.3kg waxy potatoes eg Anya, Charlotte, Desiree, Maris Peer (you can use an all-round variety like Maris Piper but they are more likely to break up in cooking)

2 tbsp butter

1 white onion

200g smoked bacon or lardons (easier)

150ml dry white wine

200ml whipping or double cream

1 garlic clove (or 2 cloves if you like garlic)

1 reblochon cheese (a “baking” camembert is fine and cheaper too - about 250-300g)

Method

1. Bring a large pan of salted water to the boil. Don't bother to peel the potatoes but cut up any large ones so that all are about the same size. Boil the potatoes until they're just tender when tested with the point of a knife – not cooked right through. Drain and leave them to steam dry in the hot pan and then leave until cool enough to handle.
 2. Peel and thinly slice the onion. If using rashers of bacon (rather than lardons) cut them into short strips. Melt one tbsp of butter in a large frying pan over a medium heat, then add the onion and bacon or lardons and fry until the onions are soft and both starting to brown.
 3. Pour the wine into the same pan, turn up heat until at a simmer and continue until liquid has reduced to almost nothing (what a waste!). Take the pan off the heat, add the cream and stir it in, so that it doesn't split in the hot pan. Set aside bacon, onions and sauce in a bowl and wipe pan when cool.
 4. Peel garlic and cut in half and rub the cut side around inside of a wide ovenproof dish or casserole. Chop up any remaining garlic and stir into the bacon, onions and cream mixture. Once potatoes cool enough, cut them into cubes of about 1cm in size - don't worry if some of the skins fall off.
 5. Heat oven to 200°C (180°C fan). Fry the potatoes in the second tbsp of butter in the frying pan over a medium heat, tossing or stirring them regularly until golden brown. Try not to break them up too much though.
 6. Cover the base of the casserole with half the cubed potatoes, then spoon over half the onion and bacon mixture and season well. Cut the round of cheese in half horizontally and put one disc in the centre of the dish. Repeat the layers, finishing with the second disc of cheese in the centre, rind upmost
- Bake in the hot oven for 20-25 mins, or until browned and bubbling. If you prefer the top to be really crispy, put the dish under a hot grill for up to 5 mins at the finish.

Beat Our Puzzler Word List

Hello, Hotel, Hostel, House, Hullo, Hustle, Lotus, Louse, Lowest, Ousel, Outsell, Owlet, Sellout, Shell, Shout, Sleuth, Sloth, South, Stole, Swell, Those, Touse, Towel, Tulle, Welsh, Whole, Whose (27).