

Newsline Extra

May 2022 No29

The monthly news from Southwell U3A



Our hard-working membership secretary (and wife Annabel) recently took a well-earned break in the sun. Between sunbathing on the beach and sipping on cocktails Richmond found time to enjoy some leisure time in the Caribbean Sea. Whilst scuba diving in Jamaica one of the locals dropped by for a photo. The ancient and crusty reptile was spotted offshore – just as this friendly turtle swam by for a photo!

I'm afraid that, due to a mix-up, my "From the Chair" column was missing from last month's edition of Newslines. Go on – admit it – you never even noticed, did you? I suspect that this was someone's cunning plan to prevent my "Joke of the Month" appearing but you don't escape so easily I'm afraid and so I've held it over to this month's edition.

I've been Chair for over 6 months now and realise all too well that Southwell u3a only works with input from a large number of its members. Do then think about whether you might have the enthusiasm and ability to join one of our various committees and subgroups, such as the Social & Trips group, Publicity group, main Management Committee or to become a joint Editor of Newslines. Little or no previous experience required! If you're at all interested, please get in touch with the relevant member in our list of office-holders in each Newslines.

Our Publicity Group is already making plans to join with the national u3a 40th anniversary celebrations by holding an Open Day in Southwell market square on Sunday 18th September. We hope to put on a day similar to last year's event, with stalls being taken by individual interest groups and musical accompaniment provided by our music groups. Quite a few groups had stalls last year but we'd like to see even more this year. Over to you then Group Leaders - it's not too early to start thinking about how you might make an exhibition of yourselves at our Open Day in September!

The Notts Network of u3as are also hoping to put on a flash-mob of at least 100 u3a line-dancers in Nottingham market square on Saturday 24th September. Plans are at a very early stage but it is hoped that either on-line or personal basic instruction will be provided to any Notts u3a members wishing to take part. Get out those dancing shoes then and I'll let you have further details asap.

It was great to see well over 100 of you at our last monthly meeting, despite ongoing Covid concerns. Well done also to our own Noble Jayasuriya for managing to oversee the technical aspects of the meeting whilst simultaneously being the main speaker! Next week we have Geoff Harris with "The London Nobody Tells You About" and we will be running the meeting with the same Covid mitigation measures as last time.

You may also be interested to know that Specsavers have teamed up with the u3a nationally to celebrate the skills of what they are calling #GenerationWOW. By following the links from the national homepage (<http://u3a.org.uk/>) you can currently watch u3a members demonstrating laughter yoga (maybe a new group for Southwell u3a?) and flower arranging. There's a lot of other good stuff accessible from the national homepage too.

Time then finally for my Joke of the Month:

A frog goes into a bank and hops up to the position of bank teller Patricia Whack. "Ribbit ... my name is Kermit Jagger and I would like to borrow £100,000". "Well, that's a lot of money Mr Jagger, do you have any collateral that you can provide to the bank?" says Patricia. "Ribbit ... How about this?" says Kermit, pulling out a small porcelain elephant from his pocket. Patricia then goes into the back office to have a word with the manager about the frog's request "...and he offered this as collateral – what is it?". The manager takes one look at the porcelain elephant and replies "It's a nick-nack Patti Whack, give the frog a loan. His old man's a Rolling Stone!".

All the Best

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

Volunteers needed for Southwell u3a

Luckily our new Editor has an excellent knowledge of Microsoft Publisher and is now editing Southwell u3a Newslines. However as the only editor she would very much welcome an offer from another member to provide some respite, support and guidance notes are available.

Newslines need 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 Newslines please contact either the Chair, Brian Platts or Newslines editor on www.su3anewslines@gmail.com, where you will be warmly welcome.

We need a short note of anything you want to highlight, together with interesting pictures of your group in action.

Welfare Officer

The Committee receive many requests for support from various charities and groups nationally and internationally. Because there are so many good causes and the difficulty of trying to decide which and how to support them, it has been the policy of the organisation to not promote any particular group. We know many members support charities on an individual basis. The needs of the Ukrainian people are currently at the forefront of our minds and we know some members are wanting to be part of helping them.

Members are very welcome to bring their particular charities to the notice of Southwell U3A on an individual basis. To that end we will be resurrecting the Members Noticeboard. This will be put up in the hall at the Monthly meetings.

Any member is free to put up their information regarding charities, and any other messages they think helpful to pass on to other members.

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 — 2nd and 4th Thursday of the month, 12th and 26th May, there are usually one or two Committee members present.



74 Countries and More Than 150 Visits

The Speaker at our Monthly Meeting in April was one of our members, Noble Jayasuriya. Noble joined our u3a in August last year and since then he has done great work at monthly meetings managing the electronics, audio and visual. Prior to coming to Southwell, however, Noble has had a distinguished career working in animal science related projects, both academic and practical, working firstly in his native Sri Lanka, and Reading University, then going on to postings with the International Atomic Energy Agency based in Austria, and UN funded work in Malawi and Sri Lanka. He recalled the many wonderful places around the world he had been able to visit across 74 countries, and surely now he must be our most travelled member. He also told us about some of the downsides of international travel, some accidents, how to get off massively overcrowded trains in India, visa problems and being detained as a potential terrorist. We've all been there, haven't we? Well, maybe not! Southwell must seem very quiet after all Noble's many travels!



Next Speakers

Our Speaker at the next Monthly Meeting on 3 May will be Geoff Harris talking about The London that No-one Tells You About, a look at the quirkier side and history of our wonderful capital, away from the famous tourist attractions.

On 7th June we'll have Cathy McAteer talking about Russia. Originally her talk was called From Russia With Love. This seems rather inappropriate now but Cathy will talk about Russia and the Russian people and will try to give us some context on what is currently going on in Ukraine.

Other speakers later in the year include Emma Sheardown, ParaOlympian and World equestrian star, Jack Hibbert from Notts Fire and Rescue, Simon Croson talking about beekeeping, **and** Bob Reed about providing toilets to poor communities around the world.

Social and Trips Group



We are organizing a visit to the Lincolnshire Aviation Heritage Centre at East Kirkby near Spilsby on Tuesday 10th May, the main attraction that day being the Lancaster 'Just Jane' which will be Taxiing. There will also be an opportunity to see the newly rebuilt De-Haviland Mosquito. If you would like to join us please let John Elkington know Entrance is £9 for Seniors but if we go as a group it will only be £7.50, so I really need to know if you wish to come. We will be using our own cars and car sharing if you are happy to do that.

Social and Trips is a very dedicated group organizing events for the enjoyment of all, we have a number of events we would like to run this year, however, unless we get some help it will not happen! So if you want some fun and fellowship please let me know because we need your help.

Trent River Cruise

Come and join us on June 20th for an afternoon cruise from 12.00 pm until 3.00 pm along the River Trent including lunch and a complimentary drink on boarding all for £22. The whole of the lower deck has been booked exclusively by Southwell U3A so you will be among friends. Tickets are available at the next U3A meeting.

Date for Your Diary: [Wednesday 27 July 2.30-4pm](#)

A guided afternoon visit to Barnes Dairy Farm, Somerby near Melton Mowbray. To include tractor trailer ride, watch the milking , feed the calves and taste the delicious cheeses made on the farm.

Cost is **£20** to include afternoon tea and cakes. Tickets will be on sale at May meeting. transport (or share)

FORTHCOMING 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 are very lush and easy walking with lots of benches to rest. They have a Nursery where plants can be purchase

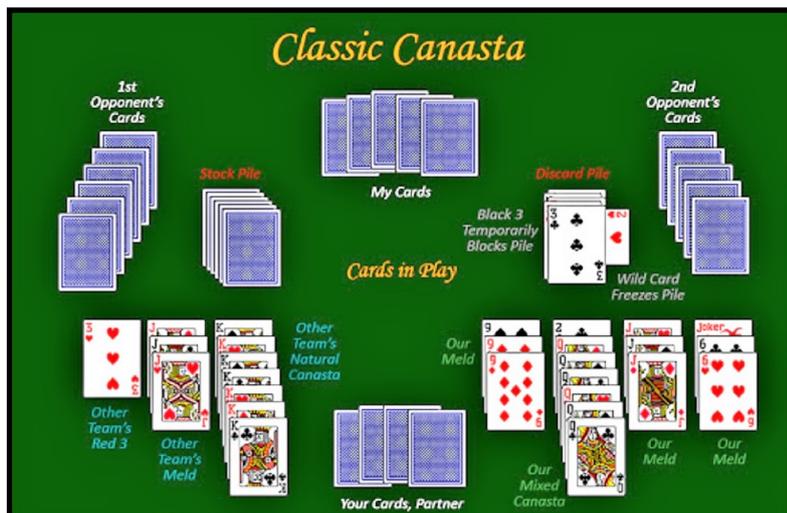
GROUPS NEWS

Canasta

Southwell u3a currently has 4 canasta groups. We play a “Trey” or Bolivian” version of the game. This requires three packs of cards in the standard 4 player game or four packs in the 6 player game. It is very different from the 2 pack game. The rules are complex but we are happy to teach you. A warning, the game is addictive!!!

At present we have only 2 spaces for new players. These are in Canasta 1 who play in the afternoon at 2pm in the 1st and 3rd Mondays of the month.

If anyone is interested in starting a new group the membership numbers need to be multiples of 4 and 6. The group size is determined by the number that can be accommodated by the host/s.



Country Dancing

Starts Monday May 23rd, 10.00 – 11.30 at Thurgarton Village Hall.

Country Dancing is starting again, you are welcome to come along and give it a try, no experience necessary. Exercise, chat and laugh!



Family History Group

The Family History Group meets monthly on Zoom on the 3rd Monday in the month.

The May meeting of the group is on Zoom at 2pm on the 16th May. The subject is researching the family history of Victorian ancestors when Roger Hancock will explore the main Family History records available to find out about your Victorian ancestors.

New members always welcome at our meetings.

Family History Beginners / Refreshers Course

If you wish to research your own family history and you are a complete beginner or maybe you just require a refresher, now is the time to put your name down for our course which starts in September. This is normally on the 1st Monday in the month 2pm – 4pm on Zoom, September to April.

The aim is for group members to be able to carry out their own research effectively by the end of the eight session course. Subjects covered include planning research, civil registration, censuses and parish registers. Sources and techniques will be demonstrated. There will also be the opportunity to progress your own family history helped by others from our u3a Family History Group during the sessions. You may also wish to attend the Family History group meetings as a guest if you are interested in one of the topics, subject to a small charge.

If you would like further information please contact the Group Leader.

Flower arranging and Jewellery Making Groups

These groups have been a bit hit and miss over the last months (unsurprisingly!) but hopefully we can get back to regular meetings starting in May.

Flower arranging will be on the 2nd Tuesday each month at 2.00 pm. I will email members in advance about what we are going to do and what is required etc.

Jewellery making Group will be on the 3rd Wednesday of each month at 2.30 pm. No equipment necessary as I provide everything needed (tools, beads, semiprecious stones etc). New members very welcome for either / both groups .



Photography Section

We are back meeting in real life, normally 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. Past trips have included Southwell Minster, including the bell loft and the roof, and Hodsock Manor at snowdrop time. More trips are being arranged for this year.

Everyone is a photographer these days, everybody has a phone. One of our most creative members does not own a camera, she takes amazing photos with her phone. You all take photos to record where you've been and who you were with – we in the photo section try to take it a stage further and look at a photograph as more than a record, as an interesting or artful image in its own right.

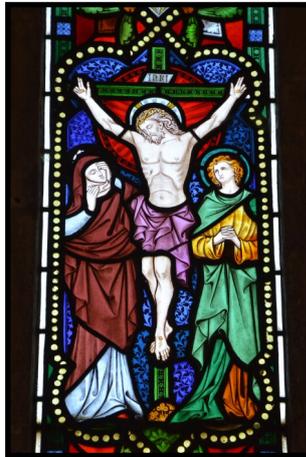
Between us we cover a wide range of technical abilities, from novice to very accomplished, and we all help each other with any questions about cameras, processing, composition, etc. We do look at the technicalities, we are encouraged to try to explore the possibilities of manual settings in our cameras, 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 are interested contact our leader and maybe come along to one of our sessions.

In March the Photography Group took informal pictures of each other!



GLASS



Out and About



Deadline for articles for the June issue of Newline Extra will be 20th June
Please send items to su3anewline@gmail.com

Picture Quiz: What is it? (Answers on recipe Page)

1



2



3



4



5



6



7



8



9



10



11



12



Come Dine With Us Recipe (CDWU)

Honey Garlic Salmon – with sauté potatoes and tender-stem broccoli

Well we've not come up with anything for you pescatarians for quite a while and so here at least is an easy dish for any fish lovers. Hopefully we'll also have something for you vegetarians/vegans soon. With the new earlier Newslines deadline, our CDWU group hasn't even cooked this one ourselves at the time of writing but I hope we can get a photo of our efforts to the editor just before going to press.



INGREDIENTS – Serves 2

2 salmon fillets
350g new potatoes
Salt and pepper to season
Sea salt
Dried parsley
Sauce: ½ tsp paprika
15g butter
2 cloves garlic, finely chopped or minced
40g honey
15ml water (= 1 tbsp)
3ml soy sauce (= ½ tsp).
8ml lemon juice (= ½ tbsp)
200g tender-stem broccoli (or beans)

METHOD

Season salmon with salt, pepper and paprika. Set aside.

Boil potatoes for 15 mins and remove from pan with a slotted spoon – save the hot water and use it to steam the tender-stem broccoli/beans in due course.

Slice potatoes lengthways into 3 or 4. Heat some oil in a large pan, and cook for 10-15 mins, turning from time to time until golden and crispy.

Meanwhile heat the butter in a skillet or pan over medium-high heat until melted. Add the garlic and sauté for about a minute, until fragrant. Pour in the honey, water and soy sauce; allow the flavours to heat through and combine. Add in the lemon juice and stir well.

Add the salmon steaks to the sauce in the pan; cook the fillets skin-side down for 3-4 minutes or until golden, while basting the tops with the pan juices.

Steam the tender-stem broccoli approx. 4 mins or less if al dente. Preheat oven to grill setting.

Baste the salmon one last time then transfer the pan to your oven to grill (make sure the handle isn't under the grill!) for a further 5-6 minutes, or until the tops of the salmon are nicely charred. Drizzle with the sauce and lemon juice.

Sprinkle the sauté potatoes with sea salt and dried parsley before serving.

Enjoy!

Picture Puzzle Answers

1. Forget-Me-Not;
2. Sky at Sunrise (Southwell, Jan 2022);
3. Sparkling Red Wine Top;
4. Bottle Opener;
5. Apple;
6. Cauliflower;
7. Tulip;
8. Blue Stilton;
9. Blue Denim (Close Up);
10. CD (Reflection);
11. River Trent Surface;
12. Bamboo Back Scratcher.