

Newsline Extra

Southwell U3A

November 2021 - No 23

The Monthly Meetings are back !!

Face to Face meetings have resumed after 1 year and 6 months



Members at October 2021 monthly Meeting in the Southwell Leisure Centre Sports Hall

From the Chair

Brian Platts

Firstly, a very big thank you to those of you who responded to my request for more volunteers to help run our monthly meetings. Enough members have now contacted us to fully staff our refreshments and welcome teams. We could still do with one or two more volunteers for the technical team though – mainly to help set up the equipment around the hall, rather than for any particular technical expertise.

It was marvellous to see so many of you in real life at our October meeting. It proved to be a great success, despite the constraints imposed by ongoing Covid concerns. Unfortunately, those concerns have not diminished and many members have not yet had their booster jabs. Your management committee has therefore decided that **we will run the November meeting on the same basis as the October meeting**, which means there will again be no refreshments break. Please refer to last month's edition of Newsline and the information sheet sent out by Nadina Lincoln on 30.9.21 for full details. Be assured though that the meeting in the Leisure Centre on 2nd November will definitely go ahead. Our speaker will be Liz Laine, co-founder of Green Southwell, and she will be talking about "Encouraging and enabling community climate action". I hope to see you there.

Our thoughts are also now moving to our Christmas meeting on 7th December. We plan to have a live Christmas party, similar in format to last year's Zoom party but with a cornucopia of dazzling performances in the Leisure Centre and with you all wearing your best Christmas hats and jumpers. We already have quite a few members who have agreed (under only mild duress) to perform a variety of musical pieces. We do though need some poetry and prose readings, comic "turns" or short performances of an even more unusual nature. No matter that your talents are so well hidden that even you forgot you had them, please step forward for your 5 minutes of fame by contacting me at chairmansu3a@gmail.com.

This brings me finally to our "Joke of the Month". The winning (albeit only) entry for this month comes from a member who, hoping to retain an element of mystery, wishes to be known only as Bridget:

A minister was walking with his 5 years old son and little friends. The youngsters had just found a dead robin and had dug a hole to bury it. To the minister's surprise, his little son intoned solemnly "Glory be unto the Father and unto the Son and into the hole he goes".

Any offerings for next month's joke should be sent to me at the above email address.

All the best.



Our Chairman , Brian Platts, at the October Monthly Meeting

Members Coffee Meetings

Viv Barnett

Next meeting 4th Nov 10am

Committee members hold a member's coffee morning every other Thursday from 10am at Southwell Garden Centre all are welcome to come along for coffee, cake and a chat.



NOTE FROM THE TREASURER

Just a reminder to pay your subscriptions on time and please pay the correct amount (see chart below). This will help both the Membership Secretary and myself who are both volunteers.

Renewal Date	CURRENT PAYMENT 2021/22
June 2021	£20
July 2021	£20
August 2021	£20
September 2021	£10
October 2021	£10
November 2021	£10
December 2021	£5
January 2022	£5
February 2022	£5

**New Members Meeting****Marjorie Bramhill**

Since July 2020, we have had 57 new members join Southwell u3a. It's good to know that the u3a is attracting new members, and we want to make them feel welcome.

**The meeting will be at the Baptist Church on Nottingham Road
on Wednesday, 10th November at 2pm.**

Interest Groups are now having regular meetings face to face and also using Zoom. The pandemic has encouraged group leaders to find out more about new technology. We had our first monthly meeting at the Leisure Centre in October, with an excellent speaker and 80 plus members in the audience with strategically spaced seating, and it was good to see real people instead of viewing them on a screen. All new members will receive an invitation by email or letter. Committee members will have a chat about what is happening in Southwell u3a and be able to answer any queries.

Social Events Committee**Jackie Pitcher**

The Social Events Committee held our first event since Lockdown. We held a very successful quiz in the Southwell Rugby Club. 54 members turned up to take part, and tax their brains, a lovely, lively atmosphere, it was a relief to be mixing again in a social environment.

The quiz was ably presented by quizmaster Bob Pitcher, and the winning team shared their prize of a large box of chocolates with all the other teams, which was a very nice gesture.

The next Social Events Committee Event will be a wine Tasting by Ann et Vin, taking place in the library in January. More details in next months Newsline.

Meeting Again at the Leisure Centre

Chris Bentley

We are back! No monthly meeting at the Leisure Centre for eighteen months but on 5 October we finally got back together again. It wasn't quite the same format, there being suitably separated seating, entry only through the fire doors and no tea or coffee break. But more than 90 of us met together in person at last and it felt good.

Those who attended were treated to an absolutely riveting talk from Mansfield based Chris Vasper, whose response to a diagnosis of MS was to start endurance running, culminating in competing in the "toughest footrace on Earth," the Marathon des Sables (MdS), 156 miles over seven days across the Sahara in southern Morocco in temperatures up to 50 degrees: sheer madness most of us must have thought especially when Chris told us that in this year's MdS one runner died and two more were seriously ill in hospital but as he described the strong bonds developed between competitors, the profound sense of achievement and the sheer natural beauty of the environment of the race it began to make more sense. And in case you were thinking, well, at my age my running days are over, Chris described one 74 year old who finished the race, albeit last, but he finished! Any takers up for the challenge? It was a very inspiring talk and we have recorded it so if any member would like to hear it please contact Marjorie Bramhill on 813395 to borrow the recording.

Our next meeting will be on 2 November when we'll hear from Green Southwell, a group from our own community whose mission is to promote the sustainable development of our town in the era of climate change. Hopefully our future will not see temperatures of 50 degrees nor the sweeping sand dunes of the Sahara but Green Southwell will tell us what we can all do, no matter how small that might be, to secure the future for generations to come.

Our meeting on 7 December will again be a Christmas celebration with musical acts and other party pieces from members. If anyone would like to contribute contact our new Chairman Brian P

Be Aware

There are many ways in which we are all at risk of fraud and scams via our telephones and technology if we use it, and of course on our doorstep and it pays to be alert.

The first thing to know about scam phone calls is that you can't rely on caller ID on your phone to tell you who's really calling. Although we've warned about this before, people are still fooled when their phone announces that a call is from a certain person, number, or location that they think is legitimate.

Crooks use computers to trick home and cell phone systems into announcing whatever information the scammers want -like pretending the call is coming from your hometown, your friend, or even your bank.

This website may be useful <https://www.friendsagainstscams.org.uk/about-us>.

Listening to You and Yours on Radio 4 and reading from the website called Friends against Scams there is a particularly worrying new Whatsapp scam where the message states "Hi Mum/Dad" I've lost or damaged my mobile, the messages then proceed until asking for either money or to look after a new mobile which will be delivered to the alleged parent. Several people have been convinced by these messages and handed over hundreds of pounds or received a new phone and handed that over only to be landed with the bill for you. The message is "think scam first" be suspicious, check messages are really from the person claimed eg ask them what your birthday is or some other personal proof. Or simply ask them to call.

Group News

Group Leaders Meeting

Pam Baisley

The group leaders meeting has been booked at Southwell Rugby Club from 12 noon til 3pm on Monday 22nd November

For Attention of Group Leaders

Have you looked at the web page for your interest group recently? Interest group web pages are important for growth, gaining and retaining members and acting as a "Shop Window" for SU3A.

Many leaders have updated their page "post-lockdown". Have you?

If not, please consider updating your text and pictures either yourself if you have editor rights, or by sending amendments to Rik Ludlow, Webmaster, email southwellu3a@gmail.com

U3A Astronomy

Sue Whibley

Monthly Astronomy meetings resumed in September. Meet in Southwell library 10am to 12 noon on the 4th Thursday of each month. Next meeting on 28 October

Bridge Group

Vicky Green

The Bridge Group is very much in need of increasing its numbers and I would be very pleased to hear from you if you think you might like to join us. We play from 2 – 4pm on the 2nd and 4th Monday of each month at The Burgage Community Hall. This is at the top end of Burgage Lane, very close to the Market Square end of King street, and there is parking both in Burgage Lane and the car park behind the One Stop shop. We currently have 15 members registered and would like to increase this to 20. It is not necessary for you to have a bridge partner to join. We are mostly individuals willing to team up to make fours with whoever is available, but can equally accommodate couples if you have a preferred partner. My phone details are listed in the Group Leaders tab on our Southwell U3A website. Do please give me a call if you would like to discuss anything with me, or turn up to one of our sessions. You will be very welcome. The November meetings will be on the 8th and 22nd.

Computer Group

Clive Bates

In computer group we meet monthly in small clubs of five members and Zoom to discuss problems and solutions on:

- Features of Windows 10 and Linux Mint
- Microsoft Office and other Open Source Office applications
- Surfing the Web safely and Computer Security and Privacy
- The Smart Home and devices
- Buying, upgrading and setting up a computer or tablet
- Getting the most from your computer including Family Research, Photo Enhancement, Web Authoring and Media Research.

If you would like to join us for individual help or study, please ring Clive Bates on 01636 813571 or email on clive.bates@btinternet.com. Please let me know if you have difficulty travelling to group.

Jewellery

Annabel Kingsbury

The Jewellery Making group will start meeting again on the 3rd Wednesday in November (17th) and December (15th). We meet in my house (5 Garrison Way ,Southwell) at 2.00 pm. I provide all the equipment/ tools / gemstones etc you will need plus ideas and hopefully inspiration!

If more info required please contact me Annabel 01636 814882.

Group News Continued

Family History Group

Roger Hancock

The Family History Group meets monthly on the 3rd Monday in the month at 2pm to 4pm. We will continue to meet on Zoom until the Spring year.

Our October Zoom meeting was well attended and was a very interesting and useful presentation given by Martin Read on “Researching London Records”. Martin also shared some of his own research on his London ancestors and quite amazingly we found that one of Martin’s Victorian ancestors was shared by another member!

Our next group meeting is on the 15th November at 2pm on Zooms on “A Guide to Finding and Using Maps for the Family Historian”.

As this November has five Mondays, we are also having a Zoom meeting on 29th November at 2pm the 5th Monday this month. We will use these “5th Monday sessions” to look at Family History Subjects which are of more specialist interest. This session will be on “Using Wikitee – Practical Guide”.

In addition to the monthly group meetings, we have a DNA Family History Research subgroup which meets on the 2nd Monday in the Month and a Family History Beginners’ course on the 1st Monday in the month that starts each September. There is no charge for the DNA subgroup or for the Beginners course, but you will need to be members of the Family History Group. The fees for Family History Group membership for the remainder of the year until the end of March 2022 will be just £7.

New members are always welcome.

History of Art Group

Dinah Foster

The group held its first meeting following the Covid meeting restrictions on October 19. It was agreed to commence the 17th century European Art programme in January 2022. The programme can be viewed on the group’s webpage of the Southwell U3A website. It promises to be a fascinating year of delving into the art of this interesting century.

In November the group will meet to share any art related topic that has interested members during lockdown. In December the group will meet to enjoy some Christmas fare and to refresh our memories of the many art books which the group has either purchased or been donated over the last 15 years.

New members are most welcome to join us at any time. The group meets in the Southwell Library Mee4837 meeting Room (full disabled access) every third Tuesday of the month, 2-4pm. Please contact you wish to join the group and/or for more information.

Flower Arranging

Annabel Kingsbury

The Flower Arranging Group are getting very productive with their arrangements. We meet on the 4th Tuesday at 2.00pm, if you are interested please contact me Annabel 0166 814882.

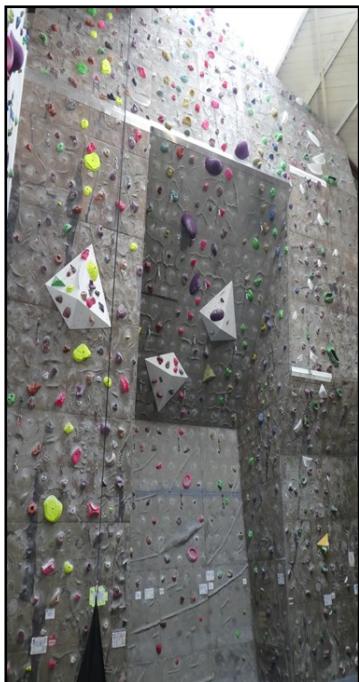


These arrangements are known as Parallel or Continental Arrangements.

Group News Continued

Indoor Climbing

David Moore



Since the beginning of April, the group has re-started its weekly visits to Nottingham climbing centre. During the lockdown the owner of the business took the opportunity to redecorate and extend the available facilities which was good news for us.

Recently one of our members has relocated elsewhere in the country so we have availability for new group members. You are very welcome to join us any Monday even if it's just a one off to see how much you enjoy it or tick off one of your bucket list challenges as one lady did. Training and supervision will be provided and equipment which is minimal is available to hire from the centre. Refreshment facilities are also available at the centre to recharge the batteries and catch up on the weeks news before returning home.

If you would like to join us or require further information, please call David Moore on or email

Latin

Anne Godfrey

Latin Group (language and literature) are meeting every two weeks, alternating meeting in the library and Zoom. The sessions are split into two. In the first part we are following the current GCSE course (we are just over half way through) and in the second we are reading unaltered pieces by Latin Authors. Anyone interested in joining, contact Anne Godfrey 01636 814391

Longer Walks Group

Kathryn Bull

We would be delighted to welcome new members to our group. We meet at 10am on the 1st Friday of each month to do a walk of around 10 miles. The walks are led by group members, usually within an hour's drive of Southwell, ending somewhere serving tea and cake if possible!

If you like to join us, or would like more information, please call Kathryn Bull on 07799 176887 or email kathrynbull96@yahoo.com hearing from you.

Stamps

Chris Bentley

Are there any **Stamp Collectors** amongst our members? While I'm not proposing a new group it would be useful to know who are collectors or want to dispose of collections. Please contact me, Chris Bentley (and I'll circulate a list and see what people want to do, presuming anyone contacts me of course!

Newline Team

Please note any copy for inclusion in Newline is required by the close of day on the last Monday of each month ie Monday 29th Nov, Monday 27th Dec. This is to ensure that it is published prior to the monthly meeting. Everything should be sent to su3anewline@gmail.com.

Every effort is made to be accurate and to include all entries but occasionally there is an overload of material that leads to some entries not being used.

Southwell u3a Northumberland Holiday September 2021

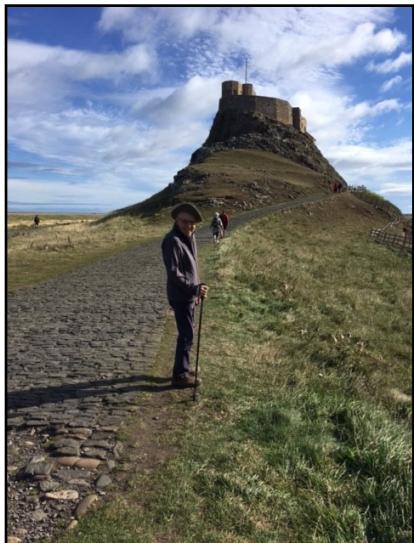
Ann Powers

When our Wright's coach left Southwell at 9am on September 20th, with twenty-five members on board we were relieved at last to be setting off on our five day holiday to Northumberland since it had been postponed three times since May 2020 due to Covid restrictions. Our pleasure was further enhanced by the sunny warm weather, which lasted throughout our time away. The bespoke holiday was planned by myself and Helen Kay at Travel Wright,

On our way we visited Beamish Open Air Museum, near Durham, the area has been developed over fifty years and tells the story of life in North East England from the 1820's to 1950's with trams and vintage buses making it easy for people to visit the many features on this extensive site.

We stayed for four nights at Doxford Hall Hotel and Spa, Northumberland's only AA four star awarded hotel, situated between Seahouses and Alnwick. As their brochure describes the hotel 'Built in 1818 this elegant Georgian manor house.....has been lovingly restored over the years..... Tucked away in its private estate, with an award winning restaurant, fabulous spa and leisure facilities'. We were able to take advantage of these facilities having well-appointed bedrooms, individually ordered breakfasts and beautifully presented three course dinners each evening. Some of our members took advantage of the indoor swimming pool, before breakfast, on several mornings!

For the next three days we visited many of the attractions that the area has to offer, some are very popular but we also discovered others which were 'hidden gems'.



Lindisfarne Castle

Below
The Card Players
at Doxford Hall



Above
Beningbrough Hall with our guide

Our first morning in Northumberland we was spent in Bamburgh here a number of members explored the beaches and village, including the church, Grace Darling Museum and cafes whilst others chose to visit the magnificent castle. Fortunately, our coach driver took us up to the Castle car park from where it was an easy walk to the entrance. The coastal views were truly marvellous so too were the rooms in the castle.

On leaving Bamburgh we travelled back along the coast road to the seaside village of Seahouses, with its views to the Farne Islands, and then on to the 'hidden gem' of Howick Hall Gardens and Arboretum. It has been owned by the Grey Family, since 1319, who are known for the famous tea named after the 2nd Earl. Here we spent the afternoon in the Visitor Centre, having lunch in the Earl Grey Tea House and the more energetic of us explored the extensive gardens and arboretum. We returned to our hotel via Alnmouth, where ten of our party decided to explore the town and beaches. Our coach driver, Gary, took the rest of us on a coastal drive south as far as Amble, taking in the wonderful views including Alnmouth, its estuary and sweeping sands, Warkworth Castle and much more. A great sunny end to a varied enjoyable day.

Southwell u3a Northumberland Holiday September 2021 Continued.....

Wednesday morning we were driven to Alnwick there our members chose whether to visit Alnwick Castle, seen in the Harry Potter films, with its magnificent state rooms, moat, ramparts and towers, or the next door Alnwick Gardens, including its famous Poison Garden. It is understandable why a two-day visit is recommended to explore both Castle and Gardens. A few of us chose instead to explore the town itself, famous for its architecture and independent shops, including Barter Books, a renowned second hand bookshop situated in the old station.

We left at 3 o'clock and after returning to Doxford Hall the majority of us remained on the coach for a short journey to a nearby Artisan Gin Distillery! This 'hidden gem' is established in stone buildings, which were part of a former boarding school, and are set in parkland. The founder and managing director, Neil Osborne, started the business in 2016 in a shed in Alnwick, hence the name Alnwick Gin. We were the first people to use his new Visitor Centre where, after being given a talk and then a tour of the manufacturing plant, we sampled the range of gins they produce. od time was had by all!

Crossing from the mainland on the causeway road to Holy Island, also known as Lindisfarne, was a memorable and interesting experience, especially when we passed the refuge tower where people who are caught by the incoming tide can take shelter. On the island some members had booked to visit Lindisfarne Castle and gardens whilst others looked around the village and harbour, taking in the views and having coffee. The Heritage Centre was interesting but unfortunately, due to covid restrictions, we couldn't sample the alcoholic drinks produced there.

After leaving the island we travelled the short distance to the border town of Berwick on Tweed where enhanced views were gained by walking around the Elizabethan city walls. It was also possible to take in the LS Lowry Trail set up as the artist was very fond of the town. His first oil painting of Berwick is dated 1935 and he continued his visits up until 1975, the year before he died. We loved the name of our lunch venue, the family owners had called it, "Thistle do Nicely" and agreed it was another 'hidden gem'!

We left Doxford Hall Hotel on the Friday morning but en route we visited Beningbrough Hall, a National Trust property near York. This Italian inspired Georgian House, set in the countryside with pleasant gardens includes baroque interiors and art exhibitions. The staff were extremely knowledgeable and helpful providing motorised wheelchairs and useful information. Many agree Beningbrough would be worth a future visit.

I know the Group would like to thank Travel Wright, in particular Helen Kay for all her efforts in making the holiday so enjoyable and Gary for being so helpful, driving us safely and always going the 'extra mile' to ensure that our holiday was successful.



Gin Distillery Visitor Centre

Southwell u3a Concert Coaches – 2020-2021 Season

Roger Bennett

I am now opening booking for the next two concert coach trips:

Tuesday 30 November, 7.30pm

Royal Northern Sinfonia

Dinis Sousa conductor

Louis Schwizgebel piano

Schubert Symphony No. 8 'Unfinished'

Saint-Saëns Piano Concerto No. 2

Mozart Symphony No. 40

Friday 10 December, 7.30pm

The Hallé

Cristian Macelaru conductor

Nicola Benedetti violin

Bernstein Candide Overture

Wynton Marsalis Violin Concerto

Mussorgsky (orch. Ravel) Pictures at an Exhibition

Roger Bennett: details and booking forms will be emailed to all on the circulation list shortly.

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

WORD PUZZLE: Just Add a Letter No. 2

All you have to do here is add one letter to make a new word. The first clue is for one word and the second is a definition of a different word with just one letter added.

EXAMPLE: Clue: Fried Potato / Bird Noise **Answer:** Chip / Chirp

Now you try. Answers on the Back Page.

Clues

- | | | | |
|----|-------------------------------|----|--|
| 1 | Life Sustainer / Server | 11 | Farm Animal / Wild Animal |
| 2 | Males / Food List | 12 | Clean / Steal |
| 3 | Pale / Mythical Creature | 13 | Giggle / Social Media Platform |
| 4 | Beneath / Financial Supporter | 14 | Indian Greeting / Animal Noise |
| 5 | Tall / Body Part | 15 | Alliance of Nations / Stop Action |
| 6 | Resign / Silent | 16 | Baked Food / Beach Structure |
| 7 | Bird Noise / Excite | 17 | Government Charge / Hire Vehicle |
| 8 | Guest Inviter / Spirit | 18 | Sun / Earth |
| 9 | Lumberjack / Influencer | 19 | Former Time / Italian Staple |
| 10 | School Group / Stylish | 20 | Principled and Ethical / Group Feeling |

Milestone Birthday “Spyderman” for membership secretary Richmond Kingsbury

Achieving a milestone birthday, our esteemed membership secretary was given by friends a supercar day experience at Blyton Park. The racetrack is located in the heart of rural Lincolnshire: reached by crossing the Vale of Mordor & the Bridge of Doom – or Dunham Bridge as it is locally known.

Channelling his inner James Bond our suave & sophisticated hero arrived shaken but not stirred. The weather was as crisp as the crease on his trousers and as cool as the RayBan shades he wore. At his side Miss Moneypenny rose to watch proceedings and look down on the less attractive huddled masses.

Our champion glanced towards his prize - the aptly named Lamborghini ‘hugelyposeyfastyfrightycar’ (otherwise known as the Spyder).

Acknowledging the crowd he sauntered towards the driver’s door to slide effortlessly into the driver’s seat. But before Moneypenny could leave to seek solace in a cuppa at the trackside caff, he ran his hands across the available bodywork! He knew that he was in for the ride of his life.

A brief cruise down the pit lane to satiate the paparazzi; then it was step on the gas, foot to the floor, pedal to the metal and burn rubber. All 580 horses galloping together to catapult our star around the track at speeds approaching 30mph.

At the end of an exciting day our hero and Miss Moneypenny made their way back to their car. Leaning across she whispered in his ear, “Home James, and don’t spare the horses”.



Autumnal Photos taken by Jane Zdanowski



COME DINE WITH MEN RECIPE

Brian Platts

COME DINE WITH MEN RECIPE – CHICKEN TRAY BAKE

Here's a recipe from our latest meeting of CDWM. You'll need a saucepan, roasting tray and a large frying pan to cook the chicken tray bake and the separate dish of fried crushed potatoes. When I saw that the tray needed to go under a hot grill for 14 minutes I must say that I was ready to call the fire brigade but amazingly it worked! Do keep the pan at the bottom of your grill compartment though and don't leave it in there any longer than the required time. We accompanied the chicken and potatoes with creamed spinach but any green veg would do.

Ingredients – serves 2

2 chicken breasts (around 150-180g each)
½ tsp paprika ½ tsp dried oregano/marjoram
200g cherry tomatoes (on or off the vine)
2 rashers smoked bacon
2 sprigs fresh rosemary 2 fresh bay leaves
2 cloves of garlic
350g baby potatoes
1 lemon Knob of butter
3-4 tbsp olive oil. Sea salt Black pepper



Method

Boil kettle. Wash and halve the potatoes lengthways. Add to saucepan with a pinch of salt, cover with boiling water and put on lid. Boil hard for 12-14 mins, then drain and let them steam dry.

Meanwhile, toss the chicken breast in a plastic tub or freezer bag with the paprika, oregano/marjoram, salt and pepper and 1tsp olive oil. Add 1 tbsp olive oil and knob of butter to frying pan and fry chicken breasts on high for 5 mins or so, turning at half time.

Quarter the lemon and add it to the roasting tray with the cherry tomatoes.

Tip in the chicken breasts and lay a rasher of bacon on each of the breasts.

Put the frying pan back on a medium heat and add the sprig of rosemary, stirring to coat with the juices, then add with the juices to the roasting tray. Put the tray under a high grill for about 14 mins, checking that not burning.

Add 1 tbsp olive oil, leaves from 2nd sprig of rosemary and 2 bay leaves to now empty frying pan. Put the boiled potatoes on top of the herbs in a flat layer, drizzle on a little more olive oil, sprinkle with salt and 2 crushed garlic cloves.

Turn heat on high and, using a flat lid or bottom of saucepan, press down on the potatoes to burst and squash them. Fry for about 3 mins and squash again.

Check potatoes are ready and plate up with chicken breasts, tomatoes and a green veg of your choice. Enjoy!

Word Puzzle Answers

1	Water / Waiter	11	Ox / Fox
2	Men / Menu	12	Wipe / Swipe
3	Fair / Fairy	13	Titter / Twitter
4	Under / Funder	14	How / Howl
5	High / Thigh	15	Bloc / Block
6	Quit / Quiet	16	Pie / Pier
7	Trill / Thrill	17	Tax / Taxi
8	Host / Ghost	18	Sol / Soil
9	Logger / Blogger	19	Past / Pasta
10	Class / Classy	20	Moral / Morale