

# Newsline No 50 February 2024



Brian

As I await delivery of a pair of long-johns, ahead of a Winter walking weekend in the current cold snap, I'm sure we're all at least pleased to see the end of the incessant rain. That said, whenever I make any mention of the weather, I realise that we'll no doubt be building arks or basking in sunshine by the time you read this. I hope at least that most of you escaped the New Year flooding and that we can look forward to a drier month or two as we head towards Spring.

Spring will also bring a new u3a membership year from 1<sup>st</sup> March and you will probably have already received (or be about to receive) a renewal request from our Membership Secretary, Richmond . By looking after the pennies and other monetary miserliness, we have managed to keep the annual fee to a bargain £20 for yet another year. I hope then that you will be willing and able to renew for another year in which you "Learn, Laugh and Live" with Southwell u3a.

We also get another £5 from the government if you Gift Aid your membership. This makes a great difference to our finances and so, if you are a UK taxpayer and you didn't complete the Gift Aid form when you first joined the u3a, please think about doing so now. The way to check whether you are already Gift Aiding is to look for the Gift Aid line in your

personal details in your renewal email. If there is no date after the words "Gift Aid" you are **not** currently doing so. You can fill in the very quick and easy Gift Aid form at the membership table at our monthly meetings or just request one from Richmond when you pay your renewal fee.

Our Publicity Group is always looking at new ways to spread the word about Southwell u3a and we are particularly intending to increase our social media presence in the coming year. Deb Cook has recently joined the group and will now be helping with our Facebook activities. Liking and sharing our posts will help to publicise our activities even further and please do so, if you are able. There'll be more about this from our Publicity Group Chair, Tony , in next month's edition of Newslines.

I'll also soon be sending out a list of possible short courses and workshops for 2024. There will be some new ideas and some repeats of successful courses and workshops from last year. We need you to tell us which ones you might be interested in, so that we can



try to include them in this year's programme. Do let me know then, so that we can hopefully deliver a range of subjects that you really want to hear about!

Finally, I also had a new pair of warm gloves delivered today, ahead of our

chilly walking weekend. When I opened the package, I found that both gloves are 'lefts', which on the one hand is great, but on the other, it's just not right!

All the best.

## February 2024 Monthly Meeting

### Tuesday 6th February Change of Speaker:

The Speaker at the next Monthly Meeting will be Marcus Farnsworth and not the Minster School Students as previously advertised. As many of you will know Marcus is the Director of the Southwell Music Festival and his topic will be "How to Make a Music Festival".

Monthly Meetings are normally the first Tuesday in the month, at Southwell Leisure Centre: Please arrive between 9:40 and 10.00. If possible bring along a (preferably unbreakable) cup for refreshment time.



## NEW SHORT COURSES AND WORKSHOPS:

### Church Architecture

This short course of two sessions is on the 5th and 12th of February, 2.00–4.00 pm at the Catholic Church Hall, Southwell.

If interested contact Chris B The "My Sight" workshop is on the 29th

### Vision Workshop

February, 10am–12 noon, the venue to be confirmed.

This workshop is useful both for those living with some visual impairment, and their friends and family, so they can better understand and help the individual living with visual issues.

My Sight Notts is a charity supporting people with sight loss across Nottingham City and Nottinghamshire. *"Now in our 180th year, we support people with practical (tech, equipment and employment – we'll be bringing some of the latest tech with us), emotional (counselling, talking therapies) and social (sports, arts, choir, social groups) activities to enable their independence."*

To book your place, contact Jane

## Our January Meeting Report

On Tuesday Jan 9th we were entertained by a very interesting talk by Kim Kettle from Long Clawson dairy.

Kim took us through the history of cheesemaking from the very beginning where it is believed to have emanated in the Middle East. It was thought that Bedouins saved the milk from their sheep, goats and camels in stomach linings from their animals. This way the milk was preserved for their long treks across desert and open land. Of course whilst travelling the milk was churned up by the constant movement of the animals and then finished up as curd from which they started to make cheese. This cheesemaking slowly made its way across Europe and was then brought to England from Southern Europe. From the Middle Ages onwards the cheeses were made from the milk of local animals because it was difficult to transport it, hence the different cheeses inherited local names, e.g. Wensleydale, Cheddar, Red Leicester and Gloucester.

Eventually these cheeses were all brought together and mainly sold by trade fairs and the most famous of these was in north London.



With the advent of railways it became easier to transport the cheeses throughout the whole of the UK.

Kim then went on to tell about the process of manufacturing Stilton cheese together with how they get the milk and the checks it goes through to ensure the highest standards. Long Clawson dairy own some of their own farms but they also have partnerships with other farms in Nottinghamshire, Derbyshire and Leicestershire. All the farmers make up the co-operative which is Long Clawson dairy so they have a vested interest to ensure the highest standards.

Finally Kim told us about the efforts they are all making to reduce their carbon footprint. At the present time to make one kilogram of cheese approximately one kilogram of carbon dioxide is released into the atmosphere. They are hoping by the 2030s that this will be cut in half by the measures they are taking.

All in all a thoroughly entertaining and informative talk enjoyed by members who attended the meeting.

John



## UK National u3a Festival 2024



This year, the first ever national u3a festival takes place at the University of York: Note the dates:

**18–20 July 2024**

There will be a wide range of activities, from sport to music and workshops. The national organisers will be sharing a programme in the next few months. To get a sneak peek of what to expect, read more [on the u3a Festival 24 page](#) and [watch our Festival vlogs](#) about the planning process so far.

**u3a**  
learn, laugh, live

## Our Speakers for 2024

6 Feb	Marcus Farnsworth	How to Make a Music Festival
5 March	Ann Hilton	Medical Dogs
2 April	Geoffrey Bond	Lord Byron
7 May	Martin Gorman	Bromley House Library
4 June	Roger Browne	History of Jazz Piano and its Influence on Popular Music

## Newsline Deadline for the March Edition

**Please email articles & pictures to the Newsline team by 10th February to ensure inclusion in the March edition. Items that arrive after the 10th of the month will be carried forward to the next month's edition**

**[su3anewsline@gmail.com](mailto:su3anewsline@gmail.com)**

Group news is of particular interest to existing and new members and an excellent opportunity to review and promote your group.

Updates on social activities are also good to see, such as the coffee mornings at Southwell Garden Centre or Sunday lunch groups. We now have space for some 'Letters to the Editor'.

**PLEASE** remember to include your email address; a telephone number is optional.

Anne, Editor

## COFFEE MORNINGS

The fortnightly coffee mornings held at Southwell Garden Centre, Fiskerton Road, are still popular and open to all members, 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 on the 8th and 22nd February. There are usually one or two Committee members present.

It can help other (and especially new) members if you remember to bring and wear your u3a lanyard.



## Useful websites

Southwell u3a website is <https://www.southwellu3a.com>

National u3a website is <https://www.u3a.org.uk>

Southwell u3a members Facebook page is at:  
<https://www.facebook.com/groups/southwellu3a>

Click for Nottinghamshire [website](#) and Newsbites Magazine for [December](#)  
(Newbites is bi-monthly)

### MEAL DEAL!!!

The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (NOT including drinks) to Southwell u3a members. Lunch and dinner – **EACH** member must show their current u3a membership card to get their **INDIVIDUAL** discount.



### COURSES AT

### SOUTHWELL LIBRARY

Inspire are running several interest courses at Southwell Library. If you are interested, explore their website. [www.inspireculture.org.uk](http://www.inspireculture.org.uk)



## Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office [admin@southwell-tc.gov.uk](mailto:admin@southwell-tc.gov.uk) or 01636 816103

Nottinghamshire County Council website is <https://www.nottinghamshire.gov.uk>

You can contact Notts County Council customer service team via 0300 500 8080

Customer service opening hours: Monday to Thursday: 8:30am to 5pm Friday: 8:30am to 4:30pm

Newark & Sherwood District Council website is <https://www.newark-sherwooddc.gov.uk>, [customerservices@newark-sherwooddc.gov.uk](mailto:customerservices@newark-sherwooddc.gov.uk) 01636 650000



## NEW GROUPS

### Extra Indoor Climbing Session:

2023 was a great year for the [Indoor Climbing Group](#) largely due to the efforts of our u3a wonderful publicity and IT teams. Advertising in the library and market place together with an improved web page, newspaper and social media presence is paying dividends and we are growing in numbers.

The climbing centre in Nottingham has a new owner who has already invested in many improvements. We now have the added benefit of free professional coaching at our Monday sessions.

**We have also added an extra 'formal' session on Wednesdays at the new YMCA in Newark which has an Olympic standard climbing wall.**

It is encouraging to see how enthusiastic the group members are, some of them climbing three times a week. New members with no previous climbing experience are progressing at a very impressive rate.

Our belated Christmas celebration was held on the 14<sup>th</sup> Jan, and visits to other climbing venues are being planned.

The extra session gives capacity to

welcome more new members so if you would like to join us or try a taster or one-off session please get in touch. (details on our [web page](#))  
David



### New Wine Interest Group:

Southwell u3a has two very popular Wine Interest groups, SWIG and Wine Lovers, that are full and have been for some time.

Several members have expressed interest in starting a third group: We just need a few more to make it viable! If you are interested in taking part in a new group, please contact me:

Jean, Groups Co-ordinator



## 10km Running Group

A proposal has been made to start a 10km Running Group which at present is just a possibility. Before decisions are made, about how the group will function, I have been asked to assess what support there is for such a group being set up. If you are interested and want to be involved in joining/establishing a 10km Running Group then please contact me, Ann (New Groups Enabler):

## Another Canasta Group

As so many of the Canasta groups are full, we now have another Canasta group open and in action! Canasta 5 group is now looking for a few new members. We meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday afternoons in Farnsfield.

We play Bolivian Canasta which involves using 3 or 4 packs of cards. It is a very sociable game and can become addictive!

Anyone who is interested but unsure is very welcome to attend a taster session.

Please contact Ann O

## Another Bridge Group

In response to huge demand, *another Bridge Group* for Beginners, 2nd and 4th Wednesdays 2-4pm

Elaine A.

## "Sounds from the Decades"

We regret that Phil, the Group Leader for this proposed new group has had a significant change in personal circumstances, and this group will not now run.

## History for Fun

I am hoping to start a new History for Fun group. This would be quite different from the existing History group. It would be a self- help group that would learn about any topic of interest, with members taking it in turn to share their knowledge. It could be quite random, rather than learning about an era or theme! I am happy to be the Group leader, and already have eight members interested: We just need a few more to be viable. Please contact me if this sounds exciting!

Jean

## Walking Football (Proposal)

Still see yourself as a budding footballer and a regular watcher of MOTD, but the years have caught up with you?

I am interested in starting a weekly walking football group. This will be open to women and men as a social sporting “keep fit” activity. Provisionally, we will meet at the leisure centre on Tuesday or Wednesday, during the day, for a two hour session. Costs likely to be

around £4 per session. Two hours gives time to have several short sessions, recognising our physical limits! This is one of the fastest growing sports for the “less youthful”: As a taster, see this website: <https://thewfa.co.uk/> Read their [guide](#) to see the inclusivity, safety and health benefits. If interested, contact Roger.

## Social and Trips Committee: Two Dates for your diary

### Thursday 18<sup>th</sup> April: FOOD AND DRINK QUIZ and 2 course Lunch.

Saracen's Head Hotel: Tickets £20.50. Tickets will be available at the February u3a meeting.

### Wednesday 31st July: We have the opportunity to attend the Sandringham Flower Show.

Join us for the day as we enjoy Sandringham Flower Show held in the magnificent surroundings of Sandringham Park with Sandringham House & Church as a backdrop. There is a large catering marquee with seating, and in addition there are numerous catering stands on the showground providing a wide range of hot and cold food and drinks, or if you prefer, bring along a picnic.

Have a wander around Sandringham Gardens and visit the church, known as one of the finest Carrstone buildings in the UK, with its amazing silver altar.

**Price: £45.50 p.p – Show Ticket & Transport.** *Please note that Sandringham House is not open to the public on show day*

**TICKETS ARE LIMITED, SO PLEASE LET ME KNOW AS SOON AS POSSIBLE IF YOU WOULD LIKE TO ATTEND**

**Miriam**

## GROUP NEWS

At our monthly meetings, our **Groups' Table** will feature groups whose leaders wish to show members what their group can offer.

Please contact Jean to agree a suitable date.

## History of Art

Our 2024 programme is now available on our [web page](#) and well worth a look.

## Astronomy

We have a monthly programme of events that will appeal to anyone who has an interest in astronomy or a desire to learn about the wonders of the universe.

Generally we hold our group meetings on the fourth Thursday of every month, in the downstairs meeting room of Southwell Library from 10:00am to 12 noon, so next month's meeting is scheduled for Thursday 22 February.

Looking back to November's meeting, I would like to thank Allen (our finance manager) for his excellent presentation on the Sun, the most crucial body in the solar system that basically governs our very existence and indeed dictates the future.

In January we looked at a DVD based on the 'New Horizons' probe that flew past Pluto in 2015 and provided us with all of our current knowledge about this far off dwarf planet, some of the data that it sent back truly astounded scientists.

February's session will be a presentation that starts with an introduction to particles then goes on to explore how the universe began, how it is progressing and how it may eventually end.

We hope to see as many group members as possible at the meetings (new and long standing), but also any u3a's member who is intrigued by space is welcome to attend. I am hoping to build on the recent influx of interested people who are keen to learn about astronomy through a delivery level that is acceptable to all.

Richard

Quiz Time: Can you name this planet?

Answer on the next page





## GROUP NEWS: SHORT WALKS GROUP



As was typical of our walks in 2023, our Christmas short walk again involved water.

We started from The Hearty Goodfellow, Southwell, headed to the racecourse passing some very energetic young horses; they were great entertainment.



The circular 5.5 mile walk took us back to the Hearty Goodfellow Pub where we enjoyed our u3a discounted lunch (see special offer on page 7).

Bob

[Short Walks Group](#)

[jackieandbobpitcher@gmail.com](mailto:jackieandbobpitcher@gmail.com)

Photos by Dawn, group member

**u3a** Southwell

Astronomy Quiz: Pluto



## Valentine

My lady, how untimely is my passion,  
Late in life, the moment now long gone  
Since first I looked upon your smiling face,  
That instant when for me your bright sun shone.

Though time ticks by, with constancy have I  
Adored you, and with iron will remained  
In discreet silence, desperate, desirous,  
Respectfully and courteously enchained.

Your grace, your beauty thrills my yearning heart,  
But love light on my face must shadowed stay,  
For you are heedless of this burning passion,  
Content within your own life's little day.

Adored, delightful, precious, heaven-sent,  
My heart's desire, so treasured from afar,  
I'll keep my love within me, diamond bright,  
For I, and I alone, know who you are.

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## Changeover of home phone landlines to Digital Voice

BT and other providers are changing home phone landlines to a digital system called Digital Voice using fast broadband internet, with completion by the end of 2025.

Changeover may be initiated by a change or renewal of contract, or when required by the local network. BT should inform you when you are to be changed over and identify your needs. In many cases the customer can make the changeover but sometimes an engineer visit is required.

Where the customer already has fast broadband, the changeover merely requires the telephone to be unplugged from the master BT socket and plugged into the router/hub. You may have to remove a sticker on the router/hub. You can instead locate your telephones at other locations using Digital Voice Adaptors.

Where a customer does not have a suitable router/hub, BT will supply one (even if you don't use broadband), you won't be charged.

There are a few implications:

**Phones that are not mains powered will not work** on the new system as the 50-volt BT supply from the exchange is no longer available.

Most powered phones will work normally, including cordless phones with linked handsets.

The internal wiring to BT sockets throughout the property will not normally remain operable. Specialist assistance from BT or contractor is required to connect the router/hub to the internal telephone wiring if this is seen as essential.

Instead, BT will supply one or more Digital Voice Adaptors, which can be plugged into a 13 amp socket and linked to the router/hub via Wi-Fi. Telephones can be plugged into adaptors distributed throughout the property.

**The new system does not operate without mains electricity or internet.** Where required an Emergency Hybrid Phone is available that normally links to the router/hub by Wi-Fi. When power or internet is not available the phone has an 8-hour battery backup and operates over the mobile network using a pre-paid mobile phone SIM card (not your mobile phone).

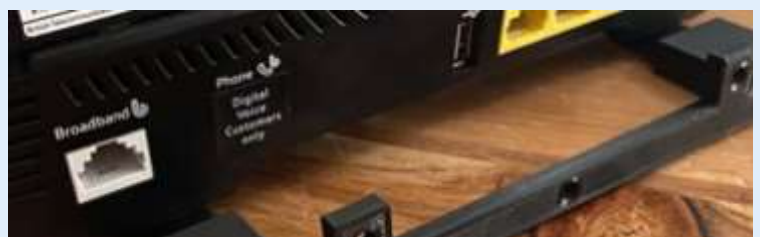
**Many alarm systems or call alert and care systems won't work properly after changeover.** You can ask for a delay whilst you obtain a digital equivalent and ask your provider for assistance. It is important to make sure that when you renew or change contract you ask BT or other network provider if you are being changed over and ensure that they identify your needs.

Other landline providers may use different equipment and terminology.

More information:

<https://commonslibrary.parliament.uk/research-briefings/cbp-9471/>

Contact John



BT Fast Broadband Router Hub2 showing where to plug in phone – remove sticker



Digital Voice Adaptor

## Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



The following concert is still open for booking however I am now providing early notification of booking for the next two concerts as shown. I will be available at the February 6<sup>th</sup> Monthly Meeting to take bookings for these later concerts.

**Thursday 1 February, 7.30pm**

### **City of Birmingham Symphony Orchestra**

**Eduardo Strausser**                      **Conductor**

**Charlotte Saluste-Bridoux**      **Violin**

Rossini                      Overture: La Cenerentola

Rimsky-Korsakov              The Golden Cockerel

Vaughan Williams              The Lark Ascending

Stravinsky                      The Firebird Suite (1919 version)

**Tuesday 20 February, 7.30pm**

### **Royal Northern Sinfonia**

**Dinis Souza**              **conductor**                      **Julian Bliss** **clarinet**

Prokofiev              Classical Symphony

Mozart              Clarinet Concerto

Beethoven              Symphony No. 3 'Eroica'

**Friday 1 March, 7.30pm**

### **The Hallé**

**Sir Mark Elder**                      **conductor**

Bruckner              Symphony No. 8 (Haas edition)

Ticket prices remain at Band A £39, Band B £35 and Band C £33 with the coach included in that price. As usual, the booking form is on the next page of the members' Newsletter

**Roger**

## Chicken, date and lemon tray-bake

This is a North African type of dish that is simple and quick to prepare and all our members declared it to be very tasty. Although the paprika gives it some warmth, it is not a hot and spicy dish and so should suit most palates.



### Ingredients - serves 4

200g dates – medjool if you're going for the best but a pack of soft, pitted dates from the Co-op (or other supermarkets) is fine and saves effort

4 shallots, quartered (could use a roughly chopped medium red onion instead)

4 cloves garlic, unpeeled and bashed

4 reasonably large chicken thighs (**not** skinned or boned)

1-2 tsp smoked paprika

3 tbsp olive oil

1 lemon, finely sliced widthways

6-8g fresh oregano (leaves picked) or 3-4g dried oregano

200ml white wine



## Method

Pre-heat fan oven to 190°C. Halve the dates longways and remove the stones if unpitted. Put into a medium-sized roasting tray. Throw the quartered shallots (or roughly chopped red onion) into the tray, along with the bashed garlic. Add the chicken thighs and sprinkle over the smoked paprika and season well with salt and pepper. Drizzle with the oil, add the lemon slices and picked oregano and then mix everything together until well-coated.

Arrange everything in one layer in the tray, with the chicken skin-side up. Pour the wine into the base of the tray and then roast for about 45-50 mins until the chicken is cooked through, with golden and crisp skin – the juices running clear and no pink meat remaining.

Ideally serve with couscous (following pack instructions) or any other preferred accompaniment.

Enjoy!