

Newsline (Public Version)

January 2023 No. 37

The monthly news from Southwell u3a



Wishing you nothing but health, wealth, and endless blessings in the New Year ahead.

From the Chair

Keen readers of my last column will be pleased to hear that Steph and I had no further seagull problems during the remainder of our stay in Australia and we were back in good time for the Christmas party in the Leisure Centre. What a fantastic show that was! The post-Covid record of two hundred members in the hall were treated to a marvellous variety show from our talented u3a performers. You'll see near the end of this edition some photos from the party and my thanks go to all who performed or supported the show for providing such great entertainment for us all.



Christmas and the New Year are, of course, times for reflection on the year gone by and looking forward to the year to come. 2022 has certainly been a momentous year internationally and nationally we tend though to remember things on a more local and personal level. A year ago, Covid had begun to decline to the extent that we were allowed to see loved ones at Christmas again but a mini-resurgence meant that we had to hold our January monthly meeting back on Zoom. Things have certainly improved since that time but we do now find ourselves in a 'new normal' that isn't quite the same as the one we left in March 2020. Covid has left its mark on both our physical and mental health and many of our u3a members have still not resumed their full previous activities. However, there does seem to be a communal will to move forward with our lives, whilst trying to support those who are still experiencing Covid's longer term effects.

Although Covid may still be lurking in the wings, it is probably the cost of living and energy crises that now concern us most with regard to the year to come. These problems particularly affect older people on fixed incomes and those with poorly insulated and inefficiently heated homes. The u3a may not be able to help out directly with financial problems but I'm hoping that we will be able to put on some short courses or workshops that may help our members indirectly with information about energy and money saving. At an individual level, hopefully we can all keep an eye out for any other members, friends and neighbours who may be struggling more than others in these difficult times.

On a brighter note, Southwell u3a has had an excellent year and is well set for 2023. This is mainly thanks to our members' combined efforts over the past year to revive and renew our interest group activities, our monthly meetings and our social events. Our membership numbers have steadily risen throughout the year and you have every reason to be proud of your u3a and to encourage any acquaintances to join us in the New Year.

May I then wish you and your families good health and good fortune for the coming year. If, in the words of a couple of songs, "let's hope it's a good one, without any fear" might be a bit too optimistic a wish for the New Year, we must certainly be due a few "reasons to be cheerful" in 2023. Before we get there though, I must of course leave you with my last joke of the month for 2022 by letting you know that we bought our son a fridge for Christmas. We can't wait to see his face light up when he opens it!

All the best for the remainder of the holiday season.

Brian

Reminder:

The final page of the “Members Edition” of Newsline gives you the names and contact details of your committee and other post-holders.

New Management Committee Member – Jean



Jean will be known to many of you from her pre-u3a days, when she was Head of Holy Trinity Infants School. Following her retirement, she became a member of Southwell u3a in 2007, becoming Groups Co-Ordinator and Chair just one year later! Not one to let the grass grow under her feet, Jean then went on to be the Chair of the Notts Network of u3as from 2009-2011, in which role she helped launch several new u3as.

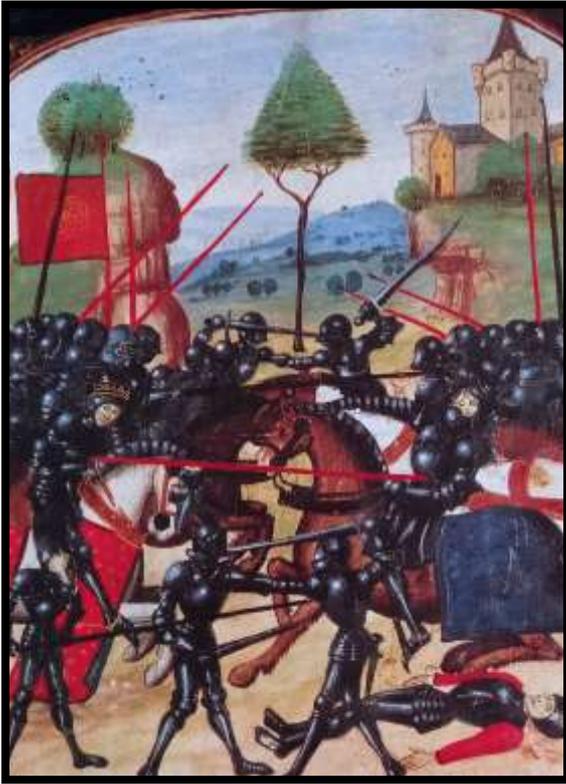
In 2014 Jean moved to Keyworth where, true to form, she became Vice Chair and Groups Co-ordinator of the u3a there. In 2018 she became the Trustee for the East Midlands Region, representing our interests on the national board of the Third Age Trust, which she continued until October 2022. In the meantime, Jean moved back to Southwell in 2020 and re-joined Southwell u3a. During her two spells with Southwell u3a, she has also been a member of numerous interest groups, including walking groups, country dancing, ukulele, geology and history of art.

With such tremendous experience and a remarkable u3a CV, you will no doubt appreciate that we are very pleased to welcome Jean back as a member of the management committee. She will again have the role of Groups Co-ordinator, taking over from Pam . Our grateful thanks and best wishes for the future go to Pam after her many years of service on the committee.

Brian

**Please send all items for inclusion in the February issue to:
su3anewsline@gmail.com**

Deadline: Thursday, 19th January



Speaker information

Our speaker on 3rd January will be David Skillen who will tell us about the Battle of Towton that took place near Tadcaster on a cold wet day in March 1461. You haven't heard of it? Well, it involved up to 100,000 men, and killed some 20-30,000, the greatest loss of lives in a single day on English soil. And all to replace one national leader with another. These days we do it differently....

Chris

Speakers for 2023

3 Jan	David Skillen	Battle of Towton 1461
7 Feb	Minster School	TBA
7 March	Jane Barnes	Tales from a Dairy Farmer's Wife
4 April	*Elaine Mein (aka Cunning Woman)	Concealed Objects and Written Charms
2 May	Alan Clements	From Jungle to Paradise
6 June	Ian Maber	The Jewel in the Crown
4 July	*Paula Cornwell (as the Hon. Mrs Victor Bruce)	Mind Your Motoring Manners
1 Aug	Steve Wallace	Sherwood Observatory and Science Discovery Centre
5 Sept	*Workhouse Storytellers	Workhouse Stories
3 Oct	Cathy McAteer	Topic related to Russia
7 Nov	Geoff Harris	The Great British Eccentric
5 Dec	End of Year Party and Christmas Concert	

Workshops

Jane and Lynne

Reminiscence Course

Do you want to keep your memory healthy? If so this is for you!

In order to accommodate members who could not start until the New Year, the Reminiscence Course will now start on Wednesday 11th January '23 at 10.30am in the library, and will continue fortnightly until and including 05 April '23. This is not for members who have, or think they may have, dementia but for those who want to keep their memory healthy, and, possibly, improve it.

If you are interested in taking the course, please contact via southwellu3a@gmail.com

Social and Trips

Jane

Bletchley Park

Date for your diary: Thursday 23 March 2023

Are you looking forward to getting out and about as soon the chances of snow and ice recede? We have arranged a full day fascinating trip to include a guided tour to the extraordinary Bletchley Park, home of the World War Two Codebreakers.

We will travel by coach, which will depart Southwell Leisure Centre at 08:30, return approx 17:45. A group guided tour is included, and the cost of coach and entry fee is £46.00. Bletchley Park has its own Tea Rooms and Café, or you may bring your own picnic.



Please complete the trips booking form (attached to the Newline email) and bring with your cheque to the Southwell u3a monthly meeting on Tuesday 3 January. If you want to come along but are unable to attend the meeting, or need to pay by any other method, please ring (number below). There will be some spare booking forms at the meeting

We can take a maximum 30 members, and you are not in that first 30 we will let you know and can hold your booking form/cheque in case of anyone drops out.

Any enquiries to Jane via southwellu3a@gmail.com



Doddington Hall

On Thursday 15th December a successful trip was made by 24 members to Doddington Hall to see their Christmas decorations, largely made from materials obtained from the estate. The theme this year was the river bank and much use was made of natural materials in a refreshing way with work by different individuals. This means that after they are removed, they can become fuel for the biomass boiler. Other materials used for decorations which could not be burned would be stored away for reuse. In view of the Climate Change issues we are seeing around us it was good to see someone is making an effort.

Thank you to the members for their prompt arrival and for making things so simple for the organiser, and thank you to the drivers.

John

Social and Trips Future Events

Quiz

A quiz is to be held at Southwell Rugby Club on Tuesday 31st January at 2.00pm. Tickets £3 including tea or coffee and cake. Tickets will be on sale at our January monthly meeting or after this date via southwellu3a@gmail.com

Wine Tasting with Ann et Vin

A date for your diaries: 16th March at the Southwell Library

PROPOSED NEW GROUP:

Beginners Bridge

- Would you like to learn to play Bridge in a supportive and relaxed environment?
- Or did you play Bridge years ago and would like to refresh your skills and knowledge?
- If Southwell U3A were to start a group where you could learn to play this fascinating game with no pressure would you want to join?



If you are interested in joining a new u3a group to learn and play Bridge at a basic level we would like to hear from you. One of the best ways to stay young is to learn a new skill and this is a game that is gaining in popularity year on year.

Some experience of playing trick-taking card games would be useful but is not essential. You could come as an individual or with a partner. We hope there will be sufficient interest to start a Beginners Bridge Group here in Southwell, meeting every two weeks led by an experienced player with experience of teaching adult learners.

If you are already a Bridge player familiar with the Acol System (at any level of expertise!) with the empathy and willingness to help beginners, your input could give you a real buzz of satisfaction so do come forward!

If you would like to register an interest please contact via southwellu3a@gmail.com

Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham.

I am now opening booking for the following concert:

The Hallé—Friday 27 January 7:30pm

Alpesh Chauhan	Conductor
Elisabeth Brauss	Piano
Grieg	Piano Concerto
Shostakovich	Symphony No. 10

The coach whisks members from the Southwell Leisure Centre via Thurgarton and Lowdham pick-ups to drop members right outside the Royal Concert Hall. The return journey leaves close to the Concert Hall. If there is anyone new who would like to be informed of this scheme, please let me know via southwellu3a@gmail.com

Please send cheque (made out to Southwell u3a) plus booking form to me or bring them to the January Monthly Meeting. Seat plus coach prices still remain at:
Band A £35, Band B £31 and Band C £29 per person.

Roger

Murder Mystery Evening at Southwell library

The Winners - Midwinter Murders!

A good time was had by all!



**Don't forget to look out for more trips and events from the
Social and Trips Committee in future editions of Newslines.**

Other u3a information or invitations

u3a 40th Anniversary Film Show & Refreshments

Arnold u3a would like to invite members from u3as across Notts to a film show on 20th January 2023 from 2 – 4 pm at the Bonington Social Club, High Street, Arnold. Two films will be shown, one of Arnold u3a and Carlton & Gedling passing the beacon on 20th September and the other about the Highfields event on Saturday 24th September. The videos were filmed by Arnold u3a members Greg Foster and Brian Cluff and Brian put it all together into the films.

Tea/coffee and a jam scone with cream will be provided during the break.

The cost of the event is not set yet and will depend on the number of people who come but it is likely to be £4.

Please would you publicise this widely to your members and get back to me asap with numbers. These can be individuals contacting me or u3as giving group numbers. Will need payment in advance, but we can sort that out in January.

I have seen the films and they are very good. It is great to see, for example, the flash mob dancers performing, and the Worksop steel band.

Contact Rosie via southwellu3a@gmail.com

Information Sources for u3a Members

- Our own website, <https://www.southwellu3a.com> is your “go-to” place for the monthly calendar overview, details of our groups and their leaders, and which groups have vacancies. Contact southwellu3a@gmail.com if you have lost your password for the “members only” section
- Third Age Trust, National u3a, <https://www.u3a.org.uk>, <https://www.facebook.com/u3auk>
- The National u3a now has a Radio Podcast, accessible from the home page of our website and this link: <https://www.u3a.org.uk/news/u3a-radio-podcast>.
- Southwell Facebook <https://www.facebook.com/groups/southwellu3a>

Jane

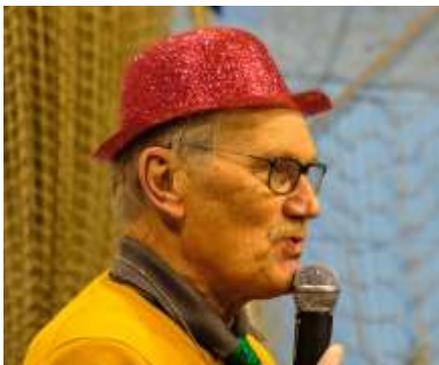
Coffee Mornings

The fortnightly coffee mornings held at Southwell Garden Centre, Fiskerton Road, Southwell are still going ahead. If you fancy a chat and a coffee come along at 10.30am on the 2nd and 4th Thursday morning of the month.

This month's meetings are the 12th and 26th of January.

Open to all members. Hope to see you there.





CHRISTMAS PARTY



AND A GOOD TIME WAS HAD BY ALL....



WITH THANKS TO ALL WHO CAME, SUPPORTED, ORGANISED OR PERFORMED



Greetings from Sri Lanka

Dear All,

Hope you all are keeping well and enjoying Christmas in spite of the cold weather. I hear that temperatures have gone much below the usual for the season. Just thought of sending a few photos from one of my recent collections.

Best wishes for a wonderful and joyous New Year 2023.

Noble



Come Dine With Us (CDWU)

Nutella/ Mincemeat Christmas tree

Here is an easy recipe from our annual 'Xmas Special' meeting of CDWU, when we subject our partners to a three whole courses of ourselves and our culinary efforts! You can make this with either Nutella or mincemeat and, if you are quick, you might be able to rustle one up before it's time to say 'Bah humbug' to Christmas for another year.



Ingredients – serves 4 (or cut one sheet of pastry in half to serve 2)

- 2 packs puff pastry from the chiller cabinet
- Jar of chocolate-hazelnut spread (eg Nutella) or mincemeat, at room temp.
- 1 egg, lightly beaten

Directions

1. Preheat oven to 190°C (170° fan). Line a baking sheet with parchment paper.
2. Roll out one rectangular puff pastry sheet on its backing paper.
3. Lightly score pastry into the shape of a Christmas tree (see photo) with a wide base (helps to cut out a template and score around that). Spread chocolate-hazelnut or mincemeat over the tree shape in an even layer with the back of a spoon. Also spread some more the size of a star in a spare area of pastry.
4. Roll out the second sheet of pastry on top of the first one. Carefully trace the outline of the tree underneath (or use template) and then cut out the Christmas tree shape and base through both layers. Pull away excess pastry.
5. On top sheet, lightly score 2 lines down the middle of the tree to form a tree trunk that is narrower at the top and gets wider (about 3cm) towards the base. Using the trunk as a guide, cut branches about 2cm wide through both sheets of pastry, from the edges to the trunk.
6. Twist the branches away from you, trying to get in at least 2 turns on the lower branches. Continue up tree, twisting away from you as you go (see photo).
7. Using a knife or cookie cutter, cut a small star from where you spread the extra filling and place it on top of the tree. Brush the star and the whole tree with beaten egg and slide it off backing paper onto parchment on baking tray.

Bake in the preheated oven until puffy and golden brown - 12 to 15 minutes. Cool for about 5 minutes. Slide it off the parchment onto a serving plate. Serve with brandy butter, cream or similar.

Enjoy!

Brian