

# Newsline Extra

July 2022 No 31

The monthly news from Southwell U3A



So they say it never rains!

John Tebbs

## From the Chair

The trouble with writing these notes over a week before Newslines goes out each month is that I can be sure that whatever seems news now will be old hat by the time you read this. Today I'm sitting here basking in sunshine following our sell-out u3a cruise on the Trent yesterday. It was a great afternoon on the good ship Princess and it provided a very different perspective of the surrounds of Nottingham, compared with the usual views from the upper deck of the Pathfinder 26. However, I have no doubt that, one week on, you will currently be looking out on stormy skies and desperately wishing for a bit of sunshine!

Many thanks to those of you who kept the last embers of the Jubilee alight with your reds, whites and blues at our last monthly meeting, with particular thanks to those of you who baked cakes. My own first attempt at cake baking was one of the 'showstoppers' (not) and, with no reports of food poisoning after the meeting, it looks like we all got away with it. There was much praise too for the talk on Russia. Praise should also go, though, to our "speaker seeker" Chris Bentley for coming up with a series of top-class speakers since we resumed our live meetings.

The year seems to be flying by and it will soon be time for our AGM again. Though this will mark only a third of the way through my own 3-year sentence (oops – term of office), it's the time when one or two committee members usually leave the committee and one or two new members join. Do get in touch with either Marjorie Bramhill or myself if you might be at all interested in joining us – it's a great way to increase your involvement with our u3a and hopefully have a bit of fun whilst doing so.

Finally, a reminder to all you Group Leaders – our Open Day will be on the Southwell market square on 18<sup>th</sup> September and so we need you to reserve a stall to show and tell us what you get up to. It's very interesting for others to hear about group activities and it's also a great way of getting new members, both for individual groups and for Southwell u3a in general. Get in touch with either Pam Baisley (Groups Co-ordinator) or myself to reserve a place. Members of our Cycling For Fun group have already agreed to receive the u3a Notts Network beacon at our Open Day, to commemorate 40 years of the u3a in the UK and to then pedal off with it to the next recipient, Carlton and Gedling u3a.

Well, I guess that it's time again for my Joke of the Month:

Mentioning Russia above reminded me why I don't like Russian dolls –  
! They're so full of themselves!

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

Please send all items for inclusion in the August issue to: [su3anewsline@gmail.com](mailto:su3anewsline@gmail.com)

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## Marketing Strategy

Southwell Town Council are generously allowing one of each Saturday's market stalls to be used for publicity purposes by local charities, at no charge. Southwell u3a took up the offer a couple of weeks ago and dressed up the stall in our full u3a colours, banners and bunting. Members of the management committee and publicity group were on the stall throughout the day to talk about the u3a to the market goers and hopefully persuade a few to become new members. A number have indeed returned their completed application forms and we look forward to welcoming them to Southwell u3a.



## Membership Reminder

## Committee

It would be really helpful if members could remember to wear or bring membership cards to the monthly meetings. If you need to pick yours up they will be available at the membership table to collect. They are a really useful reminder to us all of your name when a senior moment strikes!



## 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 8th July, there are usually one or two Committee members present.





**The 16<sup>th</sup> Annual General meeting of  
Southwell u3a  
will be held at  
10am on Tuesday 2nd August 2022**



The agenda is available online [Annual General Meetings - Southwell U3A](#) and will be emailed to members before the meeting.



Nominations for the committee are invited. Please complete the membership nomination form available on the website.

Members without an email address may obtain a copy of the agenda, and a committee nomination form, by contacting the secretary on 01623 882909.

There are ? proposals to be voted on at the meeting.

We look forward to seeing you at the AGM  
Nadina Lincoln, Secretary



## Our Website

Our Southwell u3a Website now has an expanded section for links to other u3as, volunteering opportunities, latest u3a news, a number of good causes and sites you may find of interest: <https://www.southwellu3a.com/links.html> or go to "More / Links". This is the area of our website that you yourself can suggest items of interest, via an email to [southwellu3a@gmail.com](mailto:southwellu3a@gmail.com).

## Do you know Southwell? Are you new to Southwell?

Another u3a has approached us: They have a "Short walks" interest group that visits and walks around historical towns and other settlements. They hope that a small number of Southwell u3a members could host around 15-20 folk for a few hours to show them round Southwell and its immediate environs. They could potentially split into two sub-groups, one walking a shorter distance and focussing on just the town area, and one covering a walk of 4-8 miles in and around Southwell.

- Would you be interested in being a Southwell Host for either group? Ideally, already sufficiently aware of interesting short walks locally and/or the history, architecture and stories of Southwell to be able to enthuse these guests?
- Would you yourself be interested in being shown around Southwell? This could be useful if you are relatively new to Southwell yourself and want to become more familiar with our area.

If you answer "Yes" to either, please contact Rik Ludlow, Southwell u3a Webmaster, [southwellu3a@gmail.com](mailto:southwellu3a@gmail.com) and we will see if this is a viable option!

## u3a in Nottinghamshire

- Do you know how many other u3a groups there are across Nottinghamshire? Click the link below to see how many!
- The Notts u3as have formed a network which produces "Newsbites", an equivalent of our own "Newslines" but for county-wide news. It is well worth the read.

You can access "Newsbites" for the past several months via our own website [www.southwellu3a.com](http://www.southwellu3a.com). Look on the top menu bar for "Home/The U3A in Nottinghamshire" or click this link: <https://www.southwellu3a.com/the-u3a-in-nottinghamshire.html>

It would be really helpful if members could remember to wear or bring membership cards to the monthly meetings, if you need to pick yours up they will be available at the membership table to collect. They are a really useful reminder to us all of your name when a senior moment strikes.

Workshop: Preparing a Will and Power of Attorney 5th Sept afternoon, venue to be confirmed

If you are interested in attending a workshop delivered by a solicitor from Talents on preparing a will and also on preparing powers of attorney, either financial and welfare, please register with Jane on [j.zdanowski@btinternet.com](mailto:j.zdanowski@btinternet.com) or 01636813915. We have run this before and it is really useful for everyone to understand the complexities of writing both documents.



## June Monthly Meeting Talk



On 7th June we welcomed Dr Cathy McAteer, Research Fellow at Exeter University specialising in Russian culture. Fluent in Russian and having lived in Russia and travelled widely in the Russian speaking world, her talk was lively, informative and passionate and above all it was very knowledgeable about the country, its people and its tragic history, epitomised by successions of strong and cruel leaders and the regimes they imposed. She mentioned Tsar Ivan IV (“The Terrible”) whose boyhood idea of fun was to drop live puppies from a tower; Peter the Great who built St Petersburg by slave labour, built over the bones of the thousands who died during its construction; then Stalin under whose watch 21 million were estimated to have died. Now there’s another repressive regime in power and another war. No wonder that Russians have such a fatalistic view of life and with the majority of the 143 million population cut off from western influences they have little idea of how the democratic west works or how other people think.

Cathy’s talk was riveting, informative and entertaining. Her sympathy with Russia was evident as was her shock and dismay at what is currently going on in Ukraine. She is a great speaker and we hope to book her again next year to hear more. By then we all hope some sanity will be restored in the area and that we can again one day enjoy the great aspects of Russian culture, Tchaikovsky, the Bolshoi, Pushkin, Chekhov, Tolstoy and Solzhenitsyn, without feeling guilty of betraying innocent Ukrainian people.

**Next Month’s Speaker:** On 5th July our speaker will talk to us on her success on the international stage as a World and European Para Dressage Champion. Her talk, *There’s No Such Word as Can’t* will draw from her life, having cerebral palsy from birth and being told she wouldn’t be able to do some things, to her success on the international stage as World and European Para Dressage Champion



# THE LATE-SUMMER QUIZ

u3a

By Zoom

MONDAY 19th SEPTEMBER 2022

All u3a members in the  
East Midlands can take part:

Singles 😊

Couples 😊😊

Teams (up to 4) 😊😊😊😊 🚫😞

A handicap system makes it fair for all

No limit on the numbers from  
each u3a

To Register send:  
Your name & email address  
Name of your u3a  
Team name (if any)

To: [u3alatesummerquiz@gmail.com](mailto:u3alatesummerquiz@gmail.com)

You'll receive a confirmation email  
within a couple of days  
and Zoom details on Sept. 16th

REGISTER NOW – PLACES ARE LIMITED!

The quiz will start promptly at 7:00pm – login from 6:45pm  
We aim to finish around 8:45-9.00pm  
There will be a 10-minute comfort/drinks top-up break after Round 4  
Answers will be given after Rounds 4 and 8

**u3a** learn,  
laugh,  
live  
East Midlands Region

## Volunteers urgently needed for Southwell u3a

Our Editor would very much welcome an offer from another member to provide some respite, support and guidance notes are available.

Newsline needs 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 Newsline please contact either the Chair, or Newsline editor on [www.su3anewsline@gmail.com](mailto:www.su3anewsline@gmail.com), where you will be warmly welcomed.

### Come Dine with Us

#### Indian chef shares expertise with Southwell u3a

Members of Southwell u3a's 'Come Dine with Us' group have historically taken it in turns to host and cook a two course meal in their own kitchens each month. Meetings have had to be held on Zoom throughout the pandemic, with all members cooking separately but simultaneously. This has been a great success and so the group are now moving to alternating Zoom and face-to-face meetings.

This informal group has great fun picking up cooking tips from each other and enjoying recipes they may-be would not have come across before.

The landlord of Southwell's 18<sup>th</sup> century Reindeer Inn for the past 11 years, agreed to join the group as 'guest chef' for May's Zoom meeting. Originally from India, he learned his cooking skills travelling widely in both India and Europe. During the pandemic, he expanded his culinary hobby by launching a takeaway curry service, which quickly became popular with locals.

Under expert instruction, the Come Dine with Us group prepared Ghobi Pakoras and Khadai Chicken. Easy to cook and very tasty, they made a very welcome change from traditional British food. Wonderful!



**Deadline** for articles for the August issue of Newsline Extra will be 20th July.

Please ensure you send your item to Newsline: [su3anewsline@gmail.com](mailto:su3anewsline@gmail.com) only!

## Social and Trips Committee

### **NEW VENUE FOR GROUPS!**

Farnsfield Cricket Club, Station Lane, Farnsfield

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**This venue has 2 rooms available**

**A cost of the smaller room is £5 per hour plus a one off £5 cleaning fee**

## River Cruise

Fifty six members set off on a river cruise on the Trent on Monday afternoon. The weather was perfect. We cruised along the river from Princess River Cruise base behind Nottingham Race Course up stream under four bridges as far as Wilford and then on the trip back as far as the sluices at Colwick. A commentary was provided as we sailed pointing out features and giving interesting facts. Simple fare was provided as we cruised and I believe a good time was had by one and all!

## **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 gardens are very lush and the walking is easy with lots of benches to take a rest. There is also a Nursery where plants can be purchased.

Someone will be available at the July/August Monthly Meetings to take names and contact details to comply with health and safety requirements.



# GROUPS

## Cycling for Fun

Hasn't the year flown? It does not seem like a year since our inaugural ride on the 6<sup>th</sup> May 2021. On that occasion we cycled along the Southwell Trail to Bilsthorpe and returned via Hexgreave Park. One year later and the Cycling for Fun group was having its first birthday celebrations. Part one was a circumnavigation of Rutland Water on Thursday 16<sup>th</sup> June. This was a challenging ride with lots of sudden short steep uphill sections and a variety of track surfaces that made some of the downhill sections tricky. However, the weather was ideal for cycling, warm with a gentle cooling breeze, the scenery spectacular and as always, the support and camaraderie excellent.

This was the furthest we have travelled for a ride, but it was deemed a great success and will be repeated in the future to other interesting locations. Part two of our celebrations will be a short local ride followed by lunch at The Full Moon on the 7<sup>th</sup> July.

Just one point to those of you who drive electric cars, and I guess we all will sooner or later. Pedestrians and cyclists can't hear you coming when you come up behind us, please be aware of this.

## Family History Group

The Family History Group meets monthly on Zoom on the 3rd Monday in the month and we have a DNA sub group meeting on the 2nd Mondays in the month, for those who have taken a DNA test. In our July meeting on the 18th July at 2pm on Zoom, we will have a "Who Do You Think You Are" style presentation to illustrate how to research difficult to find working class urban ancestors. In the talk we look at a lady who was born in the Mansfield area of Nottinghamshire.



New members are always welcome at our meetings. Just email me and I will be pleased to send you a Zoom link. If you are still new to Zoom we are always happy to help you online with Zoom.

If you would like further information please contact: Group Leader

## 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. Places will be limited. This will normally be 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. The cost is just £12 and includes membership to the Family History Group for the year to March 2023. So, as well as the beginners group meetings you will also be able to attend our regular Family History Group Meetings.

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

## Music Lovers



The Music Lovers Group will be restarting, with two summer meetings on Wednesday 20 July and Wednesday 17 August. Both are from 1:30 to 3:30 at our usual venue of the Roman Catholic Hall, Southwell which is accessed from the car park on Wolsey Close. If these are successful it is intended to resume our normal schedule of the first and third Wednesdays of each month from September on, at the same time and place.

The group plays a wide range of mainly classical music using videos so that you can see and appreciate the skill of the performers. Sadly, we lost a few members during the pandemic but I am sure there will be plenty of interest from existing members. There are places available so this would be a good time to join. Members have been contacted separately about charges for hall hire. All u3a members are of course welcome free of charge for a sample session.

## Southwell u3a Recorder Group seeks budding musicians

Whether you're a beginner, improver or expert, the recorder group will make you most welcome. Playing the full range of recorders, members succeed in making an impressive rich sound! They aim to play music which they like and which helps to improve their playing, covering a range of styles and techniques. Public appearances have included carols for small groups, seasonal selections for summer garden parties and a wider repertoire for other indoor and outdoor events. Twice monthly meetings are held in the beautifully restored, warm and welcoming Old School Room at Edingley. There's just a small charge to cover room hire and music costs. Beginners and improvers are offered free coaching/tuition, together with free instrument loan if needed.



More information, including how to join, is on the website:  
[www.southwellu3a.com](http://www.southwellu3a.com)

## Singing for Fun - on the road again!

We're back in business. The first meeting was successful and there will be another session on Tuesday, 28th June, and thereafter on **4th Tuesday in the month**. Venue is Edingley Old School Room, NG22 8BB. Time is 10 am.

We are **not** a choir - just singing for fun! We have excellent backup singers via YouTube which drowns out our voices anyway. Songs are all well known from 1960s onwards with a smattering of folk songs. 'Anything goes' - as it were. Refreshments and chatter are included. We're very friendly.

Get in touch if you want to try us out

## Sugarcraft

We are delighted to flag up that the Sugarcraft Group is now back up and running, with just two vacancies, which may be filled by beginners, improvers or experts! Contact Rita on



## Visit to the Veolia Plant 9th June

Due to a combination of minor crisis only five members attended the Veolia recycling seminar at the Materials Recovery Facility in Mansfield but despite that we had an in depth discussion and informative visit.

Currently about 40% of the silver bin contents are not acceptable to Veolia and about 60% of all potential recyclables are collected county wide.

Most of the unacceptable materials are over eagerly put in, because they have a recycle symbol on them, but that doesn't mean they are usable by Veolia who are in fact a sorting house for recycling contractors

Also stressed was that the general waste (green) bin contents go for electricity generation at Sheffield - not to landfill! The ash residue of that process become roadstone.

During the two hour visit, we watched three short films, were given a fascinating account of the work and a guided tour around the plant in hard-hats and hi-vis! The 60+ steps into the plant may preclude some members attending but it is really worth it if this can be accomplished.

There are Veolia plants in sixty-six countries. In Mansfield, they receive waste from the whole county of Nottinghamshire throughout which the recyclables should be the same: paper, card, steel and aluminium, and plastics. Huge amounts of each are sorted, baled and sent on to be repurposed elsewhere.

Paper and card can be recycled between four and five times and it takes seventeen trees to provide a tonne of paper (one bale). Please, no shredded paper. Steel and aluminium can be recycled indefinitely and is 95% cheaper than starting again with new raw material. Please, no foil wrap or food containers. If you can imagine a quarter of the volume of a small plastic bottle (approx 100ml), this is the amount of fossil fuel that is required to make just one plastic bottle! Any household plastic bottle can be recycled, any colour, any use – including the lids - but please, no pump or spray heads. You may think it is helpful but please don't bag up your recyclables before they go into the bin. These 'soft' plastic bags are a contamination and have to be extracted before the contents go through the plant. Although a machine attempts to tear open sealed bags, it doesn't always succeed and the contaminant still gets through.

Some may remember, as children, being able to return glass bottles and get money back. It may not be long before we – or maybe our grandchildren – will be able to do this with a small financial incentive! Glass can be recycled indefinitely although, not at Veolia.

Despite there being ample guidance as to what to put in recycle or waste bins, 'contamination' - non-recyclables – is going up and the first process at Veolia is to extract the offending items. Some of the contamination is due to the fact that recycling information on items is unclear. An item may say it's recyclable but this may be only by a specialist facility e.g. separating the leak-proof lining in liquid containers; also only parts of an item may be recyclable. You can get regularly updated information on NCC website or follow them on their social media pages such as Facebook.

We can also **Reduce** and **Reuse** as well as **Recycle** so please do whatever you can.



## Come Dine with Us recipe



“Tapas” comes from the Spanish word “cover”. The story goes that Spanish innkeepers used to place thin slices of meat or bread on top of customers’ glasses of wine and sherry to keep off the flies. When eaten, salty ham and chorizo made the drinkers more thirsty, more drinks were ordered and more profits were made by the innkeepers.

The tapas gradually became more important than the drinks. Originally free, the snacks have evolved into the complex and great variety of little dishes found in many Spanish bars today.

Here are 2 recipes from our CDWU tapas evening – you can make them larger or smaller, as required. If you really want to imagine yourself back in Barcelona though, just rustle up another couple of small tapas dishes, uncork the Rioja and start whistling Y Viva Espana!

### **Patatas bravas with chorizo** – serves 4-6 as part of a tapas meal

#### Ingredients

1 onion, chopped	2 garlic cloves, sliced or crushed	1/3 tsp chilli powder (or flakes)
½ tsp cayenne pepper	½ tsp smoked paprika	400g can chopped tomatoes
1kg new potatoes, halved or quartered	250g cooking chorizo	1tbsp olive oil

#### Method

Heat a little extra oil in a pan. Fry the onion, garlic and chilli until the onion softens, then add the cayenne and paprika and stir. Add the tomatoes and bring to a simmer and then cook the mixture down over a low heat for about 15 mins until you have a thickish paste. Season well, check taste and (if you prefer a smooth sauce) blitz with a hand blender.

Meanwhile boil the potatoes for 10mins or until beginning to soften. Put the chorizo in a large frying pan and cook slowly for a few minutes, to release some of its oil. Then put 1tbsp olive oil in the pan and add the part-cooked potatoes and fry everything together for about 10 mins until both the potatoes and chorizo are beginning to brown in patches. Check that the potatoes are fully cooked but still retaining some bite and then tip into a serving bowl. Re-warm the sauce (add a little water if necessary) and pour over the potatoes and chorizo.

### **Clams with sherry and Serrano ham** – serves 4 as part of a tapas meal

#### Ingredients

500g fresh clams (wealth warning – available on Fridays at Waitrose but £15/kg)		
50g Serrano ham, roughly chopped	½ onion, finely chopped	1tbsp olive oil
100ml fino sherry	2 garlic cloves, finely chopped	handful of parsley, roughly chopped

#### Method

Rinse the clams in a colander and discard any that are open and don’t close when tapped.

In a medium pan with a lid, heat the oil and cook the onion for 5-7 mins until softened.

Add the ham and garlic to the onion and cook for a further minute.

Add the clams and sherry to the pan, bring to the boil, cover and cook for 4-5 mins until the clams have all opened (discard any that haven’t). Serve immediately, sprinkled with parsley. Enjoy!