

# Newsline Extra

March 2022 - No 27a

The monthly news from Southwell U3A



## Chinese New Year

Photo of New Year Dragon taken by Brian Platts.

34 members of Southwell U3A enjoyed an evening at the Springfield for Chinese New Year, which saw 260 members from various U3As across the county joining together for what may become an annual event.

## From the Chair

"It's windy old weather, (Dudley-Eunice-Franklin) stormy old weather. When the wind blows, we'll all pull together." So goes the old sea shanty that I was reminded of as I was blown home from Southwell Folk Club following a visit a week ago. Hopefully the storms will be abating by the time you read this. "All pull together" still seems like a good mission statement though, as we emerge from both the recent storms and the worst of Covid.

One step on the road to recovery will be the return of our 'live' monthly meetings in the leisure centre, starting at 10.00am next Tuesday 1<sup>st</sup> March. Our talk following the tea and coffee break will be on "The Magic of the Guitar": Please see the short article later in this edition for further details of the meeting. There will be no restriction on the numbers attending so do please come along for what should be an entertaining presentation.

We can all help our u3a get back to normal though by supporting group leaders with the resumption of interest group meetings. These are the backbone of Southwell u3a and I want to take this opportunity to thank group leaders for all they are doing to get the show back on the road. It's a great time too for you to tell non-member friends and partners about the u3a and to encourage them to come along at no charge to sample a monthly meeting or interest group meeting of their choice, to see whether they would like to join us.

Many of you will have recently received requests from our membership secretary, Richmond Kingsbury, for payment of your annual subscriptions, as part of our transition to a common renewal date for all members. Please do pay the requested amount asap, by one of the means listed in Richmond's email. To this end, there will be a table for all membership matters at next week's monthly meeting - Richmond's current holiday in the Caribbean is purely coincidental!

Time then for our joke of the month:

A man was at his friend's funeral and asked the friend's wife if he could say a word. She agreed. The man then stood at the podium and said "Plethora". As he sat back down the wife said "Thanks, that means a lot."

All further contributions to [chairmansu3a@gmail.com](mailto:chairmansu3a@gmail.com)

## Brian Platts



*Spring has sprung! Photo by Brian Platts*

All the best.

Brian

## Monthly Meeting

### Chris Bentley

At the February monthly meeting we again heard a presentation, albeit this time by Zoom, from students from the Minster School's Head Team, Head Boy and Head Girl and Deputies. This arrangement started five years ago and now it is an event firmly in both our diary and the school's, giving the opportunity for the students to have a dialogue with older people on topics which most concern them.



In the past the students have talked about issues such as student debt, environmental degradation, social media, the housing ladder and mental health. This time it was Covid and how young people have fared under lockdown, how Covid has affected learning at the School and interrupted career development. They also highlighted problems related to maintaining personal relationships, both at the School and at home, and how modern technology has helped.

This year it was yet another very confident and mature presentation by the students and we wish them all great success in their chosen career paths. It is very refreshing to hear from the young people at the start of their adult lives and Southwell u3a hope that other joint ventures with the school may be possible in the future.

### Monthly meeting 1<sup>st</sup> March

We will be back at the Leisure Centre to hear from Martin Perry on the Magic of the Guitar, with musical illustrations. Martin was booked before the pandemic began and has been postponed several times since so we are looking forward to seeing him at last!

We will be returning to the Leisure Centre for our monthly meeting at 10.00am next Tuesday. We will be providing refreshments at the interval. Social distancing and the wearing of masks is still encouraged but will be at members' own discretion, following the lifting of Covid restrictions. Ventilation will be optimised but not at the expense of inducing hypothermia!

Please enter by the fire-doors next to the all-weather pitch, as in previous months. There will be a membership table, in case you have any queries and so that you can pay any subscriptions that may be due. New members are very welcome and so do bring along any non-member friends or partners for a free taster session.

**Looking Ahead:** On 5th April one of our members, Noble Jayasuriya, will talk to us from his experience of many years travelling around the world in his talk entitled *The Good, the Bad and the Ugly of International Travel*. Noble has been leading the technical team, setting up the electronics at our monthly meetings and will soon be returning to his native Sri Lanka. We wish him well and hope to see him back in Southwell some time in the future.

**Reminder:** Chris Bentley would like to hand his role of speaker seeker over to a new volunteer. If you may be interested why not ring Chris and have a chat there must be others who could take this on. **Contact Chris** via the "Members area" at [www.southwellu3a.com](http://www.southwellu3a.com) or email [southwellu3a@gmail.com](mailto:southwellu3a@gmail.com)

## **Group News**

Every group is welcome to submit material for each edition, to provide information on what the group does, the activity organised or other items that may be of interest to members. Photographs, pictures, poems etc. are good fun for people to see and we aim to include short quizzes and a recipe each month.

**To contact Group Leaders**—see contact details later in this edition, or if you have the “Public” short version, go to the “Members area” at [www.southwellu3a.com](http://www.southwellu3a.com) or email [southwellu3a@gmail.com](mailto:southwellu3a@gmail.com)

### **Country Dancing is Starting Again!**

**Sue Baines**

Come along and join us at Thurgarton Village Hall on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month 10.00 - 11.30 to chat, laugh and have fun whilst exercising and enjoying easy “Country Dancing”. All dances are called and no experience is necessary. Everyone is welcome either with or without a partner.

### **Cycling for Fun**

**Dave Johnson and Fiona**

The Cycling for Fun Group have been on 2 rides during February the first was a 16 mile ride from Southwell to Rolleston, Bathley and Caunton before returning to Southwell via Newfields Ice Cream Parlour. It was a bit cold for ice cream, but the bacon cobbs went down a treat.

Then on the 17th February between the ravages of storms Dudley and Eunice we managed a ride along the river side towards Bleasby, Thurgaton and Hoveringham. This certainly added a new definition of cycling for fun with the head wind often trying hard to push us backwards. This time Manor Farm Tea shop came to our rescue with tea and cake to provide us with energy for the return trip. Not sure whether it was the cake or wind that doubled our speed on the return journey.

### **Drawing for beginners**

**Tom Chamberlain**

Now that it seems safe to meet together, this group can start again. The most recent meeting was at my house in Newark on a Wednesday, but the day is negotiable, and there are several vacancies.

This group aims to teach the materials and skills of drawing, to observe as an artist sees and to appreciate our own work. I have half a century's practice at this. You need no previous experience.

### **COFFEE MORNINGS**

**Viv Barnett**



The fortnightly coffee Mornings held in Southwell Garden Centre, Fiskerton Road, are still going ahead. So if you fancy a chat and a coffee or tea come along. 10.30 am Thursday Mornings — 2nd and 4th Thursday of the month, 10th and 24th March, there are usually one or two Committee members present.

## **Family History Group**

## **Roger Hancock**

The Family History Group meets monthly on the 3<sup>rd</sup> Monday in the month at 2pm to 4pm. We will continue to meet on Zoom until the summer. The next meeting of the group is on 21<sup>st</sup> March from 2pm to 4pm when we have a presentation on "First World War Ancestors".

Future meetings will look at "Researching Irish Records" and "Key Victorian Records". In addition to the monthly main group's meeting we have a DNA Family History Research sub-group which meets on the 2<sup>nd</sup> Monday in the month again from 2pm to 4pm on Zoom.

The Family History Group also runs an eight session Family History Beginners' course each September at 2pm to 4pm on 1st Monday in the month, ideal for beginners or those just requiring a refresher.

There is no charge for the DNA subgroup or the Beginners course, but you will need to be members of the Family History Group. The fees for Family History Group membership for the year until the end of March 2023 will be just £12. New members are always welcome.

## **Gentle exercise**

## **Annabel Kingsbury**

In March there will be both meetings, on the 2nd and 4th Wednesday, an hour class each starting at 2.15 in the hall of Our Lady Catholic Church on Queen St.

In April , there will only be one meeting as I am away for the first 2 weeks so there will only be a class on the 27<sup>th</sup> April . We will then be back to regular exercise groups twice a month . Everyone is welcome , returning members post Covid and new members wanting to get more active and fitter in a safe environment.

## **Long Distance Footpath Loop Walking Group**

### **Mike Broadley**

Members of the Long Distance Footpath Loop Walking Group started the first leg of the Archaeological Way.

It was a varied walk encompassing woodland, including the Meden Vale nature reserve, tracks and fields.

We saw remains of the mill workings at Pleasley and part of an abandoned railway bridge.

In Pleasley Vale we met up with a friendly local:





## Social and Trips Committee

The Wine Tasting evening, hosted by Ann et Vin, has now been arranged for **Thursday 7th April at 7pm**. Tickets (£18) will be on sale at the March and April monthly meetings or available from Jackie Pitcher (See "Contacts" in members' area of [www.southwellU3A.com](http://www.southwellU3A.com) or



Email [southwellu3a@gmail.com](mailto:southwellu3a@gmail.com)

## Peak District Walking Group 2

### Peter Somerville

Peak District Walking Group 2 has a couple of vacancies for new members in the group. The group offers hill and moorland walking in the Derbyshire Peak District. Walks are around ten miles walk leading is shared by group members in rotation. You will need boots, rucksack, waterproofs and packed lunch no previous experience necessary, but you do need to be reasonably fit. Transport to Derbyshire is by group members sharing cars (subject to Covid-19 regulations), leaving Southwell around 8 am on first Wednesday of each month. If you are interested please contact Peter Somerville, Group 2 leader.



Socialising again after Lockdown!

Peak Walks 2—Padley Bridge

Photo by Peter Summerville

## **Southwell u3a Concert Coaches – 2021-2022 Season**

Bookings for the next two concerts are now open:



### **Friday 8 April, 7.30pm Zagreb Philharmonic (Note change of Orchestra)**

Jan Latham-Koenig conductor

Tamsin Waley-Cohen violin

Dora Pejačević: Overture for Large Orchestra  
Sibelius: Violin Concerto  
Mahler: Symphony No. 1

### **Friday 29 April, 7.30pm Royal Philharmonic Orchestra**

Vasily Petrenko conductor

Boris Giltburg piano

Walton Johannesburg Festival Overture

Beethoven Piano Concerto No. 5 'Emperor'

Vaughan Williams A London Symphony



I will send out email invites to the distribution list to start booking over the next couple of days.

Please send cheques made out to Southwell u3a plus Booking Forms to me as usual.

Normal seat plus coach prices remain; Band A £33, Band B £29 and Band C £27.

### **Roger Bennett**

Phone number available in the "Members area" at [www.southwellu3a.com](http://www.southwellu3a.com)  
Non-members, email [southwellu3a@gmail.com](mailto:southwellu3a@gmail.com)

**Come Dine with Us  
(previously Come Dine with Men)  
Brian Platts**

Come Dine With Men has been declared potentially in breach of the Equality Act following recent guidance from the Third Age Trust, which effectively bans single sex u3a groups. In a new -found but genuine spirit of inclusiveness we have now emerged as **Come Dine With Us** and welcome all sexes and genders – male, female or fluid!

In the meantime, here's our latest recipe. By legend it was named after a member of the influential Stroganov family by a French chef who was working for them in the 19<sup>th</sup> century, but actually it's a variation of a much earlier Russian dish. Traditionally served with mashed potatoes but boiled Basmati rice or noodles are alternatives:

**BEEF STROGANOFF – Serves 2**

**Ingredients**

300g lean beef steak – 1<sup>st</sup> choice fillet but, if you don't wish to push the boat out, rump or sirloin is fine. Flatten and then cut into narrow, thin strips about 1cm wide and 0.5cm thick.

15g butter

1 small onion, thinly chopped

1 tbsp Dijon mustard

130g mushrooms, thinly sliced

1tbsp vegetable oil

200ml beef stock (1 stock cube in 200ml water)

1 heaped tbsp soured cream or crème fraiche

1 tbsp brandy (optional)

Salt and ground pepper

Squeeze of lemon and lemon wedges (optional)

Chopped parsley to serve

**Method**

- 1 Prepare steak – cut away any fat and slice into thin strips (see above) and season with salt and pepper, then set aside.
- 2 Heat water for potatoes, rice or noodles (your choice). For potatoes, start boiling before next step and boil for 10 mins. For rice or noodles, start boiling whilst the sauce is simmering.
- 3 Heat butter in a large frying pan, add



chopped onions. Sauté for 2 mins, then add chopped mushrooms and cook until both are soft. Add Dijon mustard and stir, coating mushrooms and onions thoroughly. Add beef stock and simmer until liquid has reduced by about half. Stir in soured cream/crème fraîche and set aside.

4 In a smaller frying pan, heat the vegetable oil and, when smoking hot, add the strips of beef. Fry, stirring continuously, until the meat is browned on all sides. For fillet, this should take about a minute, for rump or sirloin, maybe 2 mins.

5 If your house did not burn down with last month's recipe and, more to the point, you still have some brandy left, you may carefully heat a tbsp of brandy in a ladle over a flame. Tip gently towards the flame (the ladle, not you) and, when the brandy is alight, pour it over the meat.

6 Drain potatoes and mash them or drain and rinse rice or noodles and serve into large bowls.

Reheat onion and mushroom sauce. If too thick, loosen with some more stock or hot water or a squeeze of lemon. Add the beef and stir.

Check seasoning and serve the sauce on top of the mash, rice or noodles.

Marble with some more soured cream or crème fraîche and garnish with parsley and (optional) lemon wedges.